

Orange Belt to Purple Belt ©

ORANGE BELT – STRIPE ONE

KARATE and KICK BOXING

| | |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Warm Ups: | joint rotations (start at toes, finish at fingers) HIIT: 5 Burpees + 5 Push Ups + 5 Sit Ups + 5 Superman's ... + 5 Squats + 10 sec Plank + 1 YTW holds + 5 Fists. REPEAT HIIT, 4 to 6 times 9 stretches |
| Sparring Strategies: | |
| CONTROL THE FIGHT: | positioning moving distancing |
| COUNTER FIGHT: | \ parry and punch \ lower block and low reverse punch |
| ATTACK: | / jab to chin, reverse to body (high, low) / switch jab, front kick / jab, shoot |
| Shadow Sparring: | 2 x 2 minute rounds |
| Fighting Positions: | natural stance fighting stance points fighting stance |
| Stances: | KJ Stance Routine ... heiko dachi, musuba dachi (<i>AND theory</i>), heisoku dachi, yoi (<i>AND theory</i>), shiko dachi, sanchin dachi, zen kutsu dachi, |
| Footwork: | Step. Switch. Skip. Lunge |
| Standing Grapple: | clinch x 2 |
| Defences Drill: partner | parry's, upper block, lower block, feint back, cover round house blocks front leg check, front leg evasion knee blocks |
| Ground Defences: | ground cover "ROCK" ground cover "ROCK and ROLL" ground cover "BEATLES" |
| Hand Strikes: | jab, reverse, palm, rake, elbow (COMBINATION) hammer fist, hooks low reverse punch |
| Traditional Hand Strikes: | jodan tsuki chudan tsuki gedan tsuki |
| Leg Strikes: | stomp, push kick, knee, front kick (COMBINATION with partner) front scissor, round house, side kick partner (COMBINATION with partner) thigh kicks, sweeps, spinning back kick, crescent kick |
| Partner Drills: | Jab, reverse, front kick » parry, parry, lower block Front scissor, round, side » skip back, step back, skip back Defence drill » |
| One and Two Step Sparring: | jodan and gedan strikes » jodan and gedan block (and strikes) |

ORANGE BELT – STRIPE TWO**GRAPPLING SKILLS**

| | | |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------|
| Warm Ups: | joint rotations (start at toes, finish at fingers) | |
| | HIIT: 5 Burpees + 5 Push Ups + 5 Sit Ups + 5 Superman's ... + 5 Squats + 10 sec Plank + 1 YTW holds + 5 Fists. | |
| | REPEAT HIIT, 4 to 6 times | |
| | crawl across the floor | |
| | prawn ** | |
| | bridge ** | |
| Stretches: | back, neck, shoulder | |
| Breakfalls: | backward (seated, squatting and standing) ** | |
| | side breakfall (seated, squatting and standing) ** | |
| | forward fall (kneeling) ** | |
| Locks: | *inner wrist lock | # 1 |
| | *outer wrist lock | # 2 |
| | *straight arm bar | juji gatame |
| | *hammer lock | kimura lock |
| Strangles: | *front strangle | kata juji jime |
| | *rear strangle | hadake jime |
| Take Down: | front leg shoot | |
| Throws: | outer reap | osoto gari (intermediate level) ** |
| | inner reap | uchi gari (intermediate level) ** |
| | hip throw | ippon seoinage or ogoshi |
| Hold Downs: | *scarf hold | kesa gatame |
| | *shoulder hold | kata gatame |
| | ground 1. | |
| | side control | |
| Defenses from ... | leg take down | sprawl or switch |
| | kesa gatame | protect throat, space |
| | ground 1. | trap and bridge |
| | strangles | protect throat |
| Combinations/ Training Drills: | *wrist lock 1 to the ground | |
| Grappling/Throwing: | osoto gari to *kesa gatame ** | |
| | 2 x 1 min rounds | randori |
| | 2 x 3 min rounds | grappling |
| | 2 x 1 min rounds | shoot |
| | (* not all rounds may be completed) | |

*Control

** Modifications for back and other Injuries, replace with Kata (hard and soft), weapons, SD drills, TBC

ORANGE BELT - STRIPE THREE**TRADITIONAL FORMS and WEAPONS**

| | |
|-----------------|------------------------|
| Kata: | Yoi. Tensho. Bunkai |
| | Yoi. Naihanchi. Bunkai |
| Weapons: | Nunchaku kata |
| | Jo or bo kata |

ORANGE BELT - STRIPE THREE continued ...**SELF DEFENCE**

| | |
|------------------------|----------------------------------------------------------------------------------|
| Shadow Defence: | 1. from push - double block |
| | 2. from knees - double lower block |
| | 3. from a reverse punch - step back/across with an upper block |
| | 4. from one hand hold - hands ready, then trap and hit |
| | 5.a from knife threat – hands up, back away and give what they ask. |
| | 5.b from knife threat – hands ready, then block or grab, strike aggressively ... |

Self Defence: from ...

1. clinch
2. push
3. knees
4. reverse punch
5. jab reverse
6. one hand holds
7. wrist holds
8. rear bear hug
9. rear choke
10. side head lock
11. full nelson
12. two hand holds
13. grab and punch
14. wall attack
15. ...

Gang Defence: from ...

1. ground kicks
2. multiple BAGS
3. multiple ground
4. two on one holds
5. gauntlet (walk bye/verbal/physical)
6. coward punch

Weapons Defence: from ...

1. knife threat – various basic
2. knife attack – various basic
3. baseball bat attacks

Guidance on

“Responsible and Respectful Behaviour”
“Self Control and Respect for others”
“Group Restraint”
“On-Line Predators”
‘Mind Body Spirit’
‘Finding Your Inner Calm’

PURPLE BELT

SPARRING and FINAL ASSESSMENT

| | |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Kata: | Yoi. Tensho Yoi. Naihanchi |
| Warm Up: | joint rotations (start at toes, finish at fingers) 80 star Jumps, 80 running punches, or 30 burpees |
| Stretch: | x 9 (6 previous, 1 lower back, 1 hamstring, 1 arm/shoulder) |
| Strength Exercises: | 30-40 x push ups* *can be split into 2 sets 30-40 x sit ups* 10 x supermans 30-40 x squats* 40 second plank 5 x YTW 15 x fists |
| Sparring: | (various but not all rounds may be completed) 2 x 2 minute point sparring 2 x 2 minute kickboxing 2 x 1 minute randori 2 x 2 minute shoot 2 x 3 minute grappling |
| Impact Training: | 2 x round of contact sparring from a Senior Belt (this can take place in the above rounds) or impact strikes in stance |



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Orange Belt to Purple Belt

Mouth Guard. Boxing Gloves. Head Gear. Heavy Duty Leg Guards. Jo or Bo. REQUIRED

Manner/Respect: *Bow: to enter and leave; to your training partner, to Instructors.
Grappling Bow: Slide and Bump theory.
Respect: to higher grades with a bow and using their teaching titles 'Sempai / Sensei / Renshi / Shihan'*

Fit Belt: *left over right and under all; right over left through the loop*

KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY

