



	<b>WHITE/BLUE BELT</b> <b>LD - 12<sup>TH</sup> KUP</b>	
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03/05/2022

## MENTAL DEVELOPMENT

CONCEPT	TO DO's
<b>FOCUS</b>	<b>DISCUSS W/ BLACK BELT INSTRUCTOR:</b> 1. The Concept of FOCUS 2. RULES & PROTOCOL:      How to Keep the Studio a Safe Place Proper Time & Place to Use Martial Arts

## PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS - <b>RED STRIPE</b> (Blocks Start Left, Strikes Start Right)	FORMS - <b>BLACK STRIPE</b>
<b>BLOCKS, STRIKES, &amp; STANCES:</b> 1. Front Stance Down Block 2. Front Stance Middle Punch 3. Straight Leg L - Stance  <b>KICKS &amp; FOOTWORK:</b> 1. Skip Away / Skip In Footwork	<b>BASIC FORM 1</b>  <b>MOVES 1 - 9</b> 1. Stances, Blocks, & Punches (To 1st Thumb Turn)

COMBINATIONS - <b>BLUE STRIPE</b>	SPARRING - <b>YELLOW STRIPE</b>
<b>OFFENSE:</b> 1. Back Leg Snap Kick, Front Hand Back Fist 2. Driving Reverse Punch  <b>DEFENSE:</b> 1. Skip Away / Skip In, Front Leg Snap Kick	<b>3 STEP SPARRING:</b> 1. Understand Ring Protocol 2. Use Punches & Kicks 3. Match Time:                      60 Seconds

<b>SELF DEFENSE - GREEN STRIPE</b>	
<b>CONCEPT:</b> THUMBS ARE WEAK	<b>AWARENESS:</b> DEFENDING PERSONAL SPACE
<b>GRABS:</b> 1. Same Hand Wrist Grab 2. Same Hand Wrist Grab 3. Cross Hand Wrist Grab	<b>ESCAPES:</b> 1. Pull Up & Diagonal Down Escape 2. Push Palm into Palm & Diagonal Up Escape 3. Push Back of Hand into Palm & Diagonal Up Escape
<b>SELF DEFENSE DRILLS:</b> 1. Proximity Drill - Defend Personal Space & Make a Scene: Yell "NO" or "STOP" 2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumbs	

<b>OVERALL REVIEW - PURPLE STRIPE</b>	
1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: 2. REVIEW MENTAL DEVELOPMENT CONCEPT:	LD - 12th KUP (WHITE/BLUE BELT) FOCUS RULES & PROTOCOL: How to Keep the Studio a Safe Place Proper Time & Place to Use Martial Arts



	<b>WHITE/BLUE BELT</b> <b>LD - 12<sup>TH</sup> KUP</b>	

## INFORMAL TEST REQUIREMENTS

### MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE

1. EARNED: **6 PROGRESS STRIPES**
2. SIGNED UP FOR: **INFORMAL TEST**
3. TURNED IN: **TEST FEE: \$15**