



To Build True Confidence through Knowledge and the Mind
Honesty in the Heart
Strength in the Body
To keep Friendships with one another
And to build a Strong and Healthy community
Never Fight to achieve selfish ends
But to develop Might for Right!

New Student Information

Welcome to the Canadian Sport Martial Arts Academy, and Congratulations! You are our newest student! Today you begin a journey. It is a long and winding trail through difficulties and challenges, joys and rewards. It leads to personal excellence and the development of your inner resources that will determine the kind of person you are. That journey is your goal to reach black belt and beyond. Remember "Black Belt" is a way of life, and an attitude. It means growing into a leader and a problem solver; one who shows the way by example, and who learns to be of service to others.

As a new student, we understand that you may have many questions and may even be a little nervous about your first few classes. We hope these orientation sheets will help you overcome the new student jitters.

Some Frequently Asked Questions

1) When is my first lesson?

- You are welcome to attend any of our regularly scheduled basic training classes. Please find our current class schedule in any of our newsletters, or the office.
- Please arrive about 10 minutes before class time

2) What do I need to do on my first day?

- Most importantly, try to be ready at class time. That means be changed into your uniform and have your attendance card ready. If your child is quite young, you may want to ensure that they go to the bathroom before class; interruptions disturb everyone.
- There are men's & women's change rooms available for changing
- Many people choose to wear their uniforms to and from class, but please remember that your belt is only to be worn in the academy and not outside.

3) Any special instructions about my uniform?

- uniforms should be worn for all classes. You may wear one of the clubs t-shirts, instead of the top of the uniform
- Renshi Ben allows students to wear the kickboxing pants that can be purchased from the school.
- Your uniform must be kept clean and neat at all times. Tops should be tucked into pants whether you are wearing a t-shirt or a uniform top.
- Belts should never be washed. The stuffing will discolor the whole belt.
- For Kickboxing students, there is no required uniform

4) Where do I find the attendance cards?

- There is a box just outside the training room with the cards in it. Your card is the same colour as your belt. If you cannot find your card, please ask the instructor or the program director.

5) How does the attendance card system work?

- After the class begins your instructor will collect your card, & initial it signifying your participation in that class. We use these cards to ensure you are coming in on a regular basis. You will probably get a call from us if you miss too many classes – we care!
- Coming up to your next testing date, as instructors we will qualify you for testing by both analyzing your skill level as well as your attendance records. You are required 2 classes per week to qualify for advancement.

School Rules

- 1) No smoking in the premises. This includes the studio, the offices, washrooms, and lounges, and in front of the studio outside. No eating or drinking in the studio. All food and drinks should be in the reception area.
- 2) No **swearing or coarse language** is to be used in the club at any time.
- 3) Students must attend a minimum of 2 classes per week to ensure training goals are met.
- 4) Be dressed & ready to start the class at the designated time. Remove shoes, socks, & all jewelry. If a class has already started, the instructor's permission must be obtained before entering the training area, & the assigned punishment must be completed.
- 5) Students must bow when entering or leaving the training area.
- 6) Instructors will be addressed as "Renshi Ben" & all other as "Sensei" meaning teacher. All other black belts will be addressed "mr", "miss", "mrs", as appropriate regardless of age. If the head instructor has put them in charge, they have earned this title of respect.
- 7) **Safety equipment and uniforms MUST be purchased from the school.** Safety equipment must be an approved piece of equipment at our school to be covered by our insurance policy.
- 8) Safety rules are enforced! Proper protective equipment must be worn for training. Excessive force will be disciplined. No throwing or takedowns except on the matted floor area.
- 9) Students under the influence alcohol, or drugs, will not be permitted anywhere on the premises.
- 10) Martial Arts preaches honor, respect, and peace. In today's martial arts, weapons are used solely in Kata and self defense training. Do not bring any weapons or toys depicting weapons into the club except for that purpose.
- 11) The instructor's permission must be obtained before leaving a class.
- 12) Personal cleanliness is important. The uniform must be clean and the badges properly worn for all training sessions.
- 13) No student will teach martial arts to anyone; participate in any demonstration of martial arts; use martial arts training against another person except as a last resort; or enter any Karate tournament without the permission of the head instructor. This is for your own safety as well as to protect the honor of the school.
- 14) Renshi Ben & his black belts reserve the right to suspend students who, by their own actions or the actions of their family or friends, do not follow the rules of the club, who act disrespectfully in any connection to the club, it's members of its staff, or who bring any dishonor to the club. Suspensions may run from one week, to one month. Suspensions will occur after one warning. Suspensions do not affect the terms of the membership agreement that has been signed and monthly payments are expected to continue during the disciplinary period.

