

Yellow Belt
<u>Blocks</u>
Upper
Outside Down
Inside Down
Upper Outside
Upper Inside
Upper Chopping
<u>Strikes</u>
Hor. Punch-Forehead
Eagle Claw-Eyes
Upper Heel-Nose
Arrowhead knuckle-Temple
Whipping Back Fist -Jaw
Round House-Jaw
<u>Kicks</u>
Front-SolarPlex
Side-Stomach
Back-Groin
Round-Face
Outside Crescent
Inside Crescent
<u>Combination Form</u>
Form # 1 (Combination 1 in one form)
Form # 2 (Combination 2 in one form)
Form # 3 (Combination 3 in one form)
Form # 4 (Combination 4 in one form)
Form # 5 (Combination 5 in one form)
Form # 6 (Combination 6 in one form)
Form # 7 (All 6 Combinations in one form)
<u>Thai-Chi</u>
Yellow Belt Form #1

<u>Stick Form</u>
Form #1
<i>Broken Staff (Iscrema)</i>
Introduction
<u>Stances:</u>
Front Stance
Back Stance
Horse Stance
Side Stance
Cat Stance
Folk Stance
Changes
<u>Sparring:</u>
Use of all techniques 1-6 in a sparring situation
Strategies during Sparring
Breathing Techniques
1 opponents
<u>Weapons:</u>
<u>Staff/Stick (BO):</u>
Propeller spin switching hands - both directions
Upper Block, and strike
Down Block, and strike
Figure 8 - left and right

Grabs: Aikido

Inside arm twist (right and left)

Outside arm twist (right and left)

Wrist Lock (right and left)

Throws: Judo

Right punch:

- 1-Left outside grab block
- 2-Triangle step while turning counter clockwise
- 3-Shoot right arm under Attackers right arm and grab shoulder
- 4-Left hand on wrist and right arm locking shoulder
- 5-Throw over your right leg/thigh.

Holds: Jujitsu

Shoulder Grab defense:

- 1-Left arm over attackers arm lift elbow
- 2-Right Palm heel to nose
- 3-Right arm close line with a right sweep kick Take down
- 4-Control attackers left arm as he hits ground.

Two hand choke:

- 1-Double crossing press block
- 2-Snap kick to knee
- 3-Double aikido down outside wrist
- 4-Pull down as you knee to face

Green Belt
<u>Blocks</u>
Double Upper Cross-open hand
Double Lower Cross-closed hand
Double Arm Chop
Double Crane
Double Angle Hand/Temple
Double Front Palm Heel
<u>Strikes</u>
Crane - Chin
Palm up Chop - Neck
Palm down - Chop Throat
Inside Rake - Face
Outside Rake/Tiger Clutch-Neck
Forearm/Thumb Press-Thyroid
<u>Kicks</u>
Pick Axe - Ground Target
Hook - Kidney
Front Crossover - Leg
Front Snap - Knee Cap
Side Snap - Inside knee
Back Stomp - Behind Knee
<u>Combination Form</u>
Form # 1 (Combination 1 in one form)
Form # 2 (Combination 2 in one form)
Form # 3 (Combination 3 in one form)
Form # 4 (Combination 4 in one form)
Form # 5 (Combination 5 in one form)
Form # 6 (Combination 6 in one form)
Form # 7 (All 6 Combinations in one form)
Form # 8 (All Forms Yellow–Green)
<u>Thai-Chi</u>
Yellow Belt Form #2

Grabs: Aikido
Hand Escape
1. snake wrap down
Collar Grab Escape
2. Right hand reaches over the top and Aikido twist NOTE: Inside of At, outside of Df
Throat Grab Escape
1. Double arm crossover, keep control of right arm
2. Reach right hand around head and grab chin
3. Twist head clockwise and bring to ground with right knee in neck pulling right arm
Throws: Judo
Standing Grapple:
1-Grabbing both shoulders from front
2-Left hand pulls Right shoulder of attacker
3-Right hand pushes attackers left shoulder
4-Step with right foot to left corner of box
5-Left foot snaps to right corner of box with back to attacker but continuous motion
6-Throw over hip
Holds: Jujitsu
Hair grab:
1-Reach up and double press hand to head, pain to fingers,
2-Step back snap down Jujitsu twist arm and snap down
3-Akido outside twist to the right
4-Left hand chop to Shoulder blade, forcing face down
5-Land with a Ju Jitsu Knee between arm and shoulder blade
6-Lift arm to up inside crane twist
7-Left hand finger under nose lift or Eye Gouge.
Right arm bar behind back:
1-Stomp top of foot
2-Left hand bottom fist snap to groin
3-Step forward with left foot, turn clockwise ¼ turn, kick to stomach with right front kick
4-Turn counter clockwise and go under attackers right arm
5-Put a arm bar on him
6-Take down using a left stomp to inside back of knee
7-Choke with left thumb support.

