



BLACK BELT OMEGA MARTIAL ARTS

03/05/2022

MENTAL DEVELOPMENT

CONCEPT:	TO DO's:
CULMINATING MOMENTS	<p>WRITTEN PAPER: "The Culminating Moments of My Omega Martial Arts Journey" Explain the Personal Challenges & Successes - the Highs & Lows. How do ALL these experiences create the BEST Martial Art Journey that was meant for YOU?</p> <p>READ: "ZEN IN THE MARTIAL ARTS" - Joe Hyams</p> <p>NOTEBOOK: Complete Notebook w/ Core Concepts & Teaching Notes</p> <p>MENTOR: Meet w/ BB Mentor Quarterly to Discuss BB Process & Progress</p>

PHYSICAL REQUIREMENTS

TIME AT RANK: 9 - 12 MONTHS

GENERAL REQUIREMENTS FOR ALL REVIEW STRIPES

- EACH REVIEW SECTION WILL HAVE TWO STRIPES TO PASS OFF -

CORE CONCEPTS & TEACHING STRIPE:

1. Complete Core Concepts Worksheet for each KUP
2. Teaching in Classes for the Corresponding KUP

PHYSICAL TECHNIQUE STRIPE:

1. Pass off Techniques from the Corresponding KUP Sheets & Weapon (Blocks, Strikes, Adv. Manipulation, 1 Steps, Duos)

WHITE STRIPE: 12th & 11th KUPS	YELLOW STRIPE: 10th & 9th KUPS
Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: BO	Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: ESCRIMAS
GREEN STRIPE: 8th & 7th KUPS	PURPLE STRIPE: 6th & 5th KUP
Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: NUNCHAKU	Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: SAIS
BLUE STRIPE: 4th & 3rd KUPS	RED STRIPE: 2nd & 1st KUPS
Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: TONFAS	Core Concepts, Teaching, & Physical Requirements (Both KUPS) WEAPON: SPECIALTY WEAPON

BLACK STRIPE REQUIREMENTS

FORMS	SPECIALTY KICKS
<p>KOREAN FORM: KORYO JAPANESE FORM: SEI SAN WEAPON FORM: ANAKU ESCRIMA</p> <p>*PLUS: BASIC 1, PYONG 1 - 5, TAEGEUK 5 - 8, TOKUMINE BO, PALGUE 7, & BASSAI</p>	<p>360 KICKS: FRONT TURNING 1. Back Kick 2. Hook Kick 3. Back Swing Kick 4. Outside Crescent Kick 5. Outside Axe Kick</p> <p>360 KICKS: BACK TURNING 1. Snap Kick 2. Roundhouse 3. Side Kick 4. Push Kick 5. Inside Crescent Kick 6. Inside Crescent Kick 7. Inside Axe Kick</p> <p>180 KICKS: FRONT & BACK TURNING (Same Kicks as Above)</p> <p>JUMP AWAY KICKS: 1. Snap Kick 2. Roundhouse 3. Side Kick 4. Back Kick 5. Inside Axe Kick</p> <p>SPLIT KICK: Jump - Snap Kick then Outside Crescent Kick</p>



BLACK BELT OMEGA MARTIAL ARTS

SELF DEFENSE

JIU JITSU GROUNDWORK:

OFFENSIVE POSITIONS & SUBMISSIONS

1. Ankle Lock: From Inside Partner's Guard

CHOKE HOLDS:

1. Rear Naked Choke
2. Triangle Choke (From Guard Position)

GROUND ATTACK:

1. Pin Arms Behind Head
(From Mount Position)

GROUND ESCAPE:

1. Push Arms Up then Pull Arms Down, Buck Hips Up, Grab Body then Grab Upper Arm & Collapse, Push Up w/ Opposite Foot, & Roll Over, Counter & Escape

OFFENSIVE KNIFE:

1. Grips
2. Peeling Disarms

1. Poke, Overhead, Upward, Slash (Open & Hidden) - (Fighting Stance)
2. Disarm from 3 Positions w/ Partner: Standing, On Back, & On Belly

ATTACK W/ INTENT DRILL:

1. 3 ATTACKERS (Grab or Punch)
(Attack at Same Time)

DEFENSE:

1. Line Up, Roll Out, Close the Gap, Escapes, & Street Counters (30 Seconds)
(Use Proper Targeting, Be Intense, & Leave Attackers Unable to Come After You)

WEAPONS

SPECIALTY WEAPON:

DUO DRILL - Create w/ Partner Using Attacks, Defenses, & Counters (3 X Through)

*PLUS:

SPECIALTY WEAPON: Blocks, Strikes, Adv. Manipulation, & 1 Steps (x 2)
WEAPONS: Blocks, Strikes, ALL Manipulation, 1 Steps, & Duo Drills
(Bo, Escrimas, Nunchaku, Sais, & Tonfas)

JUDO

FALLING: 1. Back Slap Fall 2. Side Slap Fall
3. Roll to Side Fall 4. Front Fall 5. Dive Roll
6. Back Slap to Roll Out 7. FALLING FORM

THROWS: 1. Reap 2. Reap Variation
3. Hip Roll 4. Side Drop to Mount
5. Shoulder Throw

SPARRING

REQUIREMENTS:

1. 1 ON 1 - Advanced Level vs. Black Belt
2. Match Time: 2 Minutes
3. Bag Work: 2 Minutes

GAUNTLET:

1. 5 Minutes of Fighting
2. Fight - Bag Work - Fight - Bag Work - Fight

ORIGINALS

MUSICAL: A Physical Expression of Your Emotional Journey in Martial Arts, Thus Far...

CRITERIA:

1. Can be done w/ Weapon or Open Hand
2. Music needs to be 3 - 5 min long

OPEN HAND FORM:

1. Name Form 2. 40 - 50 Moves 3. No Weapon

BREAKING

3 BOARD SIDE KICK

1 BRICK

(16 yrs. & Older)

FOR ALL BLACK BELT CANDIDATES

- PRETEST REQUIREMENTS:**
1. Present as a Black Belt Candidate in Saturday Session of Black Belt Testing
 2. Participate in Black Belt Candidate Classes (Recommended)
 3. Pass off Review Stripes & Originals Prior to Respective Deadlines
 4. Pass All 4 Required Pretests

- BB TEST REQUIREMENTS:**
1. Know the FULL OMEGA SYSTEM (12th KUP - BLACK BELT KUP)
 2. Have a Completed Teaching Notebook
 3. TEACHING: Must Be Teaching in at Least 1 Class per Week
 4. Provide a Letter of Recommendation (All Candidates)
 5. Turn in Written Paper
 6. Turn in Black Belt Test Fee: \$175
 7. "BE" an OMEGA BLACK BELT!