THE ROAD TO BLACK BELT
THE CANADIAN SPORT MARTIAL ARTS ACADEMY

Starting Rank	Testing Rank	Approx. Duration	Testing Requirement	Month #
Basic Training Program Year 1				
White Belt	Gold Stripe	2 months	Basic Training Block	1-2
Gold Stripe	Gold Belt	2 months	Basic Training Block	3-4
Gold Belt	Orange Stripe	2 months	Basic Training Block	5-6
Orange Stripe	Orange Belt	2 months	Basic Training Block	7-8
Orange Belt	Green Stripe	2 months	Basic Training Block	9-10
Green Stripe	Green Belt	2 months	Basic Training Block	11-12
Intermediate Black Belt Training Year 2				
Green Belt	Purple Stripe	2 months	Intermediate BBT Block	13-14
Purple Stripe	Purple Belt	2 months	Intermediate BBT Block	15-16
Purple Belt	Blue Stripe	2 months	Intermediate BBT Block	17-18
Blue Stripe	Blue Belt	2 months	Intermediate BBT Block	19-20
Blue Belt	Red Stripe	2 months	Intermediate BBT Block	21-22
Red Stripe	Red Belt	2 months	Intermediate BBT Block	23-24
Advanced Black Belt Training Year 3				
Red Belt	Brown Stripe	4 months	Advanced BBT Block	25-26-27-28
Brown Stripe	Brown Belt	4 months	Advanced BBT Block	29-30-31-32
Brown Belt	Advanced Brown	4 months	Advanced BBT Block	33-34-35-36
Black Belt Preparation Year 4				
Advanced Brown	1 st Degree Black Belt	Varies (1month – 12 months)	1 st Degree Training	VARIES

NOTE:

Certain students will require more time to complete each level. This progress chart is based on the average student training 2-3 times per week consistently. All members in Basic Training and Intermediate BBT programs are required to TEST every two months once approved by instructor to do so. Testing dates will be clearly posted well in advance and the cost of each under belt testing is \$30.00

CANADIAN SPORT MARTIAL ARTS ACADEMY
ROTATING CURRICULUM
2008/2009/2010/2011/2012 BLOCK SCHEDULE

Year	Month	BT Block	Inter. BBT Block	Advanced BBT Block	Testing Month
2008	October	1	1	1	NO
2008	November	1	1	1	YES
2008	December	2	2	2	NO
2009	January	2	2	2	YES
2009	February	3	3	2	NO
2009	March	3	3	2	YES
2009	April	4	4	3	NO
2009	May	4	4	3	YES
2009	June	5	5	3	NO
2009	July	5	5	3	YES
2009	August	6	6	1	Black Belt Grading
2009	September	6	6	1	YES
2009	October	1	1	1	NO
2009	November	1	1	1	YES
2009	December	2	2	2	NO
2010	January	2	2	2	YES
2010	February	3	3	2	NO
2010	March	3	3	2	YES
2010	April	4	4	3	NO
2010	May	4	4	3	YES
2010	June	5	5	3	NO
2010	July	5	5	3	YES
2010	August	6	6	1	Black Belt Grading
2010	September	6	6	1	YES
2010	October	1	1	1	NO
2010	November	1	1	1	YES
2010	December	2	2	2	NO
2011	January	2	2	2	YES
2011	February	3	3	2	NO
2011	March	3	3	2	YES
2011	April	4	4	3	NO
2011	May	4	4	3	YES
2011	June	5	5	3	NO
2011	July	5	5	3	YES
2011	August	6	6	1	Black Belt Grading
2011	September	6	6	1	YES
2011	October	1	1	1	NO
2011	November	1	1	1	YES
2011	December	2	2	2	NO
2012	January	2	2	2	YES
2012	February	3	3	2	NO
2012	March	3	3	2	YES
2012	April	4	4	3	NO
2012	May	4	4	3	YES
2012	June	5	5	3	NO
2012	July	5	5	3	YES
2012	August	6	6	1	Black Belt Grading
2012	September	6	6	1	YES
2012	October	1	1	1	NO
2012	November	1	1	1	YES
2012	December	2	2	2	NO



