

1st Degree Requirements

SELF DEFENSE

Beginner Series

Circling Arms A & B
Collapsing Limbs A & B
Sweeping Arm Hook
Striking Talon A & B
Head Lock A & B (both sides)

Punch Defense Series

Four Swords (both sides - hook punch)

Push/Pull Series

Circling Serpent (both sides-1 hand push)
Grasping Tiger (both sides -1 hand pull)
Terminator (2 hand push)

Bear Hug Series

Smothering Bear A, B, C, D

Take Down Defense Series

Stopping the Bull A, B, C

Ground Defense Series

Springing Scorpion A & B

Grappling Series

Moving the Mountain A & B (escape mount)
Winding Pass (escape back)
Tumbling Rock (headlock)
Pushing the River (escape guard)

Rear Bear Hug Clinch Set

ARNIS

Single Stick Skills

- a. Largo Mano (Evade, Meet Counters)
- b. Serrada Counters (X-Marks the Spot)

FORMS

Targeting Set # 1
Striking Set
Iron Horse
Doce Pares Form #1
4 Basic Positions

FITNESS STANDARDS

20 Correct Pushups or more in 1 minute
40 Correct Squats or more in 2 minutes

KICK- BOXING/MUAY THAI SKILLS

3-Count

12-Count

Elements of Boxing Set:

Defense: Pick, Pick, Double Shield, Double Shield, Shield, Shield, Crunch, Crunch, Block the Uppercut, Block the Uppercut

Offense: Jab, Cross, Jab, Cross, Left Hook High, Right Hook High, Left Hook to the Body, Right Hook to the Body, Left Uppercut to the chin, Right Uppercut to the Chin

SPARRING STANDARDS

Padded Weapons Sparring

Boxing Sparring

Kickboxing Sparring

Bad Position Training:

Escape Mount, Side Control, Kesa Gatame (Like Tumbling Rock), Back Mount, Pass the Closed Guard

FALLING SKILLS

Front Fall, Back Fall, Side Fall

ADDITIONAL REQUIREMENTS

Demonstrate How to Tie Your Belt

5 AREAS OF TESTING

Health and Fitness

Knowledge of Curriculum

Attendance, Attitude and Protocol

Spirit and Energy

Basics and Application

Notes:

- When eligible for 1st degree, Black Belt Prep classes will be held at your academy except for three (3) classes, Red Tip & Black Belt testing, which will be at the Carmichael Academy.
- **Gear Requirements: Caged Headgear, Shin Pads, Boxing Gloves, Combat Sword,**

Curriculum Developed from the following styles of Martial Arts:
Kenpo Karate, Arnis, Serrada-Escrima, Brazillian Jiu Jitsu, Chin Na,
Doce Pares, Jeet Kun Do, Kosho Ryu, Mixed Martial Arts, Muay Thai,
Tae Kwon Do, Western Boxing.