

ONE YELLOW STRIPE (4/12/02)

Stamina

Single punches: 25

Three punches, three levels: 25

Shifting punches: 25

Shifting inner chops: 25

Pushups: 5 palm

Combinations (forward or backward)

- 1) Moving in forward stance, lunge punch.
- 2) Moving in forward stance, reverse punch.
- 3) Moving in forward stance, lower block.
- 4) Moving in forward stance, lower block, reverse punch.
- 5) Moving in forward stance, inner chop, reverse punch.
- 6) Moving in forward stance, upward knee kick, land two punches.
- 7) Moving in forward stance, front snap kick, land two punches.

Escaping Techniques

Defense against choke:

ducking out

TWO YELLOW STRIPES (4/12/02)

Stamina

Single punches: 30

Three punches, three levels: 30

Shifting punches: 30

Shifting inner chops: 30

Pushups: 8 palm

Combinations

- 1) Moving in forward stance, rising block, reverse punch.
- 2) Moving in forward stance, middle block, reverse punch.
- 3) Moving in forward stance, vertical chop reverse punch.
- 4) Moving in forward stance, vertical chop, inner chop, same hand.
- 5) Moving in forward stance, upward knee kick, land vertical chop.
- 6) Moving in forward stance, roundhouse knee kick, land two punches.
- 7) Moving in forward stance, front snap kick, land two punches.

Escaping Techniques

All attacks:

1. one hand grabs wrist - same side
2. one hand grabs wrist - opposite side
3. two hands grab wrist
4. both hands grab both wrists - front
5. both hands grab both wrists - behind
6. one hand grabs shoulder
7. both hands grab both shoulders
8. strikes
9. choke

Stepping to the dead side

Defense against choke:

ducking out

windmill escape

YELLOW BELT (4/12/02)

Stamina

Single punches: 35

Three punches, three levels: 35

Shifting punches: 30

Shifting inner chops: 30

Pushups: 10 palm

Combinations

- 1) Moving in forward stance, rising block, two punches.
- 2) Moving in forward stance, middle block, two punches.
- 3) Moving in forward stance, double vertical chop.
- 4) Moving in forward stance, double rising block, double vertical chop.
- 5) Moving in forward stance, roundhouse knee kick, inner chop.
- 6) Moving in forward stance, roundhouse kick, inner chop.
- 7) Moving in forward stance, front snap kick, land, three punches (same level or three levels).

Blocks and Punches

Low block to one arm

Escaping Techniques

Thumb escape:

1. one hand grabs wrist - same side
2. one hand grabs wrist - opposite side

Defense against choke:

- ducking out
- windmill escape
- double rising block

Kata and Applications

Kata 1 (taikyoku)

application to kata 1

ONE PURPLE STRIPE (4/12/02)

Stamina

Single punches: 35

Three punches, three levels: 35

Shifting punches: 30

Shifting inner chops: 30

Shifting outer chops: 30

Pushups: 12 palm

Combinations

- 1) Moving in forward stance, double punch.
- 2) Moving in forward stance, high – low double punch.
- 3) Moving in forward stance, outer chop, reverse punch.
- 4) Moving in forward stance, double rising block, double vertical chop.
- 5) Moving in forward stance, double middle block.
- 6) Moving in forward stance, double middle block., double punch.
- 7) Moving in forward stance, double middle block., high – low double punch..
- 8) Moving in forward stance, upward knee kick, land double punch.
- 9) Moving forward in forward stance, front snap kick, land three punches, three levels.
- 10) Moving forward in forward stance, roundhouse kick, land, outer chop with reverse hand.

Escaping Techniques

Thumb escape:

1. one hand grabs wrist - same side
2. one hand grabs wrist - opposite side
3. two hands grab wrist
4. both hands grab both wrists - front

Defense against choke:

three choke escapes

Blocks and Punches

Lower block, middle block, high block

Kata

TWO PURPLE STRIPES (4/12/02)

