

MAIN CONCEPTS FOR SPARRING

- I. Awareness
 - A. Be constantly aware of your position in the boundary of the sparring area. Avoid being trapped in a corner.
 - B. Be aware of your opponents form and change of form. . . these may tell of an impending move or technique.

- II. See without Looking
 - A. Use your sense of feel and intuition to determine the next course of action.
 - B. Don't fix your eyes on a target.

- III. Conserve Energy
 - A. Relax and breathe deeply.
 - B. Don't make rapid movements until its necessary.
 - C. Make smooth and efficient movements.

- IV. Control and Precision
 - A. Always maintain your control during fighting.
 - B. Always strike at the target area. . . don't throw wild attacks.
 - C. Remember, there are no excuses for loss of control and injuries **REGARDLESS OF RANK!**

- V. Timing
 - A. Learn to use proper timing on attacks and defense.
 - B. Utilize your opponent's lack of timing to your best advantage.

- VI. Speed
 - A. Remember your speed restrictions . . . if any.
 - B. Make explosive attacks, **DON'T TELEGRAPH** your intentions.
 - C. Make yourself stick to speed restrictions, no matter what . . . be a quality fighter.

- VII. Be Considerate To Your Opponent
 - A. If you are more skilled, don't over show it or show off . . . you know it and that is all that counts.
 - B. Help your opponent learn from their mistakes.
 - C. **BE GENTLE.**

- VIII. Don't Concern Yourself With Winning
- A. Flow with the natural events.
 - B. Block and kick when you feel like it.
 - C. Make mental notes on your weakness.
 - D. Approach each match in a positive frame of mind.
- IX. Form
- A. Keep a good stance . . . it's the base of everything.
 - B. Have good balance during fighting movements.
- X. Movement
- A. Move at 45° and 60° angles to parry your opponents advances.
 - B. Be dynamic. . . not static.
- XI. Rules
- A. Always obey the official of the sparring match.
 - B. Don't talk during a sparring match.
 - C. Always work within your speed and rank restrictions.
 - D. Always maintain your control and composition.

WHITE BELT

- I. Basic Side Stance
 - A. Hand Placement
 - 1. Front Hand
 - 2. Back Hand
 - B. Foot Placement
 - C. Knee Angles
 - D. Center of Gravity

- II. Blocks
 - A. Block for Kicks to the Back Area
 - B. Block for Kicks to the Front Area
 - C. Block for Kicks to the Side Area

- III. Kicks
 - A. Front Leg Groin Kick
 - B. Rear Leg Groin Kick
 - C. Kidney Hook Kick
 - D. Stomach Kick from the Front Leg

- IV. Hand Arts
 - A. Basic Escape to the Rear
 - 1. Same Side Wrist Grab
 - B. Control to the Inside
 - 1. Same side Wrist Grab
 - C. Control to the Outside with Takedown
 - 1. Same side Wrist Grab
 - D. Escape to Strike
 - 1. Same side Wrist Grab
 - a. Elbow
 - b. Straight Back Fist
 - c. Eye Rake

- V. Movement
 - A. Advancing
 - B. Retreating

- C. Advancing 45° left and right
- D. Retreating 45° left and right

VI. Rolls

A. Front

- 1. Triangle
- 2. Two Hands

B. Back

- 1. Arm Out to Side

VII. Beginning Meditation

A. Main Idea

B. Three Forms

- 1. Standing
- 2. Sitting
- 3. Walking

C. Hand Placement

VIII. Beginning Karate Morality

A. Law of Cause and Effect

B. Peace through Violence

IX. Notebook

A. Basic Theme

SECOND DEGREE BLUE BELT

- I. Kicks
 - A. Rear Snap Instep Kick to Kidney
 - B. Rear Snap Instep Kick to the Head
 - C. Rear Thrust
 - D. Downward Crescent Kick to Back of Neck
 - E. Stomping Blade Kick to Throat
 - 1. Toes Forward
 - a. Front Foot
 - b. Rear Foot
 - 2. Toes Backward
 - a. Front Foot
 - b. Rear Foot
 - F. Front Snap Kick to Solar Plexus

