

| CADET<br>11 Kyu | 11 <sup>th</sup> KYU   |
|-----------------|--|
|                 | <p>Preparatory Techniques prior to commencing study of the Fighting Techniques</p> <p><b>STANCES:</b><br/>           Attention<br/>           Ready<br/>           Left Lead Fighting Stance<br/>           Right Lead Fighting Stance<br/>           Straddle Stance (Horse Riding)</p> <p>Movement and Stances Drill – Steps 1 – 6 Both Leads</p> <p><b>STRIKES:</b> (From Fighting Stance – into Pad)<br/>           Reverse Punch<br/>           Arrow Punch<br/>           Short Uppercut<br/>           Lead Wide Hook<br/>           Rear Wide Hook</p> <p><b>KICKS:</b> (From Fighting Stance – into Pad)<br/>           Ball of Foot Front Kick<br/>           Instep Front Kick<br/>           Side Kick<br/>           Round Kick</p> <p>Ground Defensive Position No1.<br/>           From seated position (supported by hands) deliver alternating ball of foot front kicks to low line targets. Shin and Knee.</p> <p>Ground Defensive Position No2.<br/>           From side prone position. (Lying on left or right side) deliver Side kick to knee / shin or Round Kick to Tibial Nerve, Calf or Thigh.</p> <p><b>Five Primary Targets</b><br/>           Groin<br/>           Eyes<br/>           Nose<br/>           Throat<br/>           Shin</p> |

CADET  
10 Kyu

Basics / Defences to Punches / Kicks

Movement and Stances Drill – Steps 1 – 13

Attack: 1 Lead Wide Hook Punch to Head  
Defence: Double Fore-arm Cover (Knife Hand Shield Block)  
Counter: Instep Front Kick to the Groin

Attack: 2 Step Reverse Punch to Head  
Defence: Open Palm Knife Hand Block  
Counter: Reverse Punch to Solar plexus

Attack: 5 Short Uppercut to Ribs / Body  
Defence: Descending Knife Hand Block  
Counter: Arrow Punch to Head / Instep Front Kick to Groin

Attack: 6 Rear Leg Front Kick to Body from Complimentary Position  
Defence: Lateral Step to Outside Line with Low Line Slap / Parry Deflection  
Counter: Side Kick to Knee

Attack: 7 Rear Leg Front Kick to Body from Mirrored Position  
Defence: Lateral Step to Inside Line with Low Line Slap / Parry Deflection  
Counter: Side Kick to Knee

BREAK FALLS:

Front Emergency Break-fall

Rear Emergency Break-fall

Side Break-fall

Press-up Break Fall – arm pull through. (Throw simulation)

STRIKES: (From Fighting Stance – into Pad)

Forehand Overhead Bottom Fist

Backhand Overhead Bottom Fist

Backhand Flat Bottom Fist

| CADET<br>9 Kyu                    | Yellow Belt   | Intermediate Basics |
|-----------------------------------|---|---------------------|
| Kicks:                            | Lead Roundhouse Shin Strike   |                     |
| Strikes:                          | Rear Back-hand Overhead Hammer Fist<br>Shovel Upper-cut<br>Lead Backhand Hammer Fist  |                     |
| Attack: 9<br>Defence:<br>Counter: | Rear Wide Hook to Head<br>Double Fore-arm Cover (Knife Hand Shield Block)<br>Lead Backhand Hammer Fist to Neck & Lead Roundhouse Shin Strike          |                     |
| Attack:10<br>Defence:<br>Counter: | Drop step Shovel Uppercut<br>Descending Knife Hand Block<br>Arrow Punch & Lead Roundhouse Shin Strike   |                     |
| Attack:11<br>Defence:<br>Counter: | Lead / Rear Wide Hooks to Head<br>Double Fore-arm Covers (Knife Hand Shield Block)<br>Lead Backhand Hammer Fist to Neck & Instep Front Kick to Groin  |                     |
| Attack:12<br>Defence:<br>Counter: | Rear / Lead Wide Hooks to Head<br>Double Fore-arm Covers (Knife Hand Shield Block)<br>Rear Backhand Hammer Fist to Neck & Lead Roundhouse Shin Strike |                     |
| Attack:13<br>Defence:<br>Counter: | Rear Leg Front Kick to Body<br>Outside Line Body Blade and Forearm Deflection<br>Same Leg Round Kick Thigh and Roundhouse Shin Strike Tibial Nerve    |                     |
|                                   | Front Rolling Break-fall<br>Rear Rolling Break-fall   |                     |