Stamina

Single punches: 40

Three punches, three levels: 35

Shifting punches: 35

Shifting inner chops: 35

Shifting outer chops: 35

Pushups: 15 palm

Combinations

- 1) Stepping in side stance, vertical punch.
- 2) Stepping in front, to side stance, punch, turning behind into side stance, horizontal backfist.
- 3) Stepping forward in side stance, outer block, horizontal backfist.
- 4) Stepping in side stance, outer block, shift to forward stance, reverse punch.
- 5) Move forward in cat stance, vertical backfist.
- 6) Moving in cat stance, double middle block, double punch.
- 7) Move forward in cat stance, lower block (or middle or rising), front snap kick, front leg.
- 8) Move in forward stance, inner chop, then outer chop with the other hand.
- 9) Moving forward in forward stance, front thrust kick, land double punch.
- 10) Moving forward in forward stance, front snap kick, land three punches, three levels.
- 11) Moving forward in forward stance, roundhouse kick, land, outer chop with reverse hand.

Escaping Techniques

Thumb escape

Defense against choke:

ducking out

windmill escape

double rising block

Blocks and Punches

Up to outer block

Kata

PURPLE BELT (4/12/02)

Stamina

Single punches: 45

Three punches, three levels: 35

Shifting punches: 45

Shifting inner chops: 45

Shifting outer chops: 45

Pushups: 20 palm

Combinations

- 1) Stepping in side stance, outer chop, shift to forward stance, reverse punch.
- 2) Stepping in front, to side stance, punch, turning behind into side stance, horizontal backfist.
- 3) Move forward in back stance, knifehand block.
- 4) Move forward in back stance, knifehand block, shift to forward stance reverse punch.
- 5) Move backward in back stance, knifehand block, shift to forward stance reverse punch.
- 6) Move forward in diagonal stance, low (middle, high or outer), shift to forward stance reverse punch.
- 7) Move backward in diagonal stance, low (middle, high or outer) block, shift to forward stance reverse punch.
- 8) Move in forward stance, inner chop, then outer chop with the other hand.
- 9) Moving forward in forward stance, front thrust kick, land double punch.
- 10) Moving forward in forward stance, front snap kick, land three punches, three levels.
- 11) Moving forward in forward stance, roundhouse kick, land, outer chop with reverse hand.
- 11) Forward stance, jumping and flying knee kicks and/or double knee kicks, land two punches.

Escaping Techniques

Thumb escape

Defense against choke:

ducking out, windmill escape and double rising block

Blocks and Punches

Up to knifehand block

Kata

Combination Kata and below

Prearranged Sparring (optional)

3-step and 1- step

ONE BLUE STRIPE (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 35

Shifting punches: 50

Shifting inner chops: 50

Shifting outer chops: 50

Pushups: 20 palm, 5 palm

Combinations

- 1) Moving in forward stance, reinforced middle block.
- 2) Moving in forward stance, lower X-block, from sides, closed hands
- 3) Moving in forward stance, lower X-block, from sides, closed hands, double middle inner block, double punch, double vertical backfist.
- 4) Moving in forward stance, upper X-block, closed hands
- 5) Moving in forward stance, upper X-block, closed hands, double vertical backfist.
- 6) Moving in side stance, outer block, slide horizontal backfist.
- 7) Side stance, hop side stamping kick, horizontal backfist.
- 8) Moving in back stance, reinforced middle block.
- 9) Moving in side stance, crossover behind (and/or in front), horizontal back fist.
- 10) Slide in side stance, horizontal back fist.
- 11) Back stance, hop front snap kick, roundhouse kick (same leg), land knifehand block.
- 12) Forward stance, jump front kick, land two punches.

Blocks and Punches

Up to knifehand block

Escaping Techniques

Stamping kick grabs 1 & 2

Thumb escape

Kata

Pin An 1 and below

Dropping Techniques

Forward roll

TWO BLUE STRIPES (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 35

Shifting punches: 50

Shifting inner chops: 50

Shifting outer chops: 50

Pushups: 20 palm, 5 palm

Combinations

- 1) Moving in side stance elbow block, vertical backfist.
- 2) Moving in forward stance, lower X-block, open hands.
- 3) Moving in forward stance, lower X-block, open hands, double middle inner block, double punch, double vertical backfist
- 4) Moving in forward stance, upper X-block, open hands, double vertical chop.
- 5) Moving in forward stance, lower X-block, upper X-block, open hands, double vertical chop.
- 6) Moving in side stance, outer block, slide horizontal backfist.
- 7) Side stance, hop side kick, land backfist.
- 8) Side stance, hop stamping kick, side kick, land backfist.
- 9) Side stance, back kick, land backfist.
- 10) Side stance, hop side kick, back kick (alternating legs), land backfist.
- 11) Back stance, hop front snap kick, roundhouse kick (same leg), land knifehand block.
- 12) Forward stance, jump front kick, land, two punches.
- 13) Check box pattern.