2-Left front snap to groin
3-Right elbow to face
4-Step under attackers right arm
5-Pull right arm with your left arm out and down circle rolling attacker forward,
6-Still holding arm, axe kick face
7-Aikido Twist wrist to break arm over knee, keeping elbow to knee to over extend.
<i>Right arm lock around neck:</i>
1-Left leg Mutay thai knee to thigh
2-Left bottom fist to tailbone as you right bottom fist to groin
3-Left arm reaches overhead to nose
4-Shove nose with two fingers
5-Lay backover left knee
6-Bottom fist to heart
7-After Attacker falls, forward Heel kick to groin.
<i>Free Form Fighting</i>
Mental Agility
Psychological
Physical
Spiritual

Blue Belt

Blocks

Perry

Table Top

Double Crane/Palm heel

Double Perry-Arm bar

Double Fan/Palm Leaf Block

Double Inside Compress

Strikes

Spear Hand-Larynx

Hammer Fist-Collar Bone

Roundhouse-Shoulder Dislocation

Index Knuckle-Under Arm Nerves

Ridge Hand Chop-Top Arm

Back knuckle-Bottom Arm

Kicks

Vert. Knee-Groin

Hor. Knee-Outside Thigh

Drop Knee-Ground Target

Front Stomp- Knee/Chin/Foot

Jumping Front-Face

Jumping Side Snap-Ribs

Combination Form
Form # 1 (Combination 1 in one form)
Form # 2 (Combination 2 in one form)
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Form # 5 (Combination 5 in one form)
Form # 6 (Combination 6 in one form)
Form # 7 (All 6 Combinations in one form)
Form # 8 (All Forms Yellow–Blue)
Form # 9 Free Form
Form # 10 Create Your own Form
Thai-Chi
Blue Belt Forms
All Previous Forms
(Free Form)
(Create your own Form)
Walking the Body:
Blue Belt series of strikes and kicks targeting pressure points

Training Exercises
<i>Ground Positions:</i>
Frog - leap
Dog - Walk
Crab - Walk
Seal - Walk
Run in place, drop to pushup, Chinese Sit ups, Jump up
Drills
Speed Bursts
<i>Avoidance</i>
<i>Various Stations - Blocks Kick, Punches, etc</i>
Stretching
Stances – 5, 5, and 15, second intervals
Individual stretching:
Deep Horse stance and bend over (slowly straighten one leg at a time)
Deep Front stance and bend over (slowly straighten one leg at a time)
On ground with Knees Apart, hands in pushup position, back and forth with chest hovering over ground
Partner stretching:
Heel on partners shoulder as they slowly stand (front kick stretch)
Inside of foot on their shoulder as they slowly stand (side kick stretch)
Sit cross leg with bottom of feet touching, grab and pull ankles with your hands
as partner pushes knees to ground
Sit with legs apart (spread legs as far as possible)
Partner pushes on your back from behind

Stick Form
Blue Belt Form - Yellow Belt Form 3
(Free Form)
(Create your own Form)
<i>Broken Staff (Iscrema)</i>
Blue Belt Form (All yellow-Blue belt forms with/Broken Staff)
(Free Form)
(Create your own Form)
Stances:
Front Knee Block
Deep Front Stance
Deep Horse Stance
Changes - all previous stances
Sparring:
Use of all techniques 1-18 in a sparring situation
Strategies during Sparring
Breathing
Combinations
1 opponents
Weapons:
Stick (BO):
Reverse Row with extra spin
Forward Row with extra spin
Block, Strike, Stick capture
Right/Left Lunge
Broken Staff (Iscrema):

The 6 step strike pattern

Weapons Defense:**Knife*****Right Overhead knife Strike:***

- 1-Cross Block grab with left hand, Knee to groin
- 2-Reach under arm with right arm to leverage step with right leg behind their right leg
- 3-Aikido backward flip to ground
- 4-Reverse flip over with face to ground, drop knee on elbow, remove knife

