

YOUNG ADULTS - PROBATION BLACK WHITE

Level Notes:

Once you have learnt your techniques they must be practiced on the pads.

Partner drills: To achieve required fluency they must be well drilled.

Round Requirements:

45x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Closed Blocking (1-7)	<i>Seven basic blocks of Filipino Eskrima</i>
Demonstrate	<i>5 Takedowns. No slams or 'stacking' takedowns.</i>
Baton Defence	<i>TWO prepared UNARMED defences with disarm for strikes 1 & 2</i>
Happo Giri	<i>Refine further and make sure of high standard. All 4 directions.</i>

Progress Check 2

Untol (High, Low, High)	<i>Bend knees to match the height/position of the strikes</i>
Untol (Low, High, Low)	<i>Bend knees to match the height/position of the strikes</i>
Free form self defence	<i>To any attack punch, hold or lock. Attacker will react realistically to your defensive strikes or techniques until they are on the floor.</i>
Lock Flow 1-11:	<i>1. Knife Hand Wrist Lock 5. Bicep Press 9. Knife Hand Wrist Lock 2. Overhook Praying Armbar 6. Goose Neck 10. Hammer Lock Backwards 3. Butterfly Wrist Lock 7. Arm Bar from bottom 11. Hammer Lock Forwards 4. Chicken Wing Lock 8. Arm Bar from top</i>

Progress Check 3

Baton Defence	<i>TWO prepared UNARMED defences with disarm to strike 5</i>
Iron Horse: Testing	<i>Synchronized with partner or current belt group</i>
Random Testing	<i>Specifically: Green - Pro-Red</i>

Grading: Physical Component:

Push-ups	60
Sit-ups	60
Squats	60
Thai Pads	3x3 min round
Sparring	4x3 min round

Belt Theme: PURPOSE

“A ship is safe in harbor, but that’s not what ships are for.” - William Shedd (1820-1894) - Theologian
“Life without a purpose is a dull, spiritless, drifting thing... we ought to review our purpose in life regularly.” You have been training for four years now. You have achieved many goals along the way, but one of the biggest, your quest for black belt, stands in front of you, only 6 months away. Martial arts has become an integral part of your life... it has influenced your purpose, direction, health and friendships. But what will happen to your purpose, mind-set and dedicated training / teaching, after you achieve black belt? Is black belt your only driving force and purpose, or is Martial Arts now in your soul and part of you forever? It is now time to make a firm decision about your goals, dreams and purpose ‘Beyond black belt’. Consider 2nd Degree black belt: The ‘Internationally Recognised Black Belt’ level through the World Kickboxing Association. Also consider passing on, giving back your knowledge, skills and experience to up-and-coming students through teaching, whether that be as an assistant or some day a main instructor. If this interests you speak with Sensei about future possibilities which will renew your martial arts goals and interests for the future.