| CADET<br>8 Kyu | Orange Belt | Advanced Basics |
|----------------|-------------|-----------------|
|----------------|-------------|-----------------|

|                                   |   |   |
|-----------------------------------|---|---|
| Kicks:                            | Rising Knee Strike<br>Step-behind Side Kick   | Thrusting Knee Strike   |
| Strikes:                          | Lead Rising Elbow Strike<br>Lead Roundhouse Elbow<br>Body Blade / Back Elbow Jab  | Rear Roundhouse Elbow<br>High and Low Line (Supported)<br>High and Low Line (Supported) |
| Attack:15<br>Defence:<br>Counter: | Rear / Lead Wide Hooks to Head and Rear Uppercut<br>Knife Hand Shield Blocks and Descending Knife Hand Block<br>Lead Arrow Punch & Lead Roundhouse Shin Strike, Instep Groin Kick |   |
| Attack:16<br>Defence:<br>Counter: | Lead / Rear Wide Hooks to Head and Lead Uppercut<br>Knife Hand Shield Blocks and Descending Knife Hand Block<br>Rear Arrow Punch & Lead Roundhouse Shin Strike, Instep Groin Kick |   |
| Attack:18<br>Defence:<br>Counter: | Two Handed Straight Armed Choke<br>Face Cover and Body Blade<br>Back Elbow to Head and Side Kick to Knee  |   |
| Attack:20<br>Defence:<br>Counter: | Rear Leg Front Kick to Body<br>Outside Line Body Blade evasion<br>Rear Head Pull-down with Calf Stamp   |   |
| Attack:21<br>Defence:<br>Counter: | Rear Leg Side Kick to Body<br>Outside Line Body Blade Evasion<br>Rear Head Pull-down with Calf Stamp.   |   |

**BREAKFALLS INTO GROUND DEFENSIVE POSITION AND KICKING DRILL**  
 Front Emergency Break-fall-flip to Ground Defensive Position – Ball of Foot Front Kick  
 Rear Emergency Break-fall-flip to Ground Defensive Position-Ball of Foot Front Kick  
 Left Side Break-fall – Side Kick to Knee / Round Kick to Thigh  
 Right Side Break-fall - Side Kick to Knee / Round Kick to Thigh  
 Front Rolling Break-fall – into Fighting Stance  
 Rear Rolling Break-fall – into Fighting Stance

| CADET<br>7 Kyu                    | Green Belt  | Advanced Basics |
|-----------------------------------|---|-----------------|
| Form:                             | Movements 1 -13 (Random)  |                 |
| Attack:24<br>Defence:<br>Counter: | Step Lead Fore-hand Hammer Fist to Top of Head (Coronal Suture)<br>Rising Fore-arm Block, Arm Wrap and Knee Trip Throw<br>Step-over Back-heel to Body. Fig 4 Bent Arm Lock or Straight Arm Lock   |                 |
| Attack:25<br>Defence:<br>Counter: | Lead Back-hand Hammer Fist to Top of Head (Coronal Suture)<br>Rising Fore-arm Block, Arm Wrap – Side Kick to Inside Knee or Thigh<br>Straight Arm-bar / Lateral Drag into Straight Arm Floor Pin  |                 |
| Attack:27<br>Defence:<br>Counter: | Rear/ Lead Wide Hook to Head<br>Knife Hand Shield Blocks and Arm Wrap to Lead Hook<br>Outside Reap Throw to Lead Leg  |                 |
| Attack 29<br>Defence:<br>Counter: | Rear Leg Front Kick and Step-behind Side Kick to Body. (Leg Scoop)<br>Step back pressing block, step back outside line Body Blade with<br>Spinning Forearm deflection.<br>Supported Elbow Strike to floating ribs / Backward Forearm Sweep with<br>Leg Scoop to takedown. |                 |
| Attack:30<br>Escape:<br>Counter:  | Escapes From Front Wrist Grabs<br>Front Even Wrist Grab and Arrow Punch to Head<br>Block or Deflect Punch. Focus Break. Hand Clap and Pull Out Escape<br>Instep Front Kick to Groin   |                 |
| Attack:31<br>Escape:<br>Counter:  | Front Cross Wrist Grab and Arrow Punch to Head<br>Block or Deflect Punch. Focus Break. Hand Clap and Pull Out Escape<br>Instep Front Kick to Groin  |                 |
| Attack:32<br>Escape:<br>Counter:  | Double Wrist Grab - Hands held down (Box)<br>Focus Break. Forward Step 'Prayer Escape'<br>Instep Front Kick to Groin  |                 |
| Attack:33<br>Escape:<br>Counter:  | Double Wrist Grab - Hands held up (Box)<br>Focus Break. Backward Step 'Prayer Escape'<br>Instep Front Kick to Groin   |                 |
| Attack:34<br>Counter:             | Two-handed Grab on one Wrist<br>Focus Break. Body Blade – Hand Clasp and Pull Out Escape.<br>Back Elbow to Head / Bottom Fist to Head   |                 |