Blocks and Punches

Up to elbow block

Escaping Techniques

Stamping kick grabs 1 – 4

Thumb escape

Kata

Katas 1, 3, & 4 in side, diagonal and/or back stance

Pin An 1 and below

Dropping Techniques

Forward and backward rolls

BLUE BELT (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 35

Shifting punches: 25

Shifting inner chops: 25

Shifting outer chops (with low blocks): 100

Pushups: 20 palm, 12 palm

Balance

Two roundhouse knee kicks

Three front snap kicks

Combinations (or 6 movements, 4 directions)

- 1) Moving in forward stance, vertical spear hand thrust.
- 2) Moving in forward stance, lower X-block, from ear.
- 3) Moving in forward stance, lower X-block, from ear, double middle inner block, double punch.
- 4) Moving in forward stance, lower X-block, from ear, upper X-block, double vertical back fist.
- 5) Moving in forward stance, vertical spear hand thrust, turn behind into side stance horizontal backfist.
- 6) Moving in side stance, outer block, stamping kick, slide horizontal backfist.
- 7) Side stance, hop side kick, land backfist.
- 8) Back stance, hop front snap kick, roundhouse kick (same leg), land knifehand block.
- 9) Back stance, hop front snap kick, side kick (same leg), land knifehand block.
- 10) Side stance, hop side kick, back kick (alternating legs), land backfist.
- 11) Forward stance, jump side kick, land, two punches.
- 12) Forward stance, jump roundhouse kick, land, horizontal backfist.

Blocks and Punches

Up to elbow block

Escaping Techniques

Thumb escape

Stamping kick – all grabs, punch and choke

BLUE BELT (p2) (7/10/02)

Kata

Pin An 2 and below

Dropping Techniques

Forward roll

Backward roll

Forward roll – opposite side

ONE GREEN STRIPE (KIDS) (7/10/02)

Stamina

Single punches: 50
Three punches, three levels: 35
Shifting punches: 25
Shifting inner chops: 25
Shifting outer chops (with low blocks): 100
Pushups: 20 palm, 12 palm

Balance

Three roundhouse knee kicks
Four front snap kicks

Combinations

- 1) Moving in forward stance middle-low block, high-low double punch.
- 2) Moving in forward stance, upward elbow strike, reverse punch.
- 3) Moving in forward stance, upward and backward elbow strikes (same arm), roundhouse elbow strike (other arm).
- 4) Forward stance, knee charge (guard hands up), land three punches (same level).
- 5) Moving in forward stance, lower X-block, upper X-block, double vertical chop.
- 6) In side stance, knee block, double forearm block, stamping kick, backfist.
- 7) Side stance, hop side kick, land backfist.
- 8) Side stance, hop side kick, back kick (alternating legs), land backfist.
- 9) Back stance, hop front snap kick, roundhouse kick (same leg), land knifehand block.
- 10) Back stance, hop front snap kick, side kick (same leg), land knifehand block.
- 11) Forward stance, flying side kick (one step), land horizontal backfist.
- 12) Flying roundhouse kick (one step) (from forward or side stance), land, roundhouse elbow strike.

Blocks and Punches

Up to middle/low block

Escaping Techniques

Elbow strike – grabs 1 & 2
Thumb escape

Stamping kick

ONE GREEN STRIPE (KIDS) (p2) (7/10/02)

Sparring

Ten directions off-line

Kata

Pin An 2 and below

Dropping Techniques

Forward roll

Forward roll (opposite side)

Backward roll

Low side drop

TWO GREEN STRIPES (KIDS) (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 35

Shifting punches: 25

Shifting outer chops: 25

Shifting diagonal chops: 100 (with low blocks)

Pushups: 20 palm, 15 palm,

Balance

Two roundhouse kicks

Front kick, side kick (same leg)

