

WHITE/BLUE BELT LD - 12TH KUP



03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
FOCUS	DISCUSS W/ BLACK BELT INSTRUCTOR: 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:	NON
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BASICS - RED STRIPE	(Blocks Start Left, Strikes Start Right)	FORMS - BLACK STRIPE
 BLOCKS, STRIKES, & STANCES: Front Stance Down Block Front Stance Middle Punch Straight Leg L - Stance 		BASIC FORM 1 MOVES 1 - 9 1. Stances, Blocks, & Punches (To 1st Thumb Turn)
KICKS & FOOTWORK: 1. Skip Away / Skip In Footwork		

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

SELF DEFENSE - GREEN STRIPE

CONCEPT: THUMBS ARE WEAK AWARENESS: DEFENDING PERSONAL SPACE

GRABS:

1. Same Hand Wrist Grab

2. Same Hand Wrist Grab

3. Cross Hand Wrist Grab

ESCAPES:

- 1. Pull Up & Diagonal Down Escape
- 2. Push Palm into Palm & Diagonal Up Escape
- 3. Push Back of Hand into Palm & Diagonal Up Escape

SELF DEFENSE DRILLS:

- 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

OVERALL REVIEW - PURPLE STRIPE

1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: LD - 12th KUP (WHITE/BLUE BELT)

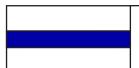
2. REVIEW MENTAL DEVELOPMENT CONCEPT: FOCUS

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RULES & PROTOCOL:

How to Keep the Studio a Safe Place Proper Time & Place to Use Martial Arts





WHITE/BLUE BELT LD - 12TH KUP



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