| CADET<br>6 Kyu | Blue Belt | Defences against Grabbing Attacks |
|----------------|-----------|-----------------------------------|
|----------------|-----------|-----------------------------------|

|                                   |                     |  |
|-----------------------------------|---------------------|--|
| Attack:35<br>Defence:<br>Counter: | Rear Under-Arm Grab | Knuckle Stab to back of Attackers Hand and Step into Straddle Stance<br>Ankle Pick / Knee Press-Back Heel to Groin-step over disengagement |
|-----------------------------------|---------------------|--|

|                                   |                    |  |
|-----------------------------------|--------------------|--|
| Attack:36<br>Defence:<br>Counter: | Rear Over-Arm Grab | Side-step into Straddle Stance and Groin Strike / Grab<br>Ankle Pick / Knee Press-Back Heel to Groin-step over disengagement |
|-----------------------------------|--------------------|--|

|                                   |                          |  |
|-----------------------------------|--------------------------|--|
| Attack:37<br>Defence:<br>Counter: | One Hand Front Hair Grab | Inside Line Body Blade, Drop over Attackers arm.<br>Back Hand Elbow Strike to Head / Jaw |
|-----------------------------------|--------------------------|--|

|                                   |                            |  |
|-----------------------------------|----------------------------|--|
| Attack:39<br>Defence:<br>Counter: | Two Handed Front Hair Grab | Hand Clamp.<br>Fighting Stance – Instep Groin Kick |
|-----------------------------------|----------------------------|--|

|                                   |  |  |
|-----------------------------------|--|--|
| Attack:42<br>Defence:<br>Counter: | Interruption / Two Handed Straight Armed Choke | 'Flying Wedge' and Ear Clap - Knife Hand Strikes to Collar Bones<br>Head Grab / Control and Knee Strikes to Body |
|-----------------------------------|--|--|

|                                   |  |  |
|-----------------------------------|--|--|
| Attack:43<br>Defence:<br>Counter: | One Handed Choke / Throat Grab and Punch to Head | Wrist Grab and Outside Line Body Blade - evasion of Strike<br>Using free arm – apply Elbow Shock to release – low line Side Kick |
|-----------------------------------|--|--|

|                                  |   |   |
|----------------------------------|---|---|
| Attack:44<br>Escape:<br>Counter: | Escapes From Side Wrist Grabs – Basic / Free-style Counter-attacks<br>Wrist Grabbed from the Side | 'X' dissolve (Pull forward and Strike Back of Triceps)<br>Knee to Thigh |
|----------------------------------|---|---|

**Three stage attack drills: Based on techniques from 10<sup>th</sup> and 9<sup>th</sup> Kyu.**

1. Both in Fighting Stance – Cooperative Practice. No resistance either side.
2. Both in Fighting Stance – Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. As above but moving and maintaining stance.