- II. Reaction Fighting
 - A. One Person
 - 1. Hand Attacks
 - 2. Foot Attacks
 - 3. Grab Attacks

- III. Hand Strikes
 - A. Straight Jab
 - 1. Front Hand
 - 2. Back Hand
 - B. Body Jab
 - 1. Front Hand
 - 2. Back Hand
 - C. Ridge Hand Strike
 - 1. Outside
 - a. Front Hand
 - b. Back Hand
 - 2. Inside
 - a. Front Hand
 - b. Back Hand
 - D. Palm Strike

1. Front Hand
2. Rear Hand

E. Claw Hand

1. Front Hand
2. Rear Hand

F. Crab Claw Hand

1. Front Hand
2. Rear Hand

G. Chops

1. Outside
 - a. Front Hand
 - b. Back Hand
2. Inside
 - a. Front Hand
 - b. Back Hand

IV. Blocks

A. Unbendable Arm

1. Front Arm
 - a. High
 - b. Low
2. Rear Arm
 - a. High
 - b. Low

B. Redirection of Force

1. Front Hand
 - a. Inside
 - b. Outside
2. Back Hand
 - a. Inside
 - b. Outside

C. Catching the Force

1. Front Hand
2. Back Hand

V. Targets

A. Primary

1. Eyes
2. Throat
3. Ribs
4. Kidneys
5. Testicles

B. Secondary

1. Base of Nose
2. Instep
3. Base of Skull (Atlas Vertebra)
4. Solar Plexus

VI. Sparring Skills (1/8 speed)

A. Purpose

B. Rules

1. Speed

C. Benefits

1. Balance
2. See Openings
3. Discuss Technique

VII. Hand Arts

A. Rotation Down Escape

1. Same Side
 - a. One Hand Grab
 - b. Two Hand Grab

2. Cross Hand

B. Crab Claw Escape

1. Same Side
 - a. One Hand Grab
 - b. Two Hand Grab

2. Cross Hand

C. Blade Escape

1. Same Side
 - a. One Hand Grab
 - b. Two Hand Grab

- 2. Cross Hand
 - D. Escape Using Knee
 - 1. Same Side
 - a. One Hand Grab
 - b. Two Hand Grab
 - 2. Cross Hand
 - E. Cross Hand Softening Technique to Strike Hand Escape
 - F. Overhead Straight Arm Escape from Front Choke
- VIII. Changing of Stance
 - A. Advancing
 - B. Retreating
- IX. Falling
 - A. Side
 - B. Back
 - C. Front
- X. Mugging
 - A. Purpose
 - B. Techniques
 - C. Persons
 - 1. Two People
 - 2. Three People
- XI. Required Reading
 - A. Zen in the Martial Arts

TEST FROM SECOND DEGREE BLUE BELT TO FIRST DEGREE BLUE BELT

I. Kata Form

- A. Kicks
- B. Hand Strikes
- C. Blocks
- D. Hand Arts
- E. Stance

II. Reaction Fighting

- A. Three different people using three different approaches.

III. Mugging by Two People

IV. Notebook

V. Sparring

FIRST DEGREE BLUE BELT

- I. "Ki" Exercises
- II. Basic First Aid (as applied to martial arts)
- III. Reaction Time Exercises
- IV. Avoidance of Force
 - A. Strikes High
 - B. Strikes Low
 - C. Strikes Downward
 - D. Strikes Straight
- V. Anatomy I
 - A. Anatomy and Physiology, Simon and Schuster
 1. The Whole Body, page 10
 2. Skeleton, page 20
 3. Joints, page 24
 - B. Anatomy Coloring Book
 1. Skeletal System, plates 18, 19, 21-24, 28, 30
 2. Cardiovascular System, plates 62-65, 69, 71, 72
- VI. Basics in Class Instruction
- VII. Beginning Koan Exercises
- VIII. Basic Fighting Philosophy
 - A. Near/Far Field
 - B. Punch/Counter Punch
 - C. Energy Usage
 - D. Escalation
 - E. Flurries
- IX. Reaction Fighting
 - A. Two

X. Basic Offensive Openings

A. Lunge Punch

B. Kicks

XI. Meditation Topics

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM

First Degree Blue Belt Fighting Concepts

This is a summary of the types of methods to use to cross the far to near field. . .

