



## Senior Red 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

#### ☯ Strikes

+ All Previous Strikes

#### ☯ Break Falls

+ All Previous Break Falls

#### ☯ Double Kicks

32- Inside Crescent -front Side Kick

33- Roundhouse -Spin Hook

34- Double Roundhouse

+ All Previous Kicks

#### ☯ Knife Trapping Drills

1-Downward Knife, check attacker's hand then downward knife

2-Inward knife, check attacker's hand then inward knife.

3-Passover with knife

+ All Previous Trapping Drills

#### ☯ Striking Releases

45-One Hand Push ~ Brush, Trap, pull attacking hand, elbow strike to the head, elbow strike back of head.

46- One Hand Push ~ Check attacker's arm, spin 180°, elbow strike back of head then side kick back of knee.

47-Hook Punch ~ Knife hand block, step in delivering an elbow strike to the head then elbow strike sternum.

48-Hook Punch ~ Step in middle block attacking hand then spin around and elbow strike head.

## 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 Provisional Dan Black Belt (1) Attend a minimum of 22 classes since last belt test (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.