| CADET | Purple Belt White Stripe | Defences against Chokes / Head Locks |
|-------|--------------------------|--------------------------------------|
| 5 Kyu |                          |                                      |

|           |  |                             |
|-----------|--|-----------------------------|
| Attack:45 | Rear Even Wrist Grab   |                             |
| Escape:   | Step away Body Blade - Grab own hand and circle release                  |                             |
| Counter:  | Side Kick to Knee  |                             |
| Attack:46 | Rear Cross Wrist Grab  |                             |
| Escape:   | Step away Body Blade - Grab own hand and circle release                  |                             |
| Counter:  | Side Kick to Knee  |                             |
| Attack:48 | Rear Box Grip (Both Hands Grabbed)                                       |                             |
| Escape:   | Step Back into Attacker – Backward Hip Thrust – Forward Hand Thrust      |                             |
| Counter:  | Reach Across Wrist Capture and Back Elbow to Head                        |                             |
| Attack:52 | Full Nelson  | Attempted / Early Interrupt |
| Defence:  | Hold-off Position (Hands to Forehead) – Break grip                       |                             |
| Counter:  | Trap arms and reach across Finger Lock – kneeling Shoulder Roll off      |                             |
| Attack:54 | Full Nelson  | Applied / Late Counter      |
| Defence:  | Hold-off Position (Hands to Forehead)                                    |                             |
| Counter:  | Step-behind sacrifice throw and Elbow strike to body.                    |                             |
| Attack:55 | Escape from Side Head Lock   | Early Interrupt             |
| Defence:  | Arm Vine – under chin with cross body Thumb Strike to Ribs               |                             |
| Counter:  | From Arm Vine into Arm Vine Elbow Lock (Hug)                             |                             |
| Attack:56 | Escape from Side Head Lock   | Applied / Late Counter      |
| Defence:  | Face Cover and Turn in toward Attackers Body                             |                             |
| Counter:  | Camel Bite (Pinch inside Thigh) Twist in and Arm Entanglement            |                             |
| Attack:57 | Front Side Head Lock   | Applied / Late Counter      |
| Defence:  | Ridge Hand to Groin  |                             |
| Counter:  | Push forward into Attacker inside line Knee Trap / Press to Outside Line |                             |

**Three stage attack drills: Based on techniques from 10<sup>th</sup> – 8<sup>th</sup> Kyu**

1. Both in Fighting Stance – Cooperative Practice. No resistance either side.
2. Both in Fighting Stance – Attacker initiates by pushing then executes attack.
3. Mobile. Both in Fighting Stance. As above but moving and maintaining stance.

CADET  
4 Kyu

Purple Belt

Defences to Chokes / Fighting from floor

|           |   |
|-----------|---|
| Attack:59 | Standing Cross-Arm Choke  |
| Defence:  | Focus break – shin kick / Foot stomp.   |
| Counter:  | Reach over and Finger poke into Suprasternal Notch.   |
| Attack:60 | Two handed lapel grab and attempt Head Butt   |
| Defence:  | Elbow across to deflect / discourage Head Butt. Focus break – shin kick   |
| Counter:  | Apply Nikyo to Attackers weak hand (Usually Left) Instep Groin Kick   |
| Attack:64 | Kick to Head  |
| Defence:  | Whilst Prone on ground<br>Roll in toward kick and double fore-arm cover (Knife Hand Shield Block)   |
| Counter:  | Top leg ball of foot kick to mid-section and same leg wrap around into a rolling scissors takedown. Disengage to ground defensive position. |
| Attack:65 | Stomp to Head   |
| Defence:  | Whilst Prone on ground<br>Roll under stomp and top hand punch into Attackers Groin.   |
| Counter:  | Arm wrap leg - roll-back to tilt Attacker face first – roll away disengage  |
| Attack:67 | Two handed Choking Pin – attempted (Attacker kneeling at side)  |
| Defence:  | Flying Wedge interruption   |
| Counter:  | Cross body Head Winding Throw.  |
| Attack:68 | Two handed Choking Pin – applied (Attacker kneeling at side)  |
| Defence:  | Roll-up Leg Scissors and takedown – escape.   |
| Counter:  | In between legs Straight Arm Lock and Elbow Break (Hyperextension)  |



| CADET<br>3 Kyu | Brown Belt White Stripe | Combination attacks / Floor fighting |
|----------------|-------------------------|--------------------------------------|
|----------------|-------------------------|--------------------------------------|

