

## Red/Black Belt Curriculum

### ➤ Open Hand Forms:

- Palgue 7
- Chung Mu

### ➤ Weapons Forms:

- Staff Form
- Sai Form
- Kama Form

### ➤ One Step Sparring # 7-12

### ➤ Self-Defense # 7-12

### ➤ Kicking Combinations # 7-11

### One Step Sparring # 7-12

### Kicking Combinations # 7-11

#### One Step Sparring #7

- Start at ready position
- Leap to the left
- Side kick (R)
- Spin back kick (L)
- Axe kick (L)
- Double punch, Kihap

#### # 7 Crescent Kick Combination

- Jump inside crescent kick
- Jump outside crescent kick
- Inside crescent kick
- Tornado kick
- Double punch, Kihap

#### One Step Sparring #8

- Start at ready position
- No leap
- Inside crescent kick (R)
- Side kick (R)
- Pop up side kick (R)
- Double punch, Kihap

#### # 8 Hook Kick

- Spin Hook Kick ( R )
- Slide Hook ( R )
- Pop Hook ( R )
- Double punch, Kihap

#### One Step Sparring #9

- Start at ready position
- No leap
- Inside crescent kick (L)
- Jump outside crescent kick (R)
- Pop up front kick (R)

#### # 9 Twist Kick

- Axe Kick ( L )
- Twist Kick ( L )
- Round Kick ( R )
- 360 Jump Round Kick ( R )
- Double punch, Kihap

#### One Step Sparring # 10

- Start at ready position
- No leap
- Inside crescent kick (R)
- Tornado kick (R)
- Double punch, Kihap

#### # 10 Axe Kick

- Axe kick ( R )
- Slide Axe (R )
- Jump Axe ( R )
- Step Spin Axe ( R )
- Double punch, Kihap

#### One Step Sparring # 11

- Start at ready position
- No leap
- Inside crescent kick (L)
- Spin wheel kick (R)
- Iron broom sweep (R)
- Axe kick (R)

#### # 11 Advanced Wheel Kick Combination

- Jump Back Kick ( R )
- Pop Up Hook ( R )
- 360 Jump Wheel Kick ( R )
- Double punch, Kihap

#### One Step Sparring # 12

- Start at ready position
- Leap to the (L)
- Pop up round kick (R)
- Spin Chop (L) hand
- Leg sweep (L)
- Reverse Punch

## **Self-Defense Techniques # 7-12**

### Self Defense 7: Choke From the Floor

Reach over and grab your opponent's left wrist with your left hand. Grab their neck with your right hand. Bite their left hand. Reach behind their head with your left hand and simultaneously twist their head counterclockwise as you bring up your right knee to throw them off. Reverse punch.

### Self Defense 8: Sit and Trap

Press up with your hands and let them drop back to the floor. Repeat two more times. Press up with your hands and snap them to your sides as you bring your knee up to knock your attacker off of you. When the clear reverse punch to face.

### Self Defense 9: Leg Trap and Break

From the floor on your side trap the attackers leg with your right leg while side kicking with your left. When attacker falls Axe kick with the left leg to the groin while you are still on the floor.

### Self Defense 10: Bear Hug

Slam your head backwards to butt your opponent's face with the back of your head. Step out with your right foot and palm strike your opponent's groin with your left hand. Grab the groin with your left hand and step behind your opponent with your left foot. Pull your left elbow up into the opponent's chin and reverse punch your opponent's face with your right hand.

### Self Defense 11: Hook Punch

Outside block with you left against attackers right hand punch. As you block circle the arm and create arm bar. With arm bar in place palm strike with right hand to attackers nose while foot sweeping with your right foot. Release as attacker falls

### Self Defense 12: Against the Wall

Reach across with your left hand to grab the attackers hands. At the same time bring your right knee up into attackers groin and leopard strike to the attackers neck. Slide to left while pushing them into wall. Side kick downward on their right knee toward calf to force them to the ground. Jump back kick their head with your left foot.

## **Kama Form**

A video of the Kama form is available on the ABK Website using the link below.

<http://www.abkfun.com/Sports/Karate.html>