



# RED/WHITE BELT

## 2ND KUP

11/30/2022

### MENTAL DEVELOPMENT

| CONCEPT         | TO DO's  |
|-----------------|--|
| <b>HUMILITY</b> | <b>DISCUSS W/ BLACK BELT INSTRUCTOR:</b><br>1. The concept of HUMILITY<br><br><b>WRITTEN PAPER:</b> As a Red Belt, what are ways you can show Humility in this stage of your martial arts? Why is Humility such an important characteristic to develop as a martial artist & as a person? Why is being Humble such a crucial part of learning? |

### PHYSICAL REQUIREMENTS

**TIME AT RANK: 6 MONTHS**

| SPECIALTY KICKS  | FORMS   |
|--|---|
| <b>180 KICKS: BACK TURNING</b><br><br>1. Back Kick 2. Hook Kick 3. Back Swing Kick<br>4. Outside Crescent Kick 5. Outside Axe Kick | <b>TAEGEUK FORM 8</b><br><b>MEANING: EARTH</b><br><br><b>REVIEW STRIPE:</b><br>BASIC 1, PYONG 1 - 5, TAEGEUK 5 - 7, & TOKUMINE BO |

| COMBINATIONS  | SPARRING  |
|---|---|
| <b>SWEEP COMBINATIONS:</b><br>1. 180 Back Swing Kick to 180 Floor Sweep<br>2. Drop, Back Leg Forward Circular Sweep to Butterfly Kick | <b>REQUIREMENTS:</b><br>1. 1 ON 1 - Advanced Level vs. Black Belt<br>2. Match Time: 2 Minutes<br>3. Bag Work: 2 Minutes |

| SELF DEFENSE  |  |
|---|--|
| <b>JIU JITSU SELF DEFENSE:</b>  | <b>OFFENSIVE POSITIONS &amp; SUBMISSIONS</b><br>1. Full Mount: Show Control with Partner Trying to Get Out<br>2. Arm Bar: From Full Mount<br>3. Pass Guard #1: Push Elbow to Inside of Thigh - Knee Over Leg<br>4. Pass Guard #2: Hands on Hips - Stand Up, Shuck Legs to Side |
| <b>GROUND ATTACK:</b><br>1. Getting Ready to Attack (Inside Guard Position) | <b>GROUND ESCAPE:</b><br>1. Lock Arms - Hands on Shoulders, Shrimp Out, Get Both Feet on Hips & Create Distance, Grab Forearm - Slide to Wrists, Knees Inside Arms, & Up Kicks   |
| <b>KNIFE SELF DEFENSE ATTACK:</b><br>1. Overhead Strike                     | <b>DEFENSE:</b><br>1. Lunge Forward to Left Angle Step, High X Block (Right Hand Over Left), Right Hand Grab Wrist, Circle Arm Down & Into Attacker's Belly, Escape to Back  |
| <b>1 STEP SELF DEFENSE ATTACKS:</b><br>1. Right or Left High Punch          | <b>DEFENSE:</b><br>1. Open Block - Counters w/ Street Take Downs & Counters  |
| <b>ATTACK W/ INTENT DRILL:</b><br>1. 1 ATTACKER (Punches ONLY)              | <b>DEFENSE:</b><br>1. Roll Out, Close the Gap, Escapes, & Street Counters (30 Seconds)<br>(Use Proper Targeting, Be Intense, & Leave Attacker Unable to Come After You)  |



