

White Belt – Red Stripe**11th Kyu**

Ready Stance

Left Lead Fighting Stance with guard.

Right Lead Fighting Stance with guard.

Body Blade from Fighting Stances (Left and Right Leads with guard)

Movement Drill steps 1- 5 (Left and Right Leads with guard)

One Step Punch (Twist) Obverse same leg, same arm

Lead Hand Palm Heel Strike

Rear Hand Palm Strike

Instep Front Kick (Groin Kick)

Break-falls – Front Emergency, Left and Right-Side Break-falls,

Rear Breakfall into Ground Defensive Position.

Outer Forearm Block Defence against a Push to the Body

Counters:

1. Instep Front Kick to groin
2. Palm Heel Strike to Face.



Red Belt**10th Kyu**

Outer Forearm Block

Flying Wedge Block

Movement Drill steps 1- 6 (Left and Right Leads with guard)

Ball of Foot - Front Snap Kick to Body.

Side Kick

One step Roundhouse Elbow Strike to the Head

Break-falls – Rolling Break-falls front, and rear.

Outer Forearm Block Defence against a Palm Heel Strike to Head.

Counters:

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face.

Step Back Defence to Rear Leg Front Kick to Body.

Counters:

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face.



Yellow Belt

9th Kyu

Rising Forearm Block

One Step Rising Elbow Strike

One Step Overhead Bottom Fist to Head

Movement Drill Steps 1- 8

Lead Leg low line Side Kick from Fighting Stance.

Low Line Side Kick from Body Blade (Horse Stance)

Body Blade and Spinning Forearm Block Defence against Rear Leg Front Kick

Counters:

1. Double Shoulder Grab – pull down.

Forehand Overhead Blow to the top of the Head.

Counters: From Fighting Stance after moving forward (No.1 Step)

1. Instep Front Kick to groin
2. Front Snap Kick to Body.
3. Palm Heel Strike to Face



Orange Belt**8th Kyu**

Inner Forearm Block

Flying Wedge Block

Low Sweeping Block

Lead Leg Low Line Roundhouse Shin Kick

Movement Drill Steps 1- 10

Flying Wedge defence to attempted front two-handed choke.

Counters: From Fighting Stance after moving back (No. 2 Step)

1. Combination – Palm Heel Strike to Face, Rear Leg Instep Groin Kick

Inner Forearm Block Defence against a Palm Heel Strike to Head.

Attacker and Defender are in Mirrored Stances

Counters: After stepping into Horse Stance and executing block.

Combination - Bottom Fist to Head. and Side Kick to Shin / Knee.

Low Sweeping Block Defence against Rear Leg Front Kick to Body

Attacker and Defender in same lead stances. (Complimentary)

Counter: Outside Lateral Step (No.3)

1. Side Kick to Knee.



Green Belt**7th Kyu**

Shield Block

Body Blade with Elbow Sweep

One step backhand bottom fist to head

Movement Drill Steps 1- 13

Body Blade counter to front one handed shoulder grab.

Counters:

1. Combination – Bottom Fist to Head and Side Kick to Knee.

Body Blade counter to front two handed shoulder grab.

Counters:

1. Combination – Bottom Fist to Head and Side Kick to Knee.

Shield Block counter to rear backhand bottom fist to head.

Counters:

1. Combination – Palm Heel Strike to Face, Rear Leg Instep Groin Kick

Low Sweeping Block Defence against Rear Leg Front Kick to Body

Attacker and Defender in opposite lead stances. (Mirrored)

Counter: Outside Lateral Step (No.3)

1. Side Kick to Knee.



Blue Belt**6th Kyu****From Tie Up Position**

Counter: Shoulder-push with Knee Trip Throw

Flying Wedge defence to attempted front two-handed choke.

Counters: From Fighting Stance after moving back (No. 2 Step)

Combination – Palm Heel Strike to Face, arm grab, opposite shoulder push and Knee Trip Throw

Body Blade counter to front one handed choke.

Counter: Combination – Bottom Fist to Head and Side Kick to Knee.

Body Blade counter to front two handed choke.

Counter: Combination – Bottom Fist to Head and Side Kick to Knee.

Defence against Lead wide hook to the head.

Counter: Shield Block, Bottom Fist to Head, Rear instep Groin Kick.

Counter: Shield Block, Bottom Fist to Head, Lead Low Line Round Kick

Defence against Rear wide hook to the head.

Counter: Shield Block, Bottom Fist to Head, Rear instep Groin Kick.

Counter: Shield Block, Bottom Fist to Head, Lead Low Line Round Kick



Purple Belt White Stripe**5th Kyu****Body Blade counter to rear one handed shoulder grab / pull back.**

Counter: Step back with pull into No. 5 Stance

Combination – Back Elbow to Head and same hand Bottom Fist to Head

Counter to rear two handed shoulder grab.