Combinations

- 1) Moving in forward stance middle-low block, high-low double punch.
- 2) Moving in forward stance, side snap kick, upward elbow strike, reverse punch.
- 3) Forward stance, crescent kick, jab, cross, hook.
- 4) In side stance, step in front, roundhouse elbow strike, turn behind back roundhouse elbow strike.
- 5) Moving in forward stance, soft style lower block, vertical punch (same time).
- 6) Moving in side stance, crescent kick, elbow block, vertical back fist.
- 7) Back stance, hop front snap kick, side kick (same leg), land backfist.
- 8) Side stance, hop, stamping kick, side kick (same leg), land backfist.
- 9) Side stance, hop, stamping kick, side snap kick (same leg), land backfist.
- 10) Side stance, crescent kick (with back leg), back kick (alternating legs), land backfist.
- 11) Side stance, hop side kick, roundhouse kick, back kick (alternating legs), land backfist.
- 12) Forward stance, flying side kick (one step), land horizontal backfist.
- 13) Flying roundhouse kick (one step) (from forward or side stance), land, roundhouse elbow strike.

Blocks and Punches

Up to soft style low block

Escaping Techniques

Elbow strike – grabs 1 - 4

Thumb escape

Stamping kick

TWO GREEN STRIPES (KIDS) (p2) (7/10/02)

Kata

Pinan 3 and below

Dropping Techniques

Forward roll

Forward roll (opposite side)

Backward roll

Side drop

GREEN BELT (KIDS) (7/10/02)

Stamina

Boxing sequence: (20 each side) jab, cross, hook, uppercut

Shifting outer chops: 100 (with low blocks)

Shifting diagonal chops: 100 (with low blocks)

Pushups: 20 palm, 15 palm

Balance

Three roundhouse kicks (with leg up)

Front kick, side kick, roundhouse kick (same leg)

Combinations

- 1) Moving in forward stance, soft style lower block, vertical punch (same time).
- 2) Moving in forward stance, soft style middle block, vertical punch (same time).
- 3) Moving in forward stance, soft style rising block, vertical punch (same time).
- 4) Moving in side stance, soft style outer block, horizontal back fist (same hand).
- 5) Forward stance, crescent kick, jab, cross, hook, uppercut.
- 6) Moving in side stance, palm heel strike.
- 7) Moving in forward stance, diagonal chop, uppercut punch.
- 8) Backstance hop crescent kick (front leg), back kick (other leg).
- 9) Moving in side stance, slide back fist.
- 10) Moving in side stance, slide back fist, hop side kick.
- 11) Back stance, hop front snap kick, roundhouse kick, back kick (alternate legs), land knifehand block.
- 12) Forward stance, flying side kick (one step), land horizontal backfist.
- 13) Flying roundhouse kick (one step) (from forward or side stance), land, roundhouse elbow strike.

Blocks and Punches

Up to soft style outer block

Escaping Techniques

Elbow strike – grabs & choke

Thumb escape

Stamping kick

GREEN BELT (KIDS) (p2) (7/10/02)

Kata

Pin An 3 and below

Dropping Techniques

Forward roll into side drop
Front tumble

Written Exam

ONE BROWN STRIPE (KIDS) (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (25 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Shifting diagonal chops: 150 (with low blocks)

Pushups: 25 palm, 15 palm

Balance

Four roundhouse kicks (with leg up)

Front kick, side kick, roundhouse kick, back kick (same leg)

Combinations

- 1) Start in X-stance, front snap kick with rear leg, hop into X-stance, vertical back fist (front hand).
- 2) Moving in forward stance, forward elbow strike, horizontal backfist (same hand).
- 3) Moving in forward stance, roundhouse punch, diagonal chop (other hand).
- 4) Moving in forward stance soft style knifehand block, palm heel strike (same time).
- 5) Side stance, hop stamping kick, heel kick, land side elbow strike.
- 6) Backstance hop crescent kick (front leg), back kick (other leg).
- 7) Forward stance, knee charge (hands in high guard position), land outer chop.
- 8) Side stance, hop heel kick, back kick (other leg).
- 9) Moving in side stance, soft style elbow block, slide upward chop (to groin).
- 10) Forward stance, flying front kick, land, two punches.
- 11) Forward stance, flying side kick (one step), land horizontal backfist or flying side kick to a target.
- 12) Flying roundhouse kick (one step) (from forward or side stance), land, roundhouse elbow strike.