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|  | <h1 style="margin: 0;">RED/WHITE BELT</h1> <h2 style="margin: 0;">2ND KUP</h2> |  |
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| WEAPONS   |   |
|---|---|
| <p><b>NUNCHAKU:</b></p> <p><b>ADVANCED MANIPULATIONS:</b></p> <p><b>1 STEP ATTACKS w/ ESCRIMA:</b></p> <ol style="list-style-type: none"> <li>Step Forward, Side Temple Strike (Recoil Strike Back)</li> <li>Right Foot Forward, Reverse Cross Body Strike</li> </ol> <p><b>DUO DRILL:</b></p> <ol style="list-style-type: none"> <li>ESCRIMA STRIKES:</li> <li>NUNCHAKU BLOCKS:</li> </ol> <p><b>SPECIALTY WEAPON:</b></p> | <p>All Basic Blocks, Strikes, &amp; Figure 8's (Forward &amp; Backward)</p> <p><b>Single Chuck Passes Form:</b> Horizontal / Vertical Hand Pass, Behind Shoulder Pass, &amp; Behind Back Pass (Repeat 2 Times)</p> <p><b>Double Chucks:</b> Double Downward Figure 8 - Same Direction Spins (Thigh &amp; Armpit) - Opposite Direction Spins (Thigh &amp; Armpit) - Kamikaze</p> <p><b>1 STEP DEFENSES w/ NUNCHAKU:</b></p> <ol style="list-style-type: none"> <li>Left Step, Left 90° Block, Unwind, Lunge in w/ Left Foot, Clear &amp; Control to Left (Under Stick), &amp; Multiple Knees, Disarm</li> <li>Right Step Back, Left Circular Block, Wrap Nunchaku Around Escrima &amp; Disarm, Release Escrima &amp; Double Counter Strikes</li> </ol> <p><b>“V” BLOCK &amp; STRIKE FORM</b> (Both Partners Do Both Weapons)</p> <ol style="list-style-type: none"> <li>Head / Head, Body / Body, Overhead, &amp; Poke</li> <li>Upward Angle Blocks (Right &amp; Left), Downward Angle Blocks (Right &amp; Left), High Block, Right Circular Block, Disarm &amp; Back Kick</li> </ol> <p>Present 6 - 8 Advanced Manipulation Movements (Display Mastery of Weapon)</p> |

| JUDO   | ORIGINAL  |
|--|---|
| <p><b>FALLING:</b></p> <ol style="list-style-type: none"> <li>FALLING FORM: Dive Roll, Back Slap to Roll Out, Roll to Side Fall, &amp; Front Fall</li> </ol> <p><b>THROWS:</b></p> <ol style="list-style-type: none"> <li>Side Drop to Full Mount</li> </ol> | <p><b>OPEN HAND FORM:</b></p> <ol style="list-style-type: none"> <li>Name Your Form - Has Meaning Toward the Form You Created</li> <li>Open Hand (No Weapon)</li> <li>Must Be 35 - 40 Moves</li> <li>Show High Belt Level Basics, Stances, Power, Focus, &amp; Overall Performance</li> </ol> |

| OVERALL REVIEW   |   |
|--|---|
| <ol style="list-style-type: none"> <li>REVIEW &amp; PASS OFF ALL PHYSICAL REQUIREMENTS:</li> <li>REVIEW MENTAL DEVELOPMENT CONCEPT:</li> <li>COMPLETE CORE CONCEPTS WORKSHEET:</li> <li>TEACHING REQUIREMENT:</li> <li>BOARD BREAK:</li> </ol> | <p>2nd KUP</p> <p>*PLUS: 12th - 3rd KUP FORMS</p> <p>8th - 3rd KUP SELF DEFENSE &amp; ALL JUDO HUMILITY</p> <p>2nd KUP</p> <p>1 CLASS PER WEEK</p> <p>INSTRUCTOR'S CHOICE</p> |

## FORMAL TEST REQUIREMENTS

| MUST HAVE COMPLETED THE FOLLOWING AT LEAST <u>ONE WEEK</u> PRIOR TO TEST DATE                         |   |
|---|---|
| <ol style="list-style-type: none"> <li>SIGNED UP FOR:</li> <li>EARNED:</li> <li>TURNED IN:</li> </ol> | <p><b>FORMAL TEST</b></p> <p><b>9 PROGRESS STRIPES</b></p> <p><b>WRITTEN PAPER</b></p> <p><b>ATTITUDE &amp; GRADE VERIFICATION</b> (Under 18 years ONLY)</p> <p><b>TEST FEE: \$50</b></p> |