

3rd to 4th Degree Black Belt Requirements

1st SEGMENT TEST @ 12 MONTHS

A. Classical Basics

B. Kicking Basics

1. All Under Belt Kicks
2. 10 Standing Side Kicks

C. X-Ray Paper Kicks

1. All Under Belt Kicks (both legs)
2. Spin Wheel Kick (both legs)
3. Step Through Spin Wheel Kick (best leg)
4. 20 Round Kicks (best leg)
5. Tornado Kicks (both legs)
6. 10 Tornado Kicks (best leg)

D. Pad Kicks

1. All Under Belt Kicks (both legs)
2. Back Leg Thrust Kick – Defensive Side Kick
3. Offensive Side Kick – Defensive Turn Side Kick
4. 360 Side Kick (both legs)
5. 360 Round Kick (best leg)

E. **Board Breaks** – Candidate will perform 4 board breaks using strikes of their own choosing. Breaks will be demonstrated on segment tests, screenings and on exam day.

F. Sparring

1. Single Sparring
2. 2 on 1 Sparring

G. Samurai Sword Techniques

1. Sword Blocks
2. Sword Cuts
3. Sword Theory & Movement
4. Bunkai #1 & Bunkai #2
5. Sword Sparring

2nd SEGMENT TEST @ 24 MONTHS

A. Classical Basics

B. Kicking Basics

1. All Under Belt Kicks
2. 10 Standing Side Kicks

C. X-Ray Paper Kicks

1. All Under Belt Kicks (both legs)
2. Spin Wheel Kick (both legs)
3. Step Through Spin Wheel Kick (best leg)
4. 20 Round Kicks (best leg)
5. Tornado Kicks (both legs)
6. 10 Tornado Kicks (best leg)

D. Pad Kicks

1. All Under Belt Kicks (both legs)
2. Back Leg Thrust Kick – Defensive Side Kick
3. Offensive Side Kick – Defensive Turn Side Kick
4. 360 Side Kick (both legs)

5. 360 Round Kick (best leg)

E. Sparring

1. Single Sparring
2. 2 on 1 Sparring

F. Self-Defense (Hand to Hand)

1. All Under Belt Self-Defense
2. Bear Hug Low Arm Trap – (Open hands, slide one arm out and elbow to attackers face, slide other arm out and elbow to face.)
3. Bear Hug Under the Arms – (Squat and lean forward – Swing Elbows)
4. Headlock from Behind – (Secure attackers arm, drop right knee and rotate body, flipping attacker over shoulder)

G. Club Defense

Club Attack to Head – (Step in toward attacker inside the range of the weapon and execute a left high block, then reach your right hand under the attackers arm, grab your own wrist and execute a figure 4 joint lock, do a deep knee lunge with your left foot for take down and weapon disarm)

H. Knife & Gun Self-Defense

When to Defend Against a Knife or Gun:

1. If an assailant wants money or a possession there is no need to defend against a knife or attempt a disarm. It is recommended that a person in this situation throw the possession on the ground near the assailant and run the other way.
2. If an assailant with a weapon is trying to force you into going somewhere with them – like in an automobile, or into a room or dwelling – then this is a time to think about fighting back. Experts and Police tell us that a person who is forced to go somewhere usually does not live through that crime.
3. Home Invasion. Your home can be your castle or it can be your prison if an intruder can get inside. If you can tell that the intruder is going to take possessions and leave, then let him. If the intruder is planning more than that, then this is a time to think about fighting back.

Principles of Knife Defense

1. Risk – If you defend against a knife you will get cut. Your goal is to minimize the exposure to life threatening cuts that will cause you to bleed out.
2. Stances -
 - a. Fighting Stance with hands turned in to protect major arteries
 - b. Fighting Stance with hand covering neck and heart. (Similar to sparring fighting stance.)
3. R-CAT = Redirect, Control, Attack and Take away. Redirect the weapon, control the weapon, attack the assailant, and take away the weapon. As Black Belts, we are experts in striking deadly and painful blows, use that to your advantage.
4. Lever – While it is obvious that we need to stay away from the tip and the blade of a knife, the sides can spine can be used as a lever to disarm and to take the weapon away from an assailant.
5. Appear to Submit- All knife and gun defenses start with the psychological warfare of pretending to submit to your attacker. Begin to raise your hands as you verbally acknowledge that you will do what the attacker is asking. If you are in range, this is the best time to suddenly make your move.

Knife Defenses

1. Knife Point to Throat #1 – Double Palm Heal Disarm
2. Knife Point to Throat #2 – Right inside slap, left hand crosses underneath, and grabs assailants wrist, right chop to pressure point on attackers neck.
3. Blade to Neck from Behind – Both hands pull on attackers knife hand to remove knife from throat, left foot steps behind attacker, push shoulder against attackers elbow to create joint manipulation and take down, disarm.
4. Knife Thrust to Body (Right Hand Attack) – Defenders steps in and to the side with left foot executing an outside downward cast block with the right hand, then slip behind attacker and execute a choke out.
5. Knife Thrust to the Body #2 – Step left and in with left foot, right sudo block and control attackers knife hand, round kick to the abdomen.
6. Knife Slash to Neck (Right Hand Attack) – Step straight into attacker (inside knife range), and execute double chop to attackers wrist and bicep (medial nerve), right chop to neck (hitting pressure point), step under attackers arm and perform joint manipulation take down (shoulder to elbow – applying pressure to the ulna nerve).
7. Ice Pick (Right Hand Attack) – slide left and in while executing a left downward brush block - driving knife into attackers knee, ridge hand to attackers nose.