Right Backhand knife Strike:

- 1-Avoid strike by moving to back stance
- 2-left hand 1/2 Eagle wing grab block
- 3-Step in with right elbow smash to face
- 4-Step under arm and aikido forward roll flip

Gun***Right hand held Gun To Left Side of Head:***

- 1-Upper block and bend knees
- 2-Vertical elbow to face
- 3-Clocks wise Aikido twist to ground
- 4- Slide Left arm under their right arm to lifting arm bar, break arm and gain control of gun

Gun Pointed to Mid Back:

- 1-Check to what hand is holding gun
- 2- Turn clockwise with a lower block
- 3-Left Hor. Elbow to back of jaw
- 4-Counterclockwise aikido twist brining opponent to ground
- 5-Left blade of foot to neck pulling arm up with wrist bent

Baton**Baton Mid lunge attack**

1. Perry block
2. Left Front of knee stomp and wrist grab
3. Counter clockwise upper aikido twist opponent to ground
4. Kick to ribs
5. Break arm over knee

Sticky Hands: *Wing Chung*



Mental Agility
Psychological
Physical
Spiritual

Red Belt
<u>Blocks</u>
Outside Windmill
Inside Windmill
Outside Windmill Grab
Inside Windmill Grab
Down Windmill Outside Grab
Down Windmill Inside Grab
<u>Strikes</u>
Buddha Palm Heel-Sternum
Cobra-Split Rib Heart
Vet. Punch-Solar Plex
Bottom Fist-Ribs/Spleen/Liver
Upper Cut-Stomach/Intestines
Bear Claw Grab-Groin
<u>Kicks</u>
Cat Front Snap-Stomach
Crane Front Jump-Jaw
Back/Hook Sweep-Leg
Front Sweep-Leg
Spin Back Sweep-Leg
Spin Front Sweep-Leg
<u>Combination Form</u>
Form # 1 (Combination 1 in one form)
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Form # 4 (Combination 4 in one form)
Form # 5 (Combination 5 in one form)
Form # 6 (Combination 6 in one form)
Form # 7 (All 6 Combinations in one form)
Form # 8 (All Forms Yellow-Red)
Form # 9 Free Form
Form # 10 Create Your own Form
<u>Thai-Chi</u>
Red Belt Forms

All Previous Forms
Free Form
Create Your own Form
Walking the Body:
Red Belt series of strikes and kicks targeting pressure points
Training Exercises
<i>Ground Positions:</i>
Inch worm - Walk
Wheel - Walk
Side flips
Drop Knee Jumps
Twist Stance Lunges
Drills
Speed Bursts
<i>Avoidance</i>
<i>Various Stations - Blocks Kick, Punches, etc</i>
Stretching
Stances – 5, 5, and 20, second intervals
Individual stretching:
Standing on one leg bend knee and grab from behind foot/toe from behind with that arm and stretch
Standing on one leg bend knee from front and grab foot/toe with that arm and stretch
Partner stretching:
Sitting facing each other Feet together spread legs, lock arms and pull
Stand with arms between legs and bend partner behind on ground and pulls arms down and out
Sit with one leg straight and one bent with foot against knee reach for foot
Partner pushes back from behind

<u>Stick Form</u>
Red Belt Form
Free Form
Create Your own Form
<i>Broken Stick (Iscrema):</i>
Red Belt Form (All Forms Yellow –Red)
Free Form
Create Your own Form
<u>Stances:</u>
Deep Back Stance
Deep Side Stance
Drop Stance
Changes - all previous stances
<u>Sparring:</u>
Use of all techniques 1-24 in a sparring situation
Strategies during Sparring
Breathing
Combinations
2 opponents
<u>Weapons:</u>
<u>Stick (BO):</u>
One hand Propeller Forward
One hand Propeller Reverse
Samari Sword over head double spin strike
Inside front block with a take-away
Left/right body row (use arm against stick/chest to aid in holding stick adding strength)