- 1) Broken Rhythm
 - Movement Stop Movement
- 2) Distraction
 - Slapping
- 3) Simple Feints
 - Strike to Head/kick to Side
- 4) Complex Feints
 - Planned Attack with Openings Designed
- 5) Anticipatory Movements
 - Slapping and Threatening Movements
- 6) Constant Movement
 - Movement into and out of the Near/far Zones
- 7) Vocal
 - Kiai or Alike

Timing Movements:

- 1) Half Beat
- 2) Full Beat
- 3) Beat and a Half

PROPERTY OF AWARRIORSWAY.COM

TEST FROM FIRST DEGREE BLUE BELT TO SECOND DEGREE GREEN BELT

- I. Demonstration of "Ki"
- II. Demonstration of First Aid
- III. Oral Examination of:
 - A. Basic Anatomy
 - B. Basic Fighting Philosophy
- IV. Oral Discussion On:
 - A. Koan Exercises
 - B. Meditation Topics
- V. Demonstration of Class Room Instruction
 - A. Group
 - B. Individual
- VI. Demonstration of Avoidance of Force During a Sparring Match
- VII. ½ Speed Sparring
- VIII. Two Person Reaction Fighting
- IX. Demonstration of Offensive Openings
- X. Demonstration of Meditation under less than Optimum Conditions
- XI. Three Person Mugging
- XII. Planned Combat Situation Subjects Choice

SECOND DEGREE GREEN BELT

I. Stance

A. Cat:

1. Front
2. Side

II. Kicks

A. Crescent Kick

1. Inside
2. Outside

B. Hook Kicks

1. Knee
2. Head

C. Side Kicks

1. Knee
2. Shin
3. Instep

D. Spinning Kicks

1. Rear Thrust
2. Hook
3. Round-house

E. Front Snap

1. Face
2. Neck
3. Groin

F. Fake Crescent to Rear Thrust:

1. To Stomach
2. To Head

G. Sweeps

1. With Knee
Hook and Spinning Round-house
2. Against Knee
3. Single and double leg sweeps

H. Kicks to Arms

I. Combination Kicks

1. Crescent to Rear Thrust

2. Groin to Front Kick
3. Crescent to Hook
4. Crescent to Sweep
5. Rear Snap Instep to Rear Thrust
6. Rear Snap Instep to Sweep
7. Rear Snap Instep to Hook
8. Inside Crescent to Front Kick
9. Outside Crescent to Double Hook (a) to Groin, and (b) Head

J. Running Rear Thrust Kick

K. Flying Blade Kick

PROPERTY OF AWARRIORSWAY.COM

III. Strikes

A. Crab Pinch

B. White Crane Hand

C. White Crane Wrist

D. Spear Hand

E. Back Fist

1. Spinning
2. Side
3. Straight
4. Snap, low to high

IV. Fighting Tactics

A. Bait Techniques

V. Developing Speed & Power

A. Kicks

B. Strikes

VI. Targets (advanced)

- A. Mandible
- B. Back of ear
- C. Bridge of nose
- D. Under arm
- E. Forearm
- F. Liver
- G. Spleen

PROPERTY OF AWARRIORSWAY.COM

- H. Lumbar area
- I. Coccyx
- J. Xiphoid process
- K. Sternum
- L. Femur
- M. Knee
- N. Fingers
- O. Toes
- P. Ankle
- Q. Tibia
- R. Patella
- S. Clavicle
- T. Temple

PROPERTY OF AWARRIORSWAY.COM

VII. Anatomy II

A. Anatomy Coloring Book

1. Body, plates 3-7, 9, 10
2. Skeletal System, plates 17, 20, 25-27, 29, 31, 33
3. Muscular System, plates 35-61
4. Respiratory System, plates 96, 97
5. Nervous System, plates 130-133, 138, 145, 148, 149, 151-153

VIII. Reaction Fighting (two person)

IX. Precision

- A. Kicking
- B. Striking

X. Control of:

- A. Kicking
- B. Striking

PROPERTY OF AWARRIORSWAY.COM

XI. Trap Techniques (control of)

- A. Hand
- B. Foot

XII. Throws

A. Hip

1. Variation 1

B. Back

C. Wide

XIII. Falling Kick (Sliding)

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM

SECOND DEGREE GREEN BELT FIGHTING CONCEPTS

These techniques are used in conjunction with the First Degree Blue Belt Fighting Concepts.