**BASIC
TRAINING
YEAR 1**

BASIC TRAINING - BLOCK #1

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #1 of 6

1. Backfist/Reverse Punch Combination
2. Front Kick/ Rear Kick Combination (both kicks with back leg)
3. Step in Backfist (use front leg)
4. Ridge Hand (front + back hand)
5. Double Ridge Hand (same hand)
6. Straight Right Hand Punch (punch with right hand)

BASIC TRAINING - BLOCK #2

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
1. Neutral Stance
2. Horse Stance
3. Front Stance
4. Back Stance
5. Bent Knee Back Stance
6. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #2 of 6

1. Round Kick/Backfist/Reverse Punch Combination
2. Side Kick/Reverse Punch
3. Step Up Round Kick (shuffle round kick)
4. Half Moon Step
5. Slow Shadow Sparring
6. Front Kick/Round Kick/Side Kick Combination (alternating legs)
7. Basis of Our System (is medium hard; combining TaeKwondo, Japanese Karate, Kenpo, Judo, and Boxing)

BLOCKING FORM (Kata)

BASIC TRAINING - BLOCK #3

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #3 of 6

1. Cat Stance
2. Parry Block
3. Backfist Block
4. Palm Heel Strike
5. Shuffle Reverse Punch
6. Over the Top Backfist
7. Cross Wrist Grab with Straight Arm (grab with right hand)
8. Basic Concepts: Traditional Martial Arts (war, religion, way of life) vs Modern Day Martial Arts (fun, fitness, sport)

BASIC TRAINING - BLOCK #4

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #4 of 6

1. Fighting Stance (front hand down)
2. Knife Hand (front + back hand)
3. Spear Hand (back hand)
4. Elbow Strikes (front, side, rear)
5. Basic Boxing Footwork + Shuffle
6. Basic Sparring (Point) Footwork (Front, Back, Left, Right)
7. Brief History of the Martial Arts (Originated in Asia, came to North America in the 1900's)

HEIAN SHODAN (Kata)

BASIC TRAINING - BLOCK #5

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #5 of 6

1. Finger Set (3 Attacks)
 - Claws to the Eyes (back hand)
 - Knife Hand to the Throat (back hand)
 - Finger Poke to the Sternum (back hand)
3. Shuffle Backfist/Reverse Punch
4. Hook Kick (front) (front leg)
5. Hook Kick (back) (back leg)
6. Independent Motion Theory (Weapon Goes First)
7. Double Wrist Grab with Straight Arms (Defender kicks groin with right leg)
8. Basic One Leg Sweep with Follow Punch (Left leg kick, followed by right punch)

BASIC TRAINING - BLOCK #6

White Belt to Green Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Fighting Stance (hands up)

Kicks

1. Front Kick (back leg)
2. Rear Kick (back leg)
3. Side Kick (front leg)
4. Roundhouse Kick (front leg)

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block

Strikes

1. Backfist
2. Reverse Punch

Break falls 1 to 3

Theory

1. Bowing (the reason for)
 2. Student Creed
-

Block #6 of 6

1. Rear Leg Side Kick (back leg)
2. Step Up Side Kick (Shuffle Side Kick)
3. Round Kick (front leg)/Backfist Combination
4. Backfist/Ridge Hand Combination
5. Low/High Round Kick Combination
6. High/Low Round Kick Combination
7. 3 Types of Speed (Initial, Miles Per Hour, Timing)

TRINITY (Kata)



INTERMEDIATE
BLACK BELT
TRAINING
YEAR 2

Intermediate Black Belt Training - BLOCK #1

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #1 of 6

1. Front Kick/Side Kick/ Rear Kick (all with rear leg, pivoting)
2. Jump Away Backfist
3. Leg Check/Reverse Punch (off a round house kick)
4. Lunging Side Kick
5. Front Leg Round Kick (then 2 more kicks, with same leg)
6. Modern Sport Karate (Competitors, Tournaments, Organizations)
7. Brief History of the Martial Arts (Short Essay 1 Page)
8. Two Hand Lapel Grab with Arms held Straight (Defender trap hands with left hand)
9. Straight Right Hand Push with Arm Bar Finish with walk around (Right hand push)

BO FORM #1 (Kata)

Intermediate Black Belt Training - BLOCK #2

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #2 of 6

1. Round Kick (front leg- high)/Side Kick (body level) Combination
2. Spinning Sweep off a Rear Leg Round Kick (sweep with right leg)
3. Evasive Sweep off of a side kick or spinning back kick (sweep with left leg)
4. Lunging Round Kick/Reverse Punch Combination
5. California Blitz (on ground)
6. Front Leg Round Kick/Side Kick/Round Kick (alternating legs)
7. Sparring Drills: Diving Blitz with Partner
8. Sparring Drills: Round Kick/Backfist/Reverse Punch with Partner

HEIAN NIDAN

Intermediate Black Belt Training - BLOCK #3

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #3 of 6

1. Side Kick (front leg-body)/Round Kick (high)
2. Spinning Rear Kick
3. Lunging Side Kick/Backfist
4. Sweep (Nasty Style), step up leg trap sweep (trap with left foot)
5. Jump Away Side Kick (front, side, rear)
6. Leg Check/Ridge Hand (off a side kick with opponent on opposite side)
7. Bear Hug from Behind, Arms held Straight
7. Looping Right Hand Punch with Wrist Lock (Takedown)
8. Looping Right Hand Punch with Controlled Takedown and Arm Lock Finish

BO FORM #2 (Kata)

Intermediate Black Belt Training - BLOCK #4

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #4 of 6

1. Step Through Punch (2 Punches)
2. Step Through Punch/Front Kick Combination
3. High/Low Side Kick
4. Shuffle Hook Kick/Round Kick Combination
5. Spinning Sweep (versus opponent on opposite fighting side) (Right leg sweep)
6. Deceptive Kicking Theory
7. Sparring Drills: Step away side kick off of a diving blitz
8. Sparring Drills: Counter Reverse punch off of a diving blitz
9. Sparring Drills: Lunging Side/Round Kick/Backfist/Reverse Punch with partner

BEAUTY AND THE BEAST (Kata)

Intermediate Black Belt Training - BLOCK #5

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #5 of 6

1. Diving Blitz
2. Front Leg Hook Kick/Round Kick Combination
3. Low/High Side Kick
4. Lunging Hook Kick/Round Kick
5. High Low Side Kicks (Doubles)
6. Fakes and Deceptive Movements
7. Rhythm vs. Broken Rhythm Theory
8. Straight Wrist Grab with one arm (Grab with right hand)
9. Looping Right Hand Punch with Choke and Drop Finish (Right elbow strike)

HEIAN YODAN (Kata)

Intermediate Black Belt Training - BLOCK #6

Green to Red Belt

Mandatory Basics

Stances

1. Attention Stance
2. Neutral Stance
3. Horse Stance
4. Front Stance
5. Back Stance
6. Bent Knee Back Stance
7. Cat Stance
8. Fighting Stance (hands up)