<u>Broken Staff (Iscrema):</u>
Under shoulder crossover (Nun chuck style)
Double under shoulder catch
Red belt and all previous blocks and strikes
Light Controlled Sparring for all weapons
Hapkido Cane, Tonfa, (Nunchucks are illegal in Calif. so this will be a brief intro)
Basic Use
Forms
<u>Boxing:</u>
Shadow
Jabs
Punches
Combinations
Foot work
<u>Anatomy-Pressure Points:</u>
Sternum
Ribs near Heart
Solar Plex
Spleen/Liver
Stomach/Intestines
Groin
Chest, Ribs, Solar Plex, Heart, Stomach, Liver, Spleen, Intestines, Lungs
<u>Falls:</u>
Standing Side Roll
Front Dive
Jumping up
<u>Weapons Defense:</u>
Knife
<i>Back hand – (Special Services grip hold of knife)</i>

Grabs: Aikido

Right Front Punch:

1-Grab block move to right

2-Quick reverse move to your left (in front of attacker, in the direction he was going)

3-Aikido Flip attacker

Right Front Punch

Same side Clockwise reverse throw

Same side Counter Clockwise reverse throw with shoulder assist

Throws : Judo

Front Grab Legs, lift up

Back Grab Legs, lift up

Outside Shoulder Throw

Under Arm Shoulder Throw

Holds: Jujitsu

Outside Leg grab

Inside Leg grab

Ankle grab with Knee Push

Ankle grab with Knee bend

Right Punch:

1-Left outside grab block

2-Lower ridge hand to groin

3-Palm heel to nose

4-Right shoulder push and right arm hook to lower right leg of attacker

5-Clockwise flip attacker over using arm leverage

6-Step over attackers rear

7-Arm lock leg bar

Two hand Choke:

1-Knee to stomach

2-Weave right arm over left and under right arm of attacker

3-Leverage up clockwise
4-Left elbow to ribs
4-Left bottom fist to groin
5-Reach down and lift both legs up and out
6-Left foot outside blade to neck (attacker is feet up in the air with head on ground)
7-Lift legs, blade of foot in throat
Throat grab on ground Escape (Attacker is on top/Face to Face):
1-Push both arms (Reverse Palm heel near elbow and to the back of arm and lift)
2-At the same time bring your right foot up against attackers left foot trapping for leverage
3-Push hips up using power of legs moving attacker forward
4-Push and bridge to the right
5-Roll on top blocking his at his biceps, Head butt to face, Drive Elbow to heart
Take Downs:
Low shoulder to knee take down
Low double leg grab take down
Leg inside knee push while bending knee leverage take down
Low arm between legs to the right behind attackers left knee take down
Note: Pull gee or arm with left hand to aid in take down
Intro to Grappling
Arm Bars
Leg Bars
Chokes
Leverages
Escapes
Throws
Drills
Street Fighting: Kung fu San Soo
Left hook punch:
1- Left Outside grab block
2- Left Round Kick to Stomach
2- Step to left side of attacker
3- Right Mutay knee to left Side
4- Right Forearm chop strike to back of neck
5- Left leg inside front of attacker, Right leg to rear deep horse
6- Right arm reach around head and throw to ground
7- Eye Gouge Bottom fist to face
Right punch:

Brown Belt

Blocks

Inside/Outside-Trap Grab

Double Cross-Trap Grab

Outside/Inside-Leg Lift

Outside/Inside-Knee Lift

Supported Outside - Front Knee Stance

Crouching Shoulder-Body Slam

Strikes

Split Cobra Jab-Eyes

Double Cup-hand-Ears

Flying Ridge Hand-Temple

Neck Grip/Head Butt-Face

Double Thumb-Neck

Thumb knuckle-Groin

Kicks

Spin Drop Back Sweep-Leg

Spin Drop Front Sweep-Leg

Spin Side Kick-Stomach

Spin Outside Hook/Heel - Ribs/Head

Spin Jump Outside Crescent

Spin Jump Inside Crescent

Combination Form

Form # 1 (Combination 1 in one form)

Form # 2 (Combination 2 in one form)

Form # 3 (Combination 3 in one form)

Form # 4 (Combination 4 in one form)

Form # 5 (Combination 5 in one form)

Form # 6 (Combination 6 in one form)

Form # 7 (All 6 Combinations in one form)