Blocks and Punches

Up to soft style knifehand block

Escaping Techniques

Pressing arm grabs 1 & 2

Kata

Pin An 3

Dropping Techniques

Forward roll, backward roll, side drop, front tumble, front drop

TWO BROWN STRIPES (KIDS) (7/10/02)

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (30 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Shifting diagonal chops: 150 (with low blocks)

Pushups: 25 palm, 15 palm, 5 palm

Balance

Slow motion side kick, roundhouse kick, heel kick, (all to the front)

Combinations

- 1) Start in X-stance, front snap kick with rear leg, hop into X-stance, vertical back fist (front hand).
- 2) Moving in forward stance, arrow block, double downward vertical chop to the collar bones, double palm strikes to the ears, pull head down into upward knee kick with rear leg (slap hands on knee), land in forward stance, double punch.
- 3) Moving in forward stance wedge block, front snap kick, consecutive punches (can vary level of punches).
- 4) Step into side stance, backhand block, shift to forward stance roundhouse elbow strike.
- 5) Slide roundhouse kick, land horizontal backfist.
- 6) Slide side kick, land horizontal backfist.
- 7) Moving in side stance, inner shovel block, downward chop to the knee, slide inner chop (or backfist).
- 8) Moving in side stance, outer shovel block, shift into forward stance palm heel strike to opponent's heel.
- 9) Side stance, hop front foot footsweep with arch of foot, roundhouse kick (same leg), land in side stance with inner ridgehand strike.
- 10) Side stance, hop front foot footsweep hooking with heel, heel kick (same leg), land in side stance with outer ridgehand strike.
- 11) Moving in forward stance, high sliding block, punch (same time), rear hand blocks.
- 12) Moving in forward stance, low sliding block, punch (same time), rear hand blocks.
- 13) Forward stance, flying front kick, land, two punches.

14) Forward stance, flying side kick (one step), land horizontal backfist or flying side kick to a target.

15) Retreating jump side kick

TWO BROWN STRIPES (KIDS) (p 2) (7/10/02)

Blocks and Punches

Up to soft style knifehand block
add counterattacks

Escaping Techniques

Pressing arm grabs 1 - 4
Elbow strikes
Stamping kick
Thumb escape

Kata

Pinan 4 and below

Dropping Techniques

Forward roll, backward roll, side drop, front tumble, front drop & breakfall

Weapons

Tambo

position

natural grip

natural grip

1. three basic grips

2. Six fighting

3. Six blocks -

4. 14 basic strikes -

Public Speaking

THREE BROWN STRIPES^(7/13/02)

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (35 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Shifting diagonal chops: 200 (with low blocks)

Pushups: 25 palm, 5/5 one arm

Combinations

- 1) Step into side stance outer block, slide hook punch.
- 2) Step into side stance outer block, hook punch (same time).
- 3) Moving in forward stance high sweeping block, low palm heel strike to the groin (same time), shift to backstance high low blocks.
- 4) Moving in forward stance high sweeping block, outer ridge hand to the ribs (same time).
- 5) Moving in forward stance, downward block, inner hammer fist (same hand), uppercut punch other hand.
- 6) Moving in forward stance inner hammer strike, uppercut punch other hand.
- 7) Z-letter movement with front leg, high – low blocks and counter.
- 8) Z-letter movement with back leg, high – low blocks and counter.
- 9) Moving in back stance, U – letter movement with knifehand block.
- 10) Step into side stance lower sweeping block, slide upward ridge hand strike to the groin, shift to forward stance outer ridgehand or outer top fist strike with other hand.
- 11) Step into side stance high sweeping block, inner chop (same hand), shift to forward stance reverse punch (other hand).
- 12) Side stance, hop heel kick, back kick.
- 13) Forward stance, flying double front kick (take one step), land two punches.
- 14) Forward stance, flying side kick (one step), land horizontal backfist or flying side kick to a target.
- 15) Retreating jump side kick.