Kicks

1. Front Kick
2. Rear Kick
3. Side Kick
4. Roundhouse Kick
5. Hook Kick

Blocks

1. Inward Block
2. Outward Block
3. Upward Block
4. Downward Block
5. Backfist Block
6. Parry Block

Strikes

1. Backfist
2. Reverse Punch
3. Ridge Hand

Break falls 1 to 5 and Hip Throw

Theory

1. Bowing (the reason for)
2. Student Creed
3. First Teaching Prerequisite- Leading a Warm-Up

Basic Training Blocks 1-6 (Required on all Intermediate Testings)

Intermediate Black Belt Training Block #6 of 6

1. Low/High Kicks (any combination)
2. Lunging Round Kick
3. Jump Side Kick/backfist (Rear leg kick with right hand back fist upon landing)
4. Relaxation vs. Tension Theory
5. Sparring Drills: Hook Kick/Round Kick/Backfist/Reverse Punch with a partner
6. Sparring Drills: Commitment Reverse Punch
7. Sparring Drills: Over the Top Backfist off of a partners skip round kick

HEIAN GODAN (Kata)



ADVANCED
BLACK BELT
TRAINING
YEAR 3

Advanced Black Belt Training - BLOCK #1

Red to Advanced Brown Belt

Mandatory Basics

Basic Training Blocks 1-6 (Required on all Advanced Testings)

Intermediate Black Belt Training Block 1-6 (Required on all Advanced Testings)

Break Falls 1 to 6 and Hip and Neck Throw

Advanced Black Belt Training Block #1 of 3

1. Jump Spinning Hook Kick
2. Essay on History of Sport Karate in North America
3. Teaching Requirement (Assisting in 1 class per week)
4. Over the Top Ridge Hand (with evasive break left or right)
5. Running Jump Side Kick
6. Rear Leg Axe Kick
7. Spinning Hook Kick
8. Combination Shuffle Hook Kick/Jump Side Kick/Spinning Side Kick/Ridge Hand
9. Mind Sets- Offensive, Counter, Defensive
10. Tornado Kick (Kicking with Right Leg)
11. Choking Technique #3

Boxing/Kick Boxing/Conditioning Curriculum

1. Jab
2. Cross
3. Hook
4. Proficiency in Push-Ups
5. Proficiency in Crunches
6. Endurance Punching
7. Endurance Kicking
8. Endurance Drills
9. Endurance Sparring (Point Sparring/Continuous Sparring/Boxing)
10. Jab/Cross Combination
11. Jab/Cross/Hook/Cross Combination
12. Shadow Boxing
13. Lead Uppercut
14. Power Rear Leg Round Kicks on Bag
15. Thrusting Rear Leg Front Kick
16. Jab/Cross/Hook/Thrusting rear leg Front Kick/Rear leg Side Kick

POWER AND GRACE (Kata)

Advanced Black Belt Training - BLOCK #2

Red to Advanced Brown Belt

Mandatory Basics

Basic Training Blocks 1-6 (Required on all Advanced Testings)

Intermediate Black Belt Training Block 1-6 (Required on all Advanced Testings)

Break Falls 1 to 6 and Hip and Neck Throw

Advanced Black Belt Training Block #2 of 3

1. Essay on the History of Japanese Karate
2. Teaching Requirement (Assisting in 1 class per week)
3. Basics of a Good Referee (3 Points)
4. Diving Blitz with Ridge Hand
5. Spinning Round Kick
6. Crescent Kick, inside and outside (front and rear)
7. Jumping Rear Leg Hook Kick (Jump off front leg only)
8. Lunging Round Kicks (Length of the Floor)
9. Front Leg Axe Kick
10. Jumping Front Leg Hook Kick (Jump off both legs)