Form # 8 All Forms Yellow - Brown

Form # 9 Free Form

Form # 10 Create Your own Form

Thai-Chi

Brown Belt Forms

All Previous Forms
Free Form
Create Your own Form
<u>Walking the Body</u>
Brown Belt series of strikes and kicks targeting pressure points
(Front, Back)
A series of strikes and kicks targeting pressure points all over the body Head to Toe
<u>Training Exercises</u>
<i>Ground Positions:</i>
Tractor rolls
Clap hand pushups
Kick Knees high - running in place
<i>Drills</i>
<i>Speed Bursts</i>
<i>Avoidance</i>
<i>Various Stations - Blocks Kick, Punches, etc</i>
<i>Stretching</i>
Stances – 5, 5, and 25, second interval
<i>Individual stretching:</i>
On floor with knees spread feet together, both hands flat on ground
Stand with cross foot, force stretch on one leg
<i>Partner stretching:</i>
Sit with legs apart - Two partners either side, pull apart
Lie on back with legs apart - Two partners either side pull apart,
Lie on back with legs apart - Two partners either side pull apart

<u>Stick Form</u>
Brown Form
Free Form
Create Your own Form
<i>Broken Stick (Iscrema):</i>
Brown Form # 8 All Forms Yellow - Brown
Free Form
Create Your own Form
<u>Stances:</u>
Deep Step Behind Twist
Deep Step In front Twist
Deep Cat
Deep Folk
Changes - all previous stances
<u>Sparring:</u>
Use of all techniques 1-30 in a sparring situation
Strategies during Sparring
Breathing
Combinations
3 opponents
<u>Weapons:</u>
<u>Stick (BO):</u>
Right hand (ore-swivel position), push stick to left, spin over head and strike down on left side
Spin Around Low Block
Spin Around High Block
Spin Around Back hand Strike
Lunge strike with reverse push-stick strike

<u>Broken Staff (Iscrema):</u>
Forward - double left right striking - back hand left, forward right and so on
Brown belt and all previous blocks and strikes
Light Controlled Sparring for all weapons
SIA
Basic Use
Forms
<u>Boxing:</u>
Shadow
Jabs
Punches
Combinations
Foot work
<u>Anatomy-Pressure Points:</u>
Eyes
Ears
Temple
Nose
Throat
Groin
Sides, Ears, Groin, Throat , Legs:Knee, Thigh, Feet, Bones, Muscles, Nerves
<u>Falls:</u>
Hand stand roll back roll - Assisted
Hand stand Front roll - Assisted
Front Flip - Assisted
Back Flip - Assisted
<u>Weapons Defense:</u>
<i>Knife</i>
<i>Low Slashing - Knife attack</i>
<i>Multi-Jabbing Knife Attack</i>

Knife Held pointed at front of neck

Gun

Gun Point to side of head from behind with left arm choke

Gun barrel touching head, standing very close with left hand gripping collar

Baton

Baton backhand attack

Baton Choke attack

Baton Slash attack

Sticky Hands: Wing Chung

Outside Leg block - kick

Inside Leg block - kick

Add Quadrants

Grabs: Aikido

From a Right Front punch:

1- Dragon Block

2- Pull attacker toward the direction he was punching

3- Reverse direction flipping attacker counter clockwise direction (to your left)

Right Front Punch

Oposite side Counter Clockwise reverse throw with between legs assist

Oposite side Clockwise between legs throw

Throws: Judo

(Tin Can wind)

1- Drop with left leg laying on attackers top of feet

2- Right leg Hook sweep to back of knee thigh to make attacker fall forward

3- Roll twist clock wise winding up legs in a

3- Back fist to head

1-Grab lapel

2-Right Foot into Stomach

3-Squat down and roll backwards

4-Pull attacker forward over with your leg as fulcrum

Holds: Jujitsu

Upper body Series

Pin from this position -

1- Right Punch Judo throw

2- Fall on top of attacker

3- Right wrapped behind attackers

4- Place Attackers right arm to your chest and hold with left arm press to Pin

(A Hold will be any 25 percent of body)

