

BLACK BELT—1ST DEGREE CURRICULUM

I. General Movement and Training

Knowledge and execution of any technique from Yellow –Brown Belt regular and opposite stance

- A. Fast Fighting Drills Including Protective Gear
- B. Fast Fighting Drills Without Protective Gear
- C. Slow Fighting to See and Identify Actions
- D. Test In Fighting: 2 Rounds
- E. All Techniques from an Opposite Outlet Stance
- F. Fighting Games vs. Four Partners

II. Punches

- A. Grabbing & Pulling Target by the Clothing, Skin, Hair, etc. & Striking with Punches and/or Elbows
- B. Changing or Altering the Striking Surface of the Hand to Create a More Potent Punch or Strike

III. Elbows

- A. Elbows Against Multiple Assailants at Close Range – (Anti-Group Elbow) Bursting Through (train with three or more people)

IV. Kicks

(Note: A downward jumping kick is pushing off with one leg and kicking with the same leg. A scissors jumping kick is pushing off one leg and kicking with the other.)

- A. Jumping Front Kick:
 - 1) Downward Kick 2) Scissors Kick
- B. Jumping Round Kick:
 - 1) Downward Kick 2) Scissors Kick
- C. Jumping Side Kick:
 - 1) Downward Kick 2) Scissors Kick
- D. Jumping / Spinning Defensive Back Kick w/ Back Leg
- E. Jumping Front Kick and Round Kick Combo
- F. Jumping Front Kick Twice in a Row

V. Knees

- A. Flying Knees– straight and diagonal angles

Black Belt I Curriculum Continued...

VI. Punch/ Kick Combinations

- A. Bursting Forward with a Defensive Front Kick & Double Straight Punches
- B. Punching to 1 Direction and Kick In Combination to Another Direction
- C. Single Jumping Front Kick—While in Air, Grab Opponent w/ 1 Hand & Hammerfist/Strike with Other
- D. Multiple Jumping Front Kicks—While in Air, Grab Opponent w/ 1 Hand & Hammerfist / Strike with Other

VII. Kick Defenses Against Sweeping Front Kicks

- A. Stop Kick to the Kicking Leg (shin or thigh)
- B. Retreat, Lift Up Forward Leg, then Burst In & Attack
- C. Burst Inside Lifting the Front Knee (shin is diagonally down with foot close to body) & Counterattack

VIII. Bearhugs

- A. Defend From Front Hug with Arms Free While Being Pushed / Driven—spin & throw, landing on attacker
- B. Defend From Rear Hug with Arms Free While Being Pushed / Driven—spin & throw, landing on attacker
- C. Defend From Rear Hug with Arms Caught While Being Pushed / Driven— spin & throw, landing on attacker

IX. Stick And Axe Defenses

- A. Stationary Opponent Attacking from Various Heights, Rhythms & Angles (overhead, horizontal stab, etc.)
- B. Moving Opponent Attacking from Various Heights, Rhythms & Angles

Black Belt I Curriculum Continued...

X. Armed Assailant

- A. Basic Gun Defense from Front, Side & Rear When the Assailant is Punching, Slapping, and/or Kicking the Defender (defender is under extreme physical pressure and distraction)
- B. Situations Where the Defender Redirects the Line of Fire – “Cupping” the Handgun with 2 Hands, Counter attacking with Kick(s), and Disarming the Assailant
- C. Defending Against a Threat from the Front When the Attacker is Pushing the Defender’s Body with the Forward Hand and the Gun is in the Rear Hand
- D. Defending a Threat From the Front, Side and Rear When the Assailant is Moving the Defender From Point A to Point B
- E. Defending Against a Threat from the Front Off-Center:
 - 1) gun is under the chin
 - 2) hand holding gun is firmly pressed against the defender’s body and/or space exists between the defender and the assailant
 - 3) assailant’s free hand is grabbing the defender’s head/hair and pushing it down on the gun or where off-hand is not a factor in the defense
- F. Defending Against All Possible Threats with a Handgun From a Sitting (e.g. behind a desk, within a vehicle, etc.) - defense options take into consideration by standers that may or may not be present (e.g. passenger in a car)
- G. Defending a Threat to the Rear (center or off-center, to the right or left) Where the Assailant’s Off-Hand is Catching, Pushing or Restricting the Defender’s Body and the Defender’s Ability to Move—gun is being held off the defender’s body and back away in the off-hand

Black Belt I Curriculum Continued....

XI. Armed Assailant– Short/ Long Rifle

- A. Threat from the Front with Multiple Heights and Distances—defending to the live side
- B. Threat from the Front with Multiple Heights and Distances—defending to the dead side
- C. Threat from the Front with Multiple Heights and Distances—defending to the dead side “machine-gun take-down”
- D. Rifle to the Side with Multiple Heights and Distances - defending to the live side
- E. Rifle to the Side with Multiple Heights and Distances - defending to the dead side
- F. Rifle to the Side with Multiple Heights and Distances - defending to the dead side “machine-gun take-down”

XII. Armed Assailant– Multiple Attackers/ Weapons

- A. Defending Against 2 Opponents – One with a Knife and One with a Club (defend against club first, if at all possible):
 - 1) first defend against a club from the right side, then the knife
 - 2) first defend against a club from the left side then the knife
- B. Defending Against 2 Opponents—One with a Knife and One with a Club (no choice but to defend against the knife first, then the club)
- C. Defending Against 2 Opponents—Both with Knives—do defenses and counters as needed

XIII. Principles In A Fighting Confrontation

- A. One on the Ground, One Standing - Attacking and Defending to Overcome a Standing Opponent
- B. One on the Ground, One Standing—Attacking and Defending to Overcome an Opponent on the Ground
- C. Overcoming a Groggy Situation Caused By An Attack