Boxing/Kick Boxing/Conditioning Curriculum

1. Jab
2. Cross
3. Hook
4. Proficiency in Push-Ups
5. Proficiency in Crunches
6. Endurance Punching
7. Endurance Kicking
8. Endurance Drills
9. Endurance Sparring (Point Sparring/Boxing/Continuous Sparring)
10. Jab/Cross/Front Kick (rear leg)
11. Double Jab/Rear leg Round Kick/Rear Leg Round Kick/Cross
12. Break Left/Break Right
13. Rear Uppercut
14. Jump Rear Leg Round Kicks (on a bag)
15. Jab/Cross/Rear Leg Round Kick

BASSAI DAI (Kata)

Advanced Black Belt Training - BLOCK #3

Red to Advanced Brown Belt

Mandatory Basics

Basic Training Blocks 1-6 (Required on all Advanced Testings)

Intermediate Black Belt Training Block 1-6 (Required on all Advanced Testings)

Break Falls 1 to 6 and Hip and Neck Throw

Advanced Black Belt Training Block #3 of 3

1. Teaching Requirement (Assisting in 1 class per week)
2. Bridging the Gap and Critical Distance
3. Essay (What Martial Arts Training has done for your life)
4. Lunging Side Kicks (Length of the floor)
5. Front Leg Axe Kick with foot switch (Kick with lead leg after switching)
6. Spinning Hook Kick/Round Kick/Front Kick (alternating legs)
7. Spinning Hook/Round Kick Combination
8. Shoulder Throw
9. Shoulder Throw (Inside the armpit)
10. Choking Technique #1
11. Choking Technique #2

Boxing/Kick Boxing/Conditioning Curriculum

1. Jab
2. Cross
3. Hook
4. Proficiency in Push-Ups
5. Proficiency in Crunches
6. Endurance Punching
7. Endurance Kicking
8. Endurance Drills
9. Endurance Sparring (Point Sparring/Boxing/Continuous Sparring)
10. Front Leg Round Kick/Jab/Cross/Rear Leg Round Kick Combination
11. Slips
12. Up Jab
13. Body Hooks
14. Thrusting Front leg Front kick
15. Up Jab/Cross/Rear Leg Round Kick
16. Jab/Cross/Lead Uppercut/Rear Uppercut

JION (Kata)

KAMA TRINITY FORM (Kata)



**BASIC TERMS
& SELF
DEFENSE
TECHNIQUES**

Basic Terms

Principles

Technical – the ideas of the method behind the movements

- how a technique is executed in order to achieve the most effectiveness from it
- for example, in order to kick faster, it could be pointed out that, “stretching well will cause less effort to be used in your kicks, less effort will cause your leg to come up easier; therefore you will kick faster”

Psychological – your attitude in fighting or training, which involves positive thinking, self-confidence, and getting “psyched up” in the ring

Theories

1. Speed Theory

- there are essentially three types of speed. Each can be used independently, but overall objective is to develop overall speed
 - a) **Initial Speed** – how fast the technique is started “off the line”; as a runner is concerned with his start out of the block, so we are concerned with our starts
 - b) **Miles Per Hour Speed** – how fast the technique is actually moving; like a car’s miles per hour speed (speed in its simplest form)
 - c) **Timing Speed** – the execution of the technique when you have the best opportunity to do so & score with it; factors must be “lined up” – distance must be correct, independent motion used, and initial motion employed. If the technique is done at that moment, it will hit before there is a chance for the opponent to block it, faster than it would have been if not timed right.

2. Independent Motion Theory (Weapon goes first)

- Movement without telegraphing or over-compensation for power (winding up & delivering)
- It utilizes the minimum movement necessary to execute the punch, kick, etc.
- This is accomplished by moving a limb (leg or arm) before the rest of the body. The limb leads, the body follows.

