



BLACK BELT

1TH DAN

Kung Fu Lore - Adept

Cobra - Subtleness and Endurance

Dragon - Continuity and Wisdom

Defense Techniques

1. Chinese Pinchers (a,b,c)
2. Crossing Hooks (a,b)
3. Turning The Flame (a,b,c,d)
4. Stopping The Staff
5. Twisting Vine (a,b,c,d)
6. Breaking the Staves (a,b)
7. Hands Of Jade (a,b)
8. Spinning Log
9. Lever Of Ming (a,b)
10. The Lion (a,b,c)
11. Double Lance (a,b,c,d,e)
12. Covering The Moon
13. Returning Fist
14. Falling Blades
15. Dance Of The Dragon

Defense Techniques

16. Falling Hammers
17. Corkscrew (a,b,c)
18. The Whip
19. Winding Limbs (a,b,c)
20. Twisting Serpent
21. Chopping The Log
22. Falling Tree (a,b,c)
23. The Python (a,b)
24. Twisting Dragon
25. Slicing Hands
26. The Scorpion
27. Chinese Thumbscrew(a,b)
28. Four Fists
29. Advancing Dragon
30. The Lock

Katas

Long 6 - Cobra

Katas

Two Man Set

Kicks

1. Spinning Off-Angle Front Snap
2. Independent Spinning Side
3. Dropping Axe
4. 180° Floating Side
5. Grazing Heel / Knife Edge

Kicks

6. Off-Angle Jumping Hook (4)
7. Spinning Heel, Lower Spin
8. Lower Spin, Forward Sweep
9. Grazing Knife, Spinning Hook
10. 360° Jump Spinning Heel

PROJECTS

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Kata (Personal) _____

Primary Self-Defense Techniques

Black Belt Project _____

(Ex. Personal self-defense techniques, incorporating another style with Kenpo, new weapon, etc) Decide on the project and then get approval before starting.

1. Straight Punch _____
2. Roundhouse Punch _____
3. Two Hand Push _____
4. Tackle _____
5. Knife Thrust _____
6. Knife Slash _____
7. Gun High _____
8. Gun Low _____
9. Club Vertical _____
10. Club Horizontal _____
11. Bear Hug – Back _____
12. Bear Hug – Front _____
13. Choke – Behind _____
14. Choke – Front _____
15. Kick _____

Read & Report (choose one)

1. Bible / Chronological Gospels
2. Book of Five Rings
3. Art of War
4. 12 Rules for Life
5. The Power of Awareness

Book report should be at least 2 pages long single line space and cover:

- Overview of book
- Primary teachings
- How the teachings can be used in your life



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Knife Types

1. Knife
2. Balisong
3. Dagger
4. Push Dagger
5. Tanto
6. Folding Tactical Knife
7. Razor
8. Utilitarian
9. Kukrin

Attacking Areas

1. Quadrant 1
2. Quadrant 2
3. Quadrant 3
4. Quadrant 4
5. Central Body Line

Attacker's Sides

1. Dead
2. Live

Knife Wound Types

1. Cutting / Slashing
2. Perforation / Stab
3. Contusion
4. Skinning

First Aid

1. Amputation
2. Perforation Wound
3. Perforation on Thorax
4. Superficial Cut
5. Tendons, Muscles, Nerves
6. Avulsion Wound
7. Open Fractures
8. Head Injury
9. Neck / Spine
10. Hemorrhage

Neutralization Types

1. Immobilization / Pain
2. Vessels / Incapacitate
3. Kill / Terminate

Carry and Draw

1. Waist Carry
2. Boot Carry

Footwork

1. Half-Step Forward / Backward
2. Full Step Forward / Backward
3. Step Thru Forward / Backward
4. Shuffle Forward / Backward
5. Triangulation
6. Side Stepping

Basic Techniques

1. Figure 8
2. Reverse Figure 8
3. Cross
4. Asterisk
5. Making the "C"
6. Nine Angles of Thrusts
7. Thrust with Twist
8. Thrust with Cut
9. Spontaneity

Angles of Attack

1. Demonstrate 12 Angles
2. All angles together in flow

Combinations

1. 6 Self-Defense Moves
2. 6 Attacks
3. 6 Contusive Attacks

Basic Drills

1. Gun to Mid-Section
2. Attack and Defend
3. Control Exercise

Types of Combat

1. Knife Against Knife
2. Knife Against Hand
3. Knife Against Firearm
4. Knife Against Stick

Knife Fighting Defenses

1. Defensive Principles
2. Tactical Options