Choke from this position

1- Right Punch Judo throw

2- Fall on top of attacker

3- Right wrapped behind attackers head grab your own left arm sleeve

4- Left hand moved to neck

5- Squeeze to choke

Arm bar from this position

1- Right Punch Judo throw

2- Fall on top of attacker (his back on ground)
3- Right wrapped behind attackers head grab attackers right wrist down
4- Place his right arm (elbow up) against left side of his head
5- Press the right side of your head to his arm locking it between both heads
6- Pull his right wrist with your left arm out ward to his right
7- Keep his right are sandwich between heads
Arm bar under leg from this position
1- Right Punch Judo throw
2- Fall on top of attacker (his back on ground)
3- Right wrapped behind attackers head
4- Place his right under your right leg
5- Left arm free to punch
Prevention of Take down:
Knee Block/Strike
Arm leverage
Legs Jump back
Switch Position
Free Grappling
Arm Bars
Leg Bars
Chokes
Leverages
Escapes
Throws
Drills
Street Fighting: Kung fu San Soo
<u>Left punch:</u>
1 - Left grab block and snap kick to knee
2 - Turn opponent around with their back towards you
3 - Left arm wraps up around neck as you are behind
4 - Right arm reaches down and between legs up over grabbing attackers left leg
5 - Opponent will lay with their back upon top of your back/hip
6 - Throw as you spin in the direction of their feet
7 - Lift legs up let go with left arm around neck
8 - Spin head out to car bumper, ground or curb
<u>Left Punch:</u>

1st Degree Black Belt

Blocks

Cat Stance - Upper & Lower

Crane/Heel-Hour Glass Stance

Dragon/Grab/Step back-Twist Stance

Praying Mantis Grab/Blade/Up & Low-Side Stance

Double In/Out Cross Chop-Horse

Outside/Down-Spin Twist Stance

Strikes

Vert. Uppercut Elbow-Sternum

Hor. Inside Elbow-Jaw hinge

Support Vert. Elbow-SolarPlex

Head Grab-Drop Elbow-Neck

Spin Backhand-Nose

Low/High Backhand-Groin

Kicks

Jumping Double Front Snaps

Jumping Double Side Snaps

Run-Leap Double Front

Run-Leap Double Side

Front Tumble Roll

Back Tumble Roll

Combination Forms

Form # 1 (Combination 1 in one form)

Form # 2 (Combination 2 in one form)

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Form # 4 (Combination 4 in one form)

Form # 5 (Combination 5 in one form)

Form # 6 (Combination 6 in one form)

Form # 7 (All 6 Combinations in one form)

Form # 8 (All Forms Yellow – Black)

Form # 9 Free Form

Form # 10 Create Your own Form

Thai-Chi

Black Belt Forms

Stick Form
Forms 1-6
Free Form
Create Your own Form
<i>Broken Stick (Iscrema):</i>
Black Belt Form # 8 All Forms Yellow - Black
Free Form
Create Your own Form
All Previous Stances
Stances:
Deep Knee Block Stance (knee close to touching ground)
Deep (kung fu back heel stance) with palm up blade hands
One foot balance Stance (kung fu back heel stance, heel out not touching, low crouch)
Changes - all previous stances
Sparring:
Use of all techniques 1-36 in a sparring situation
Strategies during Sparring
Breathing
Combinations
4 opponents
Weapons:
Stick (BO):
Reverse spin over head counter clockwise, spin around to a backhand upper block, push-stick strike
Propeller around the body spin
Propeller overhead
Propeller Between Legs
Sweeps, and leverages
Broken Stick (Iscrema):
Reverse - double left right striking - back hand left, forward right and so on



Black belt and all previous blocks and strikes
Light Controlled Sparring for all weapons
<u>Katana - Samurai Sword</u>
Basic Use
Forms
<u>Boxing:</u>
Shadow
Jabs
Punches
Combinations
Foot work
<u>Anatomy-Pressure Points:</u>
Front Targets
Back Targets
Side Targets
All Previous
Back, Back of Neck, Spine, Heel, Calf, Tail Bone, Kidneys,
<u>Falls:</u>
Front Flip
Back Flip
All Previous
<u>Weapons Defense:</u>
Knife
Mixed Attacks
All area Slashing Knife Attack
Knife Held in neck lock from behind
Mixed Attacks - Drills