3. Faking Theory

- deceptive movement to throw an opponent’s timing or motion off
- usually they are movements, which look like punches, kicks, & then are suddenly followed by a technique intended to score
- any movement, which causes your opponent to react in a way which gives you an opportunity to score, is a deceptive movement or fake

4. Broken Rhythm Theory

- setting a pattern of movement and then varying from it or “breaking” the pattern. Again, it is used to throw an opponent off & upset his timing & rhythm

5. Deceptive Movement

- disguising movements such as making a kick look like it is going to the head, & then kicking low, or looking at the feet & striking the head

6. Total Commitment

→ executing a technique to its fullest, without holding back or thinking about being countered, or missing, etc

7. Relaxation vs. Tension

→ being loose vs. being tight

→ if you are tense, the muscle tightness will restrict the speed & accuracy of your movement. Closely related to initial movement in that we try to be relaxed when delivering a technique and only tightening up at the point of striking

8. Bridging the Gap

→ closing the distance between two fighters and getting into striking range

9. Critical Distance

→ distance in which someone can score or be hit

→ usually the person with the longer reach is in critical range first; scoring depends on how well he utilizes his critical distance & how quickly he recognizes it

Under Belt-Self Defense Techniques

1. Cross Wrist Grab with Straight Arm

- Slap across face (or other distraction)
- Grab Uke's hand with free hand
- Peel Uke's hand off & hold with both hands, locking wrist
- Step back with same foot while keeping hands close to belt & take down
- On the ground follow up techniques

2. Double Wrist Grab with Straight Arm

- Kick to shin or Groin
- Step in & get into horse stance
- Reach under Uke's hand & grab thumb
- Once hand is released, turn Uke's wrist & take down
- On the ground follow up techniques

3. Straight Right Hand Punch

- Step 45° to outside of Uke's punch
- Elbow to stomach
- Reach up & bring Uke's head to knee
- Reach under chin & twist Uke's head to take down
- Follow up with on the ground techniques

4. Two Hand Lapel Grab with Arms held Straight

- Step back while grabbing opposite wrist & trapping near wrist
- Punch inside to chin OR strike to throat OR punch to sternum
- Break under arms, break down to arms
- Elbow to head
- Neck or hip throw
- Follow up with on the ground techniques

5. Bear Hug from Behind, Arms held Straight

- Horse stance
- Extend both arms straight out to break hold
- Elbow strike to chest followed by groin shot
- Hip throw
- On the ground techniques

6. Straight Right Hand push with Arm Bar finish with walk around

- Step back with the push
- Elbow strike to head
- Elbow strike back while stepping in
- Hip or neck throw
- V-claw to Uke's arm at elbow
- Walk around Uke's head while twisting wrist
- Lock Uke's arm and wrist

7. Looping Right Hand punch with wrist lock finish

- Block punching arm
- Grab wrist & with left hand bring Uke's arm around & over head with turning your body clockwise
- Uke's wrist is locked by your right shoulder
- Pull down & follow up with ground techniques

8. Looping right hand Punch with take down & arm lock finish

- As in technique #9, but take Uke down slowly while maintaining lock on wrist
- On ground, bend Uke's arm backwards towards head
- Pressure on Uke's elbow towards outside or back should bring pain

9. Looping right hand Punch with choke & drop finish

- As above
- After twisting under arm, reach across & behind Uke's neck with left arm
- Reach across Uke's neck with right hand & apply choke
- Release & deliver left elbow strike to chest to drop Uke

10. Choking Technique #1

- Right hand on back
- Left hand comes up around throat below eye level
- Bring right hand up around Uke's head & grab right forearm with left hand to form figure 4 & apply the choke

11. Choking Technique #2

- As in technique #13, but right hand goes under Uke's right arm before going on Uke's head

12. Choking Technique #3

- From behind & above Uke, place both hand on chest
- Press Uke's head forward with chest while applying pressure with hands

13. Straight Wrist Grab (with right hand)

- Peel Uke's hand off & using both hands, turn Uke's wrist to 90° to his arm & force his shoulder & head down
- Kick Uke to chest or head
- Keep right hand on hand, move left to elbow to start bend, follow right hand (thumb to butt)
- Follow hand in and coil wrist into lock while facing same direction as partner
- Take left hand and brace partner arm below their elbow