Attack:69 Attempted Choking Pin Attacker in between Defenders Legs  
 Defence: Flying Wedge interruption  
 Counter: Head Winding Throw into Ground Offensive Position and Kick

Attack:70 Applied Choking Pin Attacker in between Defenders Legs  
 Defence: Leg – split into Head Winding Throw.  
 Counter: Ground Offensive Position and Kick

Attack:71 Attempted Choking Pin Attacker in Mounted Position  
 Defence: Flying Wedge interruption  
 Counter: Arm-wrap with finger insertion to Suprasternal notch – hip tilt - throw

Attack:72 Straight Arm Applied Choking Pin Attacker in Mounted Position  
 Defence: Focus Break – Thumb Strikes to Floating Ribs  
 Counter: Arm Wrap (Body Blade adaptation) Hip tilt and throw.

Attack:73 Bent Arm Applied Choking Pin Attacker in Mounted Position  
 Defence: Focus Break – Thumb Strikes to Floating Ribs / Eyes  
 Counter: Arm Fold – Jaw grab (Pressure Points) and Head Winding Throw

Attack:74 Applied Cross Arm Choke Attacker in Mounted Position  
 Defence: Focus Break – Thumb Strikes to Floating Ribs / Eyes  
 Counter: Ear Grab and Thumb into Eye Socket and Head Throw

### Combat Drill No.1

“Stay on your feet” From Tie-up Position. Designated Attacker attempts to throw or trip the Defender. 30 secs then change. 2 mins duration.

CADET  
2 Kyu

Brown Belt

Combination attacks / Chokes / Locks

|            |  |  |
|------------|--|--|
| Attack:75  | Jab – Cross to the Head  | Basic Outside Line Response                |
| Defence:   | Double slap parries and close forearm cover (salute)   |  |
| Counter:   | Elbow shock, hand trap, Arrow Punch, lead round kick to Attackers inside lead knee.                          |  |
| Attack:76  | Jab – Cross to the Head  | Basic Inside Line Response                 |
| Defence:   | Double slap parries and close forearm cover (salute)   |  |
| Counter:   | Hand in face (Finger Fan) with thumb eye gouge, Reverse Punch to Solar Plexus and Instep Groin Kick.         |  |
| Attack:77  | Jab – Cross to the Head  | Intermediate Inside Line Response          |
| Defence:   | Double slap parries and Biceps destruction (Gunting)   |  |
| Counter:   | Arm-wrap and Throat grab / Choke. Step-through Sweeping Calf takedown with one handed choke hold to tap out. |  |
| Attack:78  | Jab – Cross to the Head  | Intermediate Outside Line Response         |
| Defence:   | Double slap parries and Biceps destruction – Gunting, Triceps destruction – Elbow.                           |  |
| Counter:   | Figure 4 Bent Arm-lock. Knee to Thigh. Backward Leg Sweep. Dump.   |  |
| Attack: 87 | HOLDS AND LOCKS  | Entry from 'tie up' or 'grapple' position. |
|            | Side Head Chancery (Lock)  |  |
| Attack: 88 | Front Side Head Chancery (Lock)  |  |
| Attack: 89 | Figure Four Bent Leg Lock.   |  |
| Attack: 90 | Leg Pick and Standing Achilles Tendon Stretch.   |  |
| Attack: 91 | Leg Pick and Lying Achilles Tendon stretch   |  |

| CADET<br>1 Kyu | Brown Belt Black Stripe | Combination attacks / Chokes / Locks |
|----------------|-------------------------|--------------------------------------|
|----------------|-------------------------|--------------------------------------|

Attack: 92 Jab – Cross to the Head            Advanced Outside Line Response  
 Defence: From a Slapping Parry Entry into each of the following:  
 Counter: Rear Arm-bar Choke.

Attack: 96 Figure Four Bent Leg Lock.

Attack: 97 Leg Pick and Standing Achilles Tendon Stretch.

