



Red Belt ~ Advanced

"Repetition is the key to real learning." ~ Jack Canfield

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 start over.

↓ FIRST STRIPE

☺ **Strikes**

+ All Previous Strikes

Double Kicks

28- Snap Front -Roundhouse
29- Snap Front-Side Kick
30- Scoop Kick-Side Kick
31- Inside-Outside Axe Kick
+ All Previous Kicks

☺ **Trapping**

+ All Previous Trapping 1-7

☺ **Break Falls**

+ All Previous Break Falls 1-6

☺ **Terminology**

8-You're Welcome ~ Chew Monty Oh
+ All Previous Terminology

☺ **Striking Releases**

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

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

↓ SECOND STRIPE

☺ **CORE CONCEPT: C17 HANDGUN DISARMS**

- 1- Front draw
- 2- Gun To Forehead
- 3- Gun To Midsection
- 4- Gun To Side of Head
- 5- Gun To Kidney
- 6- Gun to liver/Bladder
- 7- Rear Draw
- 8- Gun to Mid-Back
- 9- Gun To Mid-Back #2
- 10- Gun to Back of Head
- 11- Hostage-Gun to the side of the head

↓ THIRD STRIPE

☺ **CORE CONCEPT: C18 LONG GUN DISARMS**

- 12- Gun to Midsection
- 13- Gun To Forehead
- 14- Gun To Side of Head
- 15- Gun To Kidney
- 16- Gun to Liver
- 17- Gun to Mid-Back
- 18- Gun to Back of Head

Requirements for Promotion To your next 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.