- 1) Stop Hit/Kick:
 - used in counter punching and with baits
- 2) Red Shadow:
 - This is the use of a method of invisibility. When your opponent attacks you move such that you are not there any more. You don't even have to block.
- 3) Jam:
 - This is a half beat move where instead of moving back you move in at a specific moment. This technique is used primarily in conjunction with Red Shadow above
- 4) Enter the Eye of the Storm:
 - This is from a long-range attack, you move into the attack in contrast to moving out.
- 5) Bait:
 - You offer a target to your opponent in hopes that they will take the bait.

In this technique you will have a specific response in mind, not just react.

TEST FROM SECOND DEGREE GREEN BELT TO FIRST DEGREE GREEN BELT

- I. Kata Form
 - A. Stance
 - B. Kicks
 - C. Strikes
- II. Reaction Fighting (two persons)
 - A. Three Times
- III. Demonstration of Fighting Tactics
- IV. Demonstration of Speed, Power, Precision, Control of Kicks and Strikes
- V. Demonstration of Advanced Human Targets
- VI. Oral Exam on Anatomy
- VII. Demonstration of Trap Techniques
- VIII. Mugging
 - A. Three People, two times
- IX. Sparring at Half Speed
 - A. Two Lower Belts
 - B. One Upper Belt
- X. Notebook

PROPERTY OF AWARRIORSWAY.COM

FIRST DEGREE GREEN BELT

- I. Hand Arts
 - A. Flowing Water Control
 - 1. Same Side
 - 2. Cross Hand
 - B. Escape to the Outside
 - 1. Same Side
 - 2. Cross Hand
 - C. Double Hand Escape by Cross Scissors
 - D. Cross Under Arm Escape
 - 1. Same Side
 - 2. Cross Hand
 - E. Pull in to Strike
 - F. Open to Kicks
 - G. Escapes from Chokes, Front:
 - 1. Arms up Center
 - 2. One Arm up Center Twist to Other Hand
 - 3. Escape to Rear
 - 4. Single Finger Choke Push off
 - 5. Double Finger Choke Push off
 - 6. Force up on Arms
 - 7. Force down on Arms
 - 8. Pinch Arm/rotate off
 - 9. Outside Control Takeoff
 - 10. Strike/kick During Choke
 - H. Escapes from Chokes, Back:
 - 1. Elbow to Stomach
 - 2. Small Finger Takeoff
 - 3. Instep Kicks
 - 4. Groin Kicks
 - 5. Throw to Ground
 - 6. Pinch Arm Takeoff
 - 7. Groin Pull
 - 8. Groin Strike
 - I. Escapes from Nelsons
 - J. Escapes from Wrap Around Arms from Rear:

1. High
 2. Medium
 3. Low
- K. Escapes from Arm Behind Back
1. Plus Choke
- L. Escape from Hands Trapped, Extended and Behind
- M. Escape from Grabs to Biceps
- N. Escape from Grabs to the Forearms
- O. Escape from Grabs to Hair from Behind
- P. Escape from Grabs to Shoulder from Behind
- Q. Escapes from Double Hand Grab on Single Arm
- R. Escapes from Head Lock
- II. Ground Fighting
- A. Basic Kick and Hand Defense
 - B. Basic Kicks Offensive
 - C. Movement
 - D. Takedowns via Sweeps
 - E. Takedowns via Throws
 - F. Basic Philosophy
- III. Situation Fighting (Two Persons)
- IV. 3/4 Sparring (three person)
- V. "Ki" Exercises II
- VI. First Aid II
- VII. Basic Weapon Defense
- A. Knife
 - B. Stick
- VIII. Oneness, Koan Exercise
- IX. History of Martial Arts