Attack: 98 Leg Pick and Lying Achilles Tendon stretch

Attack: 99 Jab – Cross to the Head            Advanced Inside Line Response  
 Defence: From a Slapping Parry Entry into each of the following:  
 Counter: Front Side Head Chancery (Lock) to choke out.

Attack: 100 Side Head Chancery (Lock)

Attack: 99 Rice Bail Throw

Attack:101 Front Figure Four Arm Bar Choke.

Attack:104 Leg Pick and Standing Achilles Tendon Stretch.

Attack:105 Leg Pick and Lying Achilles Tendon stretch

**Combat Drill No.2**

“Regain your Feet” – Defender is thrown and must regain feet / fighting stance asap.  
 30 secs and change. 2 mins duration.

## Angles of Attack – Stick ( Cane ) Striking Drill

- |                                      |   |
|--------------------------------------|---|
| 1. Forehand Strike – Clavicle        | 9. Rising Diagonal Forehand - Knee        |
| 2. Backhand Strike – Clavicle        | 10. Rising Diagonal Backhand – Knee       |
| 3. Flat Forehand – Elbow / Ribs      | 11. Rolling Forehand – Clavicle Tip       |
| 4. Flat Backhand – Elbow / Ribs      | 12. Rising Straight Point Thrust - Throat |
| 5. Straight point thrust - Diaphragm | 13. Reversal – Butt Strike under Jaw.     |
| 6. Forehand Butt – Clavicle Notch    | 14. Forehand Overhead - Coronal Suture    |
| 7. Backhand Butt – Clavicle Notch    | 15. Forehand circular tip - Temple        |
| 8. Rolling Backhand – Clavicle Tip   | 16. Backhand circular tip - Temple        |

## Angles of Attack – Stick ( Jo Staff ) Striking Drill - Single End

- |                                      |   |
|--------------------------------------|---|
| 1. Forehand Strike – Clavicle        | 7. Backhand Butt – Clavicle Notch         |
| 2. Backhand Strike – Clavicle        | 8. Rolling Backhand – Clavicle Tip        |
| 3. Flat Forehand – Elbow / Ribs      | 9. Rising Diagonal Forehand - Knee        |
| 4. Flat Backhand – Elbow / Ribs      | 10. Rising Diagonal Backhand – Knee       |
| 5. Straight point thrust - Diaphragm | 11. Rolling Forehand – Clavicle Tip       |
| 6. Forehand Butt – Clavicle Notch    | 12. Rising Straight Point Thrust - Throat |

## Angles of Attack – Stick ( Jo Staff ) Striking Drill – Double End

- |                                     |   |
|-------------------------------------|---|
| 1. Lead Strike – Clavicle           | 7. Lead Butt – Clavicle Notch           |
| 2. Rear Strike – Clavicle           | 8. Rear Strike – Clavicle Tip           |
| 3. Lead Flat – Elbow / Ribs         | 9. Lead Rising Diagonal - Knee          |
| 4. Rear Flat – Elbow / Ribs         | 10. Rear Rising Diagonal– Knee          |
| 5. Lead Straight thrust - Diaphragm | 11. Lead Strike– Clavicle Tip           |
| 6. Rear Butt – Clavicle Notch       | 12. Rear Straight Point Thrust - Throat |

Self Defence (*Free-style defences against the following Attacks*)

- |                                   |  |
|-----------------------------------|--|
| 1. Rear Hook Punch to Head        | 6. Two handed clothes grab / Head Butt |
| 2. Rear / Lead Hooks to Head      | 7. Jab-cross to Head                   |
| 3. Front Two-Handed Choke         | 8. Kick to head whilst grounded        |
| 4. Even Wrist Grab and Face Punch | 9. Kneeling two handed choke (Side)    |
| 5. Rear over-arm Bear Hug         | 10. Mounted two handed choke           |

**Combat Drill No.3**

Cover and Move. Attacker launches series of kicks and strikes – Defender must block and move. Under pressure circular movement not constantly backward.

**Combat Drill No. 4**

Striking from a position of disadvantage. Pad work drill. Defender on ground either on back or side and must deliver effective kicks and strikes. 30 secs duration.