Gun Defenses

1. Gun to Chest – Turn body as left hand reaches over the top and controls the gun, use body mass to turn into the attacker hitting attacker in the face with an elbow and breaking the gun grip and disarming.
2. Gun to Head in Front – Bend knees as you grab gun with both hands pointing it upward, turn gun toward assailant as you pull down to disarm.
3. Two Handed Gun Grip to Head or Body – Deflect gun away with left hand (thumb), swim hand in between attackers hand, pry up and rotate gun toward attacker. Back away pointing gun at attacker
4. Two Handed Gun Grip Pointing at Another Person – Approach from behind and quickly execute the same defense as number one.
5. Gun to the Back – Spin sudo block and control attackers gun arm with the left hand, and palm heal to the face with the right hand, step through hip throw. (Careful to keep gun pointing away form you.)

I. Pressure Point Self-Defense

1. Ear Socket
2. Upper lip / nose bridge
3. Tracheal Socket
4. Thumb Web
5. Carotid Artery / Neck
6. Ulna Nerve (Behind Elbow)
7. Thigh Nerve
8. Medial Nerve (Arm)
9. Forearm Nerve
10. Base of Skull

A. Classical Basics

B. Kicking Basics

1. All Under Belt Kicks
2. 10 Standing Side Kicks

C. X-Ray Paper Kicks

1. All Under Belt Kicks (both legs)
2. Spin Wheel Kick (both legs)
3. Step Through Spin Wheel Kick (best leg)
4. 20 Round Kicks (best leg)
5. Tornado Kicks (both legs)
6. 10 Tornado Kicks (best leg)

D. Pad Kicks

1. All Under Belt Kicks (both legs)
2. Back Leg Thrust Kick – Defensive Side Kick
3. Offensive Side Kick – Defensive Turn Side Kick
4. 360 Side Kick (both legs)
5. 360 Round Kick (best leg)

E. Sparring

1. Single Sparring
2. 2 on 1 Sparring

F. Sparring Theory & Techniques

There is a lot more to sparring than at first meets the eye. Most people think that fighting is just a matter of hitting someone. But what separates one dimensional street fighters from trained master fighters is a vast understanding and knowledge of combinations, techniques, footwork, movement and strategy that is known as Sparring Theory.

In the Martial Artists quest to become a Master, he/she develops a deeper understanding of fighting than the average person could ever imagine. Your sparring theory training for 2nd, 3rd, and 4th degree will bring you down the path to true Mastery.

Techniques & Strategy

1. Counter Attack
2. Jam
3. Create an Opening
4. X- Block Jam
5. Pull the Lever Jam
6. Slide vs. Skip
7. Faking and False Tension
8. Red Zone – 3 choices – Move, Hit or Get Hit
9. Fade Side Kick
10. Hour Glass Stance
11. How to Establish Respect for Your Territory
12. Burn the Clock Footwork: to move right- right foot moves first, to move left – left foot moves first.
13. Danger Zone Cut the Angle Footwork- Back foot moves first.
14. First 10 Seconds rule
15. Happy Feet
16. Telegraph Technique
17. False Sense of Security Technique
18. Movement vs. Blocking
19. Cut the Angle vs. Round About – to avoid contact when getting out of a corner.
20. Hitch Round Kick

21. Bill “Superfoot” Wallace
22. Kamakazi Ridge Hand
23. Target Selection – hitting what is open with appropriate technique.
24. 2 inches in, 1 inch back
25. Shoot the gap
26. When to throw defensive Sid Kick
27. Fist position for maximum power
 - a. palm down – to face
 - b. palm sideways – to solar plexis
 - c. palm up – to gut

G. Form – Fundoshin – Samurai Sword Form

BEGIN SCREENING PROCESS

1. Screening process will comprise all 3 Segment Tests
2. At this point the Testing Candidate needs to find a partner and develop their own custom self-defense demonstration.
3. Candidate must attend at least 2 classes per week and pass all 4 Screenings to be allowed to test for 4th Degree Black Belt.
4. Candidate must pass National Karate History & Traditions test with a score of 100% correct.

4th DEGREE TEST @ 48 MONTHS

Please print the last page and give to your instructor.

4th DEGREE BLACK BELT REQUIREMENTS

This form must be printed and returned to your instructor

Name: _____

Phone: _____

Email: _____

1. Time in Rank - Active participation for a minimum of 48 months. You need to be in a minimum of one Black Belt class per week and or sparring class to be active.

2. Successful completion of 3 exam segments which will be conducted on the monthly school exams:

Date Promoted to 2nd Degree: / /

Date Promoted to 3rd Degree: / /

Date Completed 1st Segment 12 Months Minimum: / /

Date Completed 2nd Segment 24 Months Minimum: / /

Date Completed 3rd Segment 36 Months Minimum: / /

4th Degree Exam 48 Months Minimum

3. Attend Minimum of 4 Black Belt Exams

Date of 1st Exam: / /

Date of 2nd Exam: / /

Date of 3rd Exam: / /

Date of 4th Exam: / /

4. Attend and participation in a minimum of 5 NK sponsored tournaments as an official or competitor:

Date of 1st Tournament: / /

Date of 2nd Tournament: / /

Date of 3rd Tournament: / /

Date of 4th Tournament: / /

Date of 4th Tournament: / /

Date of 5th Tournament: / /