Counters: Step to one side into a No 5 Stance

Counter: Bottom Fist to Groin

Under-arm Grab from behind.

Counters:

1. Inside step to prevent being picked up, back elbow to head to release.
2. Knuckle Stab to back of Attackers Hand and Step into Straddle Stance then Ankle pick throw to release.

Shield Block counter to Lead and rear wild strikes to the head.

Counter:

Combination - Lead bottom fist to head and Rear Instep Front Kick to Groin



Lead Rising Forearm Block against Overhead Blow / Attempt Hair Grab.

Counters:

1. Arm wrap, knee-trip throw, step over back heel to body, kneeling fig 4 Arm Lock.

Rear Rising Forearm Block against Overhead Blow / Attempt Hair Grab.

Counters:

1. Redirection and wrist grab into straight arm lock and takedown.

Over-arm Grab from behind.

Counters:

1. Side-step into Straddle Stance and Groin Strike / Grab / Pinch Thigh to release.
2. From counter 1 into Ankle pick throw and disengage.

Wide Hooks to head and Lead Uppercut to Body

Counters: Shield Blocks and Descending Arm Block.

1. Arrow Punch, Lead Roundhouse Shin Strike, and Instep Groin Kick.



Brown Belt with White Stripe**3rd KYU**

Wrist Release Methods:

Assisted Pull Out (Hand clap) Escape.

Twist out Escape. (Arm circle)

Prayer Escape (Flying Wedge) (Opening Wedge)

Front Mirror Wrist Grab (Left on Right or Right on Left)

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.
2. Twist out and palm Heel Strike to Face.

Front Cross Wrist Grab (Left on Left or Right on Right)

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.
2. Twist out and palm Heel Strike to Face.

Two-handed Wrist Grab.

Counters: Focus break

1. Hand Clap and Pull Out and Instep Groin Kick.

Double Wrist Grab – Hands held down.

Counters: Focus break

1. Upwards Prayer Escape (Flying Wedge) Instep Groin Kick.

Double Wrist Grab – Hands held up. (Guard Grabbed)

Counters: Focus break

1. Downwards Escape (Opening Wedge) Instep Groin Kick



Brown Belt**2nd KYU**

Elbow Strikes to Rear

Bottom Fist Strikes to Rear

High and Low Line

Wrist Grab from the side. (Unnatural Grip)

Counters: Focus break

1. 'X' dissolve – lower forearm sweeping block to triceps, knee thrust strike to thigh

Mirror Wrist Grab from Behind. (Left on Left or Right on Right)

Counters: Focus break

1. Step-away Body Blade, Hand Clap and Pull Out, Side Kick to Knee.
2. Step-away Body Blade, Twist out Escape. (Arm circle) Palm Heel to Face.

Cross Wrist Grab from behind. (Left on Right or Right on Left)

Counters: Focus break

1. Step-away Body Blade, Hand Clap and Pull Out, Side Kick to Knee.
2. Step-away Body Blade, Twist out Escape. (Arm circle) Palm Heel to Face.

Double Wrist Grab from Behind.

Counters: Focus break

1. Step back and 'Prayer' Escape, step away into Body Blade, Bottom Fist to Head.
2. Step back and 'Prayer' Escape, Back Elbow to Body and Head.



Brown Belt with Black Stripe**1st KYU**

Outer Wrist Twist – Lock and Throw

Inner Wrist Twist – Lock

One Handed Hair Grab from Front.

Counter: Focus break

Wrist grab and twist under arm escape. (Going in against the Thumb)

Two Handed Hair Grab from Front.

Counter: Focus break

Hand Clamp and Instep Groin Kick.

One Handed Hair Grab from Behind.

Counter: Focus break

Wrist grab and twist under arm escape.

Two Handed Hair Grab from Front.

Counter: Focus break

1. Wrist grab and twist under arm escape.

Escape from Side Head Lock

Counters: Focus break (Pinch inside of thigh)

1. Arm Vine and Face Grab and pull back to release.

Escape from Front Side Head Lock

Counters: Focus break (Pinch inside of thigh)

1. Push knee from inside to outside line to effect release and throw.



(Junior Black Belt)**GROUND DEFENCES:**

Attempted two-handed shoulders grab –Attacker kneeling at side.

Counter: Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed choke – Attacker kneeling at side.

Counter: Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed shoulders grab – Attacker in between legs.

Counter: Flying Wedge and Cross-Body Head Winding Throw.

Attempted two-handed choke – Attacker in between legs.

Counter: Flying Wedge and Cross-Body Head Winding Throw.

Applied two-handed shoulders grab – Attacker kneeling at side.

Counter: Focus break into Arm clamp, hip tilt and cross-body roll off.

Applied two-handed choke – Attacker kneeling at side.

Counters Focus break into Arm clamp, hip tilt and cross-body roll off.

Applied two-handed shoulders grab – Attacker in between legs.

Counters: Focus break into Arm clamp, hip tilt and roll off.

