



RED BELT

NAME: _____ START DATE : _____

CHECK 1: _____ CHECK 2: _____ GRADING DATE : _____

MINIMUM 40 REGULAR CLASSES *(please get signed at each class)*

GREEN BELT + CLASSES

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BROWN BELT + CLASSES/INTENSIVES

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SPARRING CLASS/WORKSHOP

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SERVICE: ADULTS OR CHILDREN

Adults									
Children									

TEACHING (SEE OFFICE FOR DETAILS)

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RED BELT

Ground Defence 8

1. Defence from side headlock (from knee take down)
 - a. Position 1 to 3 with 20 submissions.

MINIMUM GRADING TEST

Multiple Defence 1 to 7 Left and Right .

All Self Defence and Ground Defence.

50 Break falls

100 push ups, 100 sit ups, 100 squats. 25 Cat Stretches

4 by 2 minute rounds of push ups sit ups squats.

3 by 10 leap frogs.

6 by 2 minutes rounds on the focus mitts

6 by 2 minute rounds on the strike shields.

10 by 2 minute rounds of sparring.

Brown

Self Defence

1. Single cross wrist to completion.
2. Single wrist. Draw down to kneeling position.
3. Single wrist grab to lifting arm to hand mirror, grab over the top with other wrist, pull hand out, to arm bar.
4. Defence against left push, right haymaker - right middle block, left inside block, right elbow, right front kick, hook opponents right arm, throw into wall, (figure 4 on shoulder) step down on opponents right knee, right knee to head as they go to ground. (turning kick to head, shoulder lock drop to knees, dislocation.
5. Defence against right lapel grab 1 -, grab behind right elbow, right palm, left side kick to hip (or turning kick to groin if opponent is side on), right knee, lapel break out. See Trainer for Grade Variations.

Red Tip

Self Defence

1. Front kick defence. Version 1 and 2
2. Turning kick defence (3 versions)
3. Side kick defence.
4. Back Kick
5. Knee defence
6. Rear lapel grab. Inside: palm and groin shot, right upper elbow, knee, to shoulder lock, take down, elbow lock.
7. Rear lapel outside defence