



# First Degree Black Belt

**\*IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)\***

## **1<sup>st</sup> Segment Test at 6 Months**

### **Classical Basics**

1. All Under Black Belt Marching Basics
2. Sudo Block + High Block + Punch
3. Sudo Block + Low Block + Punch

### **Kicking Basics**

1. All Under Black Belt Level Kick

### **X-Ray Paper Kicks**

1. All Under Black Belt Level Kicks
2. Spin Wheel Kick
3. Step Through Spin Wheel Kick (Favorite Leg)
4. 10 Multiple Tornado Kick

### **Pad Kicks**

1. All Under Black Belt Level Kicks
2. Back Leg Thrust Kick + Defensive Side Kick Combo
3. Offensive Side Kick + Defensive Turn Side Kick Combo
4. 360 Side Kick
5. 360 Round Kick (Favorite Leg)

### **Samurai**

1. Bunkai One
2. Sword Sparring

### **Sparring**

## **2<sup>nd</sup> Segment Test at 12 Months**

**\*IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS SEGMENT(S)\***

### **Knife and 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.
1. 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.

2. 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.
3. Keep in mind that when you defend against a weapon there is a high chance that you will get hurt and/or possibly die. You need to decide if the situation is a life or death scenario and worth the risk.

### **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 one hand covering the neck and elbow covering the 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 or spine of knife can be used as a lever to disarm and to take the weapon away from an assailant.

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 Defense**

#### **Knife Pointed at the Chest**

1. Defender raises both hands up slightly above the height at which the knife is at.
2. The defender grabs the attacker's wrist and pushes it down and across the attacker's body like a seat belt and steps in towards the attacker.
3. The defender has a straight arm with the hand containing the weapon while also striking with their free hand with a palm heel strike to the attacker's face.
4. The defender mocks the attacker's hand with the knife.
5. The defender slides back putting the attacker in a "thinking pose"
6. The defender follows up with a back leg front kick to the groin.
7. The defender applies pressure to the attacker's wrist and then strips the knife out of their grip.
8. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

#### **Knife Placed at the Side of the Neck (Attackers Palm is UP)**

1. Defender raises both hands up at the same level the knife is at.
2. The defender side steps away from the knife while their hands grab ahold of the attacker's wrist and forearm.
3. The defender immediately strikes with a kick to the attacker's groin.
4. The defender slides back their feet creating space as one of their hands slides up to mock the attackers grip.

5. The defender now has the attacker in the “thinking pose” position.
6. Defender follows up with an additional kick to the groin.
7. The defender applies pressure to the attacker’s wrist and then strips the knife out of their grip
8. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

#### Knife at the Neck from Behind (Similar look to an Arm Bar Choke)

1. Defender raises both hands up at the same level the knife is at.
2. Defender pins the knife/wrist of the attacker to their chest.
3. The defender follows up with a head butt to the attacker’s face/chin.
4. The defender then pulls down on the attacker’s wrist and moves their body to get their head free.
5. The defender keeps the attackers arm bent while maintaining a grip on the attacker’s wrist and fist.
6. The defender then pushes the attacker’s hand/knife towards the side of the attacker’s body thus stabbing the attacker. Total of TWO stabs.
7. The defender then creates space while position their hands to mock the attackers grip.
8. The defender applies pressure on the attacker’s wrist and strips the knife away.
9. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

#### **Gun Defense**

##### Gun Pointed at the Chest

1. Defender raises both hands up at the same height the gun is at.
2. Using their outside hand, the defender grips the slide of the gun and pushes the attacker’s arm across their body like a seat belt.
3. While redirecting the weapon, the defender should be stepping in towards the attacker with the same side they used to grab the weapon with.
4. The defender “tilts” the gun away as they follow up with a palm heel strike to the attacker’s face.
5. The defender then reaches under the weapon with their free hand to grip the hammer of the gun.
6. The defender twists the gun out of the attacker’s grip while ripping the gun out of their hands.
7. The defender points the gun at the attacker with their finger at the side of the trigger.

##### Gun Pointed at the Head

1. Defender raises both hands up slightly below the height of the gun.
2. The defender drops their dominant leg back into a small front stance while their hands grip the slide of the gun.
3. Once in the stance and hands on the weapons, the defender straightens their arms up towards the ceiling while also tilting the gun up towards the ceiling.
4. The defender follows up with a back leg front kick to the groin.
5. The defender moves in on the attacker while tilting the gun towards the attacker’s chest.
6. With the gun now upside down, the defender rips back the gun out of the attacker’s grip.
7. The defender points the gun at the attacker with their finger at the side of the trigger.

### **3<sup>rd</sup> Segment Test at 18 Months**

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[Kato San](#)

"Mastering"