



## Provisional Black Belt ~ Advanced

"For a true disciple, the repetition of the mantra is like food." ~ Mata Amritanandamayi

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far, repeat the "5 times" practice for each technique then start over.

### ↓ FIRST STRIPE

<input type="checkbox"/> ☯ <b>Strikes</b> + All Previous Strikes	<input type="checkbox"/> ☯ <b>Double Kicks</b> 32- Inside Crescent -front Side Kick 33- Roundhouse -Spin Hook 34- Double Roundhouse + All Previous Kicks	<input type="checkbox"/> ☯ <b>Trapping Drills</b> + All Previous Trapping Drills	<input type="checkbox"/> ☯ <b>Break Falls</b> + All Previous Break Falls
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### ☯ **Striking Releases**

28-Same Side Wrist Grab ~ Escape From A Friend-Once you are behind the attacker, pull shoulder & use your inside foot to kick back of his knee to take him down.

29-On Hand Same Side Shoulder Grab ~ As the attacker pulls you back step back with same side foot then step back with other foot and elbow strike the attacker's face.

30- Rear Collar Grab ~ Turn into the attacker, strike groin as you duck under his arm

## Defensive Tactics

### ↓ SECOND STRIPE

#### ☯ **CORE CONCEPT: C19 KNIFE DEFENSE**

##### **Knife Stab Inward**

- Turning Break
- Center lock
- Elbow Lock
- Arm Break
- Armbar Over

##### **Knife To Neck Front**

- Wrist Lock

##### **Knife Slash**

- Choke
- Sweep
- Hip Throw
- Dropping Shoulder
- Figure 4

##### **Knife To Neck-Back**

- Police Lock

##### **Knife Backslash**

- Wing Lock Take Down
- 2 Forearm Block, Goose Head
- 2 Forearm Block, Sweep

### **Knife Downward**

- Hip Throw
- Armbar Over
- Shoulder Throw
- Outside Wrist Lock/Goose Head

### ↓ THIRD STRIPE

#### ☯ **CORE CONCEPT: C20 BLUNT WEAPON DEFENSE**

##### **Blunt Weapon Inward**

- Choke
- Sweep
- Hip Throw
- Dropping Shoulder
- Figure 4

##### **Blunt Weapon Backswing**

- Wing Lock Takedown
- 2 Forearm Block, Goose Head
- 2 Forearm Block, Sweep

##### **Blunt Weapon Downward**

- Hip Throw
- Armbar Over
- Shoulder Throw
- Outside Wrist Lock/goose head

**Requirements for Promotion To 1-Dan Black Belt (1) Attend a minimum of 20 to 30 classes, depending on your progress, with each class reviewing ONE Belt (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.**