3-Face direction of attacker is facing

4-Step into deep front left stance
5-Aikido throw forward Pull out and down
6-Pull back as attacker is rolling
Arm around neck leverage
Arm between legs leverage
Arm around waist leverage
Throws : Judo
Escape From A Bear Hug from Behind:
1-Right shoulder throw as you step back with left leg
2-Keep control of attackers Right arm as he flips over and lands on his back
3-Drop to the ground with your left leg over attackers head, hooking foot at neck
4-Right Foot against attackers right side
6-Push with foot and pull twist arm
Escape From Bear Hug from Front:
1-Step to left with left foot
2-Step behind attacker with right foot
3-Right arm leverages up under attackers left arm
Holds: Jujitsu
Escape leg lock On Ground (attacker is on ground, your on top, his back to ground):
1-Left arm crosses over to attackers right leg and push
2-Twist to the right and press your right hip on attackers left leg
3-Leverage as you twist clockwise
4-Now you are between attackers legs
5-Drop elbow to groin/stomach
6-Uppercut to jaw
Throat grab Attacker on top (opposite facing):
1- Push attacker up (pushup)
2- Bring Knees up under attackers arm pit
3- Grab arms and Cam roll flip Attacker (forward)
4- Axe Kick to face
Right Punch Judo throw with arm bar #1
1- Block Right Punch
2- Fall on top of attacker (his back on ground)
3- Right wrapped behind attackers head
4- Place his right arm to your chest roll counter clock wise to other side
5- Lock his right arm to your ribs with your right arm grabbing his wrist
6- Your right hand grabs his left wrist (elbow up)

7- Your left arm snakes over and under his left arm

8- Grab your own right wrist with your left hand
9- Lift up and leverage arm bar out the back door clockwise
Right Punch Judo throw with arm bar #2
1- Block Right Punch
2- Fall on top of attacker (his back on ground)
3- Right wrapped behind attackers head
4- Place his right arm to chest roll counter clock wise Chest to chest
5- Lock his right arm to your ribs with your right arm grabbing his wrist
6- Your right hand grabs his left wrist (elbow down)
7- Your right arm snakes under his left arm
8- Grab your own left wrist with your right hand
9- Lift down and leverage arm bar counter clockwise
Free Grappling
Arm Bars
Leg Bars
Chokes
Leverages
Escapes
Throws
Drills
Street Fighting: Kung fu San Soo
Escape 1 - Front Head Lock
Escape 2 - Rear Head Lock
Escape 2 - From a Left outside Aikido twist
Escape 4 - From a Left inside Aikido twist
Escape 5 - Front Tackle
Escape 6 - Outside Shoulder Judo Throw
Escape 7 - Full Nelson
<u>Right Front Punch:</u>
1-Right inside grab block
2-Right Front kick to knee or groin

3-Clockwise inside Aikido arm twist, make attacker bend over

4-Step over arm with left leg (still holding arm), hook left foot under neck
5-Pull back counter clockwise to the left and roll to ground to arm bar
<u>Left Front Punch:</u>
1-Left inside grab block,
2-Left Front kick to knee or groin
3-Counter clockwise inside Aikido arm twist, make attacker bend over
4-Step over arm with right leg (still holding arm), continue to spin, and hook left foot between legs
5-Pull back to the left and drop on ground to arm bar
<i>Free Form Fighting</i>
Mental Agility
Psychological
Physical
Spiritual

2nd Degree -10th Degree Master
One Degree = 2 year Continuous Training (up to 8 times and does not overlap)
<i>(This works up to 8 times and does not overlap with another item per year)</i>
2 years continuous training at black belt level with a Master instructor
- Create an new original form per year (recognized by Master Instructor)
- Self study, showing continued skill level improvement
- Teaching and bring new ideas, techniques, and students to the school
<i>(This works up to 8 times and does not overlap with another item per year)</i>
- Exemplary conduct and spirit
One Degree = Create a Black Belt
<i>(This works up to 8 times and does not overlap with another item per year)</i>
Teach a white belt student, and bring them to black belt level 3-4 years
One Degree = Earn a Black belt degree in another style
<i>(This works up to 8 times and does not overlap with another item per year)</i>
Train in another school and obtain a black belt in that specialty
One Degree = Win a Championship
<i>(This only works once and does not overlap)</i>
Take first in a national championship
One Degree = Start a school - Master Instructor of this school 3rd-9th Degree
<i>(This only works once and does not overlap with another item per year)</i>
Create you own curriculum, style or way, set up business and start teaching
One Degree = Heroism
<i>(This only works once and does not overlap with another item per year)</i>
Using Martial arts:
Saving Lives
Averting disaster
News worthy valor
Purple heart - Metal of honor from the armed service
One Degree = Doctorate Degree
<i>(This only works once and does not overlap with another item per year)</i>
Major in Mechanical Engineering
Major in Health Sciences
Major in in Medicine
Major in Physics