Blocks and Punches

Up to sweeping blocks
with counterattacks

THREE BROWN STRIPES (p 2) (7/13/02)

Escaping Techniques

Pressing arm grabs and choke
Elbow strikes
Stamping kick
Thumb escape

Kata and Applications

Pinan 4 and Tension Kata (fast – no tension)

Dropping Techniques

Backfall

Weapons

Tambo: 14 basic strikes, 6 blocks - reverse grip & 5 guarding positions
Disarms: tambo vs tambo
Louie Tatata's single tambo drill

FOUR BROWN STRIPES (7/13/02)

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (35 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Shifting diagonal chops: 200 (with low blocks)

Pushups: 25 palm, 7/7 one arm

Combinations

- 1) Moving in forward stance, U-punch.
- 2) Moving in forward stance, U-punch, shift to backstance high low blocks.
- 3) Moving in forward stance, soft style middle-low block, high-low palm heel strikes.
- 4) Moving in forward stance, bottom fist block, vertical punch same hand, outer ridgehand other hand.
- 5) In side stance, slide inner chop, wheel kick, land, back fist.
- 6) In forward stance, crescent kick, wheel kick, land, inner ridgehand.
- 7) In side stance hop heel kick, wheel kick.
- 8) In backstance, hop front kick, roundhouse kick, wheel kick alternating legs.
- 9) Slide in side stance, backfist, front drop kick.
- 10) Slide in side stance, backfist, front spin sweep.
- 11) Slide in side stance, backfist, back spin sweep.
- 12) Front spin sweep, back spin sweep.
- 13) Forward stance, flying double front kick (take one step), land two punches.
- 14) Forward stance, flying side kick (one step), land horizontal backfist or flying side kick to a target.
- 15) Retreating jump side kick.

Blocks and Punches

Up to soft style middle low block

Dropping Techniques

All rolling dropping techniques (including breakfall and backfall)

Throwing Techniques

Over the neck throws

THREE BROWN STRIPES (p 2) (7/13/02)

Kata and Applications

Pinan 5 and Tension Kata (slow – no tension)

Weapons

Bo: basic strikes and blocks, figure 8's (forward & reverse)

BROWN BELT (7/13/02)

Breaking

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (40 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Diagonal chops 225 (with low blocks)

Pushups: 7/7 one arm, 25 palm, 10 palm

Combinations

- 1) Moving in forward stance, circular chop block, tiger mouth strike, other hand.
- 2) Moving in forward stance, circular chop block, pressing block, alternate hands, outer ridge hand, outer hammer, alternate hands.
- 3) Moving in forward stance, circular chop block, pressing block, inner ridge hand all w/same hand, tiger mouth w/other hand.
- 4) Moving in forward stance, low palm corner block, tiger mouth strike, other hand, same time.
- 5) Moving in forward stance, sideways palm corner block, (mid level) vertical punch same hand.
- 6) Forward stance, low forward spin sweep (serpent stance), come up, inside roundhouse kick, rising punch.
- 7) Forward stance, reverse crescent kick, outer ridge hand.
- 8) Back stance, hop front leg inside round house kick, roundhouse kick (same leg), inner ridge hand.
- 9) To a target, reverse crescent kick.
- 10) To a target, axe kick (inside and outside).
- 11) To a target, flying side kick.
- 12) To a target, flying double front kick, land two punches.
- 13) To a target, forward stance, flying front/roundhouse kick, land punches.

Blocks & Punches

Up to inner outer block

L, M, R, O, KH, E, M/L, Soft L, M, R, O, KH; Downward, Sweeping, Soft M/L; Pressing, I/O

BROWN BELT (p2) (7/13/02)

Kata and Applications

Jutte
Tension kata
applications from jutte, and other forms

Weapons

Tambo 1, applications & disarms (tambo vs tambo & tambo vs bare hand)
Bo, fig 8's, blocks & strikes

Dropping Techniques

All rolling dropping techniques (including breakfall and backfall)

Throwing Techniques

Kuzushi (unbalancing) 8 directions
Osoto gari
Ogoshi

Sparring

Public Speaking

ONE BLACK STRIPE (7/15/02)

Breaking

Stamina

Single punches: 50

Three punches, three levels: 50

Shifting punches: 25

Or boxing sequence: (40 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Diagonal chops 225 (with low blocks)