X. Philosophies of Other Styles

A. Main Theme

B. Combating Other Styles

XI. Anatomy III

A. Anatomy Coloring Book

1. Cardiovascular, plates 66-68, 70, 71, 73-83, 88

2. Urinary System, plates

3. Nervous System, plates

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM

TEST FROM FIRST DEGREE GREEN BELT TO SECOND DEGREE BROWN BELT

- I. Kata Form
 - A. Stance
 - B. Kicks
 - C. Hand Arts
 - D. Ground Fighting
 - E. Strikes
 - F. Fighting Tactics
 - G. Basic Weapon Defense
 - H. Trap Techniques

- II. Mugging
 - A. Three People -- "Two Times"
 - B. Four People -- "Two Times"

- III. Sparring
 - A. Two Black Belts at the Same Time, or One Black Belt and One Upper Belt
 - B. Three Upper Belts

- IV. Situation Fighting
 - A. Three People -- "Three Times"

- V. Demonstration of Power, Speed, Control, and Precision of Kicks and Strikes

- VI. First Aid Situation

- VII. Demonstration of "Ki"

- VIII. Defense Against
 - A. Knife
 - B. Stick

- IX. Reading Plus Discussion of Subjects Koan

- X. Oral Exam on History of Martial Arts

XI. Oral Exam on Philosophies of Other Styles

XII. Demonstration of Combating Other Styles

XIII. Demonstration of All Human Targets

XIV. Planned Combat Sequence

XV. Oral Exam on Anatomy

XVI. Demonstration of Fighting Tactics

PROPERTY OF AWARRIORSWAY.COM

SECOND DEGREE BROWN BELT

- I. Physiology I
 - A. Anatomy and Physiology, Simon and Schuster
 - 1. Muscles, pages 26-72

- II. Mugging Avoidance

- III. Wing Chun Hand Arts

- IV. Anatomy IV
 - A. Anatomy Coloring Book
 - 1. Digestive System, plates
 - 2. Integumentary System, plates
 - 3. Endocrine System, plates

- V. Modified Front Stance -- Jeet Kune Do

- VI. Wing Chun Kicks

- VII. Take Downs
 - A. Leg/Kick
 - B. Scissors
 - 1. Reverse Spin

- VIII. Advanced Weapon Defense
 - A. Gun
 - B. Knife
 - C. Stick

- IX. Philosophy of Women's Self Defense/Anti-Rape

- X. Philosophy of Teaching of Arts
 - A. Do-Jo Setting
 - B. Problem People/Students

- XI. Use of Natural Weapons

- A. Keys
- B. Pencils/Pens
- C. Spit

XII. Fall Recoveries

XIII. Sparring (full speed)

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM

FIRST DEGREE BROWN BELT

- I. Sticks
 - A. Jo-Jitsu

- II. Teaching Children
 - A. Program
 - B. Philosophy

- III. Teaching Handicapped

- IV. Kung Fu Throwing Knife

- V. Knives - Use Of
 - A. Single
 - B. Double

- VI. Combat
 - A. Knives
 - B. Sticks
 - C. Knives/Sticks
 - D. Philosophy of Above

- VII. CPR Certified

- VIII. Development of Total Fighting Capability

- IX. Anatomy V
 - A. Anatomy Coloring Book
 - 1. Reproductive System, plates

- X. Physiology II
 - A. Anatomy and Physiology, Simon and Schuster
 - 1. Pages 80-90

BLACK BELT

- I. Arnis
- II. Choke Throws
- III. Take Downs
 - A. Front
 - B. Side
 - C. Back
- IV. Final Anatomy

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM

KOAN

The old man kids himself that he can, twenty-four hours of each day tame fiery dragons and ferocious tigers. In truth, the one who knows how to change iron into gold will not go to the point of telling all those he meets in the streets.

PROPERTY OF AWARRIORSWAY.COM

PROPERTY OF AWARRIORSWAY.COM