Pushups: 7/7 one arm, 25 palm, 10 palm

Combinations

- 1) Moving in forward stance, looping punch, middle sweeping block (same time), other hand.
- 2) Moving in forward stance, high bent wrist block, high palm heel strike, same hand, high tiger mouth strike other hand.
- 3) Moving in back stance, joined hands block, shift to forward stance, pressing block, reverse punch.
- 4) Moving in back stance, joined hands block, shift to forward stance inner chop (with rear hand), lunge punch.
- 5) Moving in side stance, crescent kick, wheel kick, bent wrist strike (crescent kick with back leg).
- 6) Forward stance, inside roundhouse kick, bent wrist strike.
- 7) Back stance, hop front leg inside roundhouse kick, roundhouse kick (same leg), inner ridge hand.
- 8) To a target, inside roundhouse kick.
- 9) To a target, reverse crescent kick.
- 10) To a target, spinning reverse crescent kick.
- 11) To a target, flying side kick.
- 12) To a target, flying double front kick, land two punches.
- 13) To a target, forward stance, flying front/roundhouse kick, land punches.
- 14) To a target, forward stance, flying front/crescent kick, land two punches.

Blocks & Punches

Up to palm push block

L, M, R, O, KH, E, M/L, Soft L, M, R, O, KH; Downward, Sweeping, Soft M/L; Pressing, I/O, palm push

ONE BLACK STRIPE (p2) (7/15/02)

Kata and Applications

Jutte
Tension kata
applications from jutte, and other forms

Weapons

Tambo 1, applications & disarms
Bo 1, fig 8's, blocks & strikes

Dropping Techniques

All rolling dropping techniques (including back drop, breakfall and backfall)

Throwing Techniques

Shiho nage, Ogoshi, Osoto gari, Over the neck throws

Sparring

Public Speaking

TWO BLACK STRIPES (7/15/02)

Breaking

Stamina

Single punches: 50

Three punches, three levels: 65

Shifting punches: 25

Or boxing sequence: (45 each side) jab, cross, hook, uppercut

Shifting outer chops: 25 (with low blocks)

Diagonal chops 250 (with low blocks)

Pushups: 10/10 one arm, 25 palm, 10 palm

Combinations

- 1) Moving in forward stance, low palm corner block, tiger mouth strike, other hand, same time.
- 2) Moving in forward stance, sideways palm corner block, (mid level) forefinger knuckle strike, same hand, roundhouse punch other hand.
- 3) Moving in forward stance, circular chop block, middle knuckle punch, other hand.
- 4) Moving in forward stance, high palm corner strike, looping punch, middle sweeping block (same time), other hand.
- 5) Slide in side stance palm corner strike, wheel kick.
- 6) Forward stance, spin reverse crescent kick.
- 7) Forward stance, jump spin reverse crescent kick.
- 8) To a target, slide in side stance, backfist, reverse dropping kick.
- 9) To a target, jump spin reverse crescent kick.
- 10) To a target, flying double front kick, land two punches.
- 11) To a target, forward stance, flying front/roundhouse kick, land punches.
- 12) To a target, forward stance, flying front/crescent kick, land two punches.
- 13) To a target, forward stance, flying front/side kick, land two punches.
- 14) To a target, jump wheel kick, land with hand techniques.

Blocks and Punches

All blocks

TWO BLACK STRIPES (p2) (7/15/02)

Kata and Applications

Empi, applications from empi
Tension kata, other kata and applications

Weapons

Bo 2 and applications

Dropping Techniques

All rolling dropping techniques (including back drop, breakfall and backfall)

Self Defense/Throwing techniques

Basic knife defense
Ude garami
Any techniques from lower levels

Public Speaking

Sparring

THREE BLACK STRIPES (4/19/02)

Moving in forward stance, downward bearhand strike, forefinger knuckle punch, other hand.

- 3) Moving in forward stance, bearhand knuckle strike to throat, outer bearhand strike to temple w/other hd.
- 2) Moving in forward stance, double thumb knuckle strike to ribs, one finger strike to throat (or two finger strike to eyes).
- 5) Moving in forward stance, funnel block, downward forearm block (front hand), downward looping ridgehand strike (other hand).
- 12) To a target, forward stance, flying back kick.