

## 8th Grade – Black Belt 1st Dan DEATH (Re- union with creator)

(4 Assessments) Minimum of 1 year till next belt

### POSITION FIGHT

- Ready Position
- Fighting Stance
- Full Guard
- Rear Guard

### FOOT WORK:

- Switch Step, Front, Back
- Spin Step Front and Spin Step Back
- Shuffle Step Front, Back, Side
- Pivot – Rear Foot and Back Foot
- Slide Step, Front, Back,
- Rear Leg Slide Step and Side Slide - 45

### ARM TECHNIQUES:

- Jab
- Cross
- Hook Punch
- Uppercut
- Back Hammer
- Superman Punch
- Right Hand Hook and Left Hand Hammer
- Parry Jab & Jab
- Dobell Jab, Cross
- Jab,& Back Hammer
- Jab, Cross, Hook
- Jab, Cross & Uppercut
- Standing Jab & Stepping Jab, Cross
- Over Arm Cross Punch
- Roundhouse Elbow ( Right & Lift)
- Jump Cross & Back Hammer

### COMBINATIONS:

- Jab, Cross Punch, Front Kick (Back Leg Coming Forward)
- Back Fist, Roundhouse Kick (Same Lead Side)
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch

## 9th Grade – Black Belt 2nd Dan (Begin Planting Seeds for the Future)

(1 Assessments) Minimum of 1 year till next belt)

### SEMI-MMA KICK:

- Axe Kick & Cut Down Kick
- Snap Kick & Inside Crescent Kick
- Roundhouse Kick & Outside Crescent Kick
- Thai Kick & Hook Kick, High Roundhouse Kick
- Led Kick, Back Kick
- Front Kick
- Side Kick
- Roundhouse Kick Counter L 1minit, M 1minit. U 1minit
- Paddling Axe Kick 2minit x 3
- Paddling Roundhouse Kick 2minit x 3
- Knee Strike (Front, Side, Back)
- Spin Kick & 360 Roundhouse Kick
- High Roundhouse Kick
- Reverse Kick
- Back Kick, Side Back Kick
- Double Roundhouse Kick
- Triple Roundhouse Kick
- Front Skip Roundhouse Kick
- Skipping Step Roundhouse Kick
- Front Skip Roundhouse Combo Roundhouse Kick
- Front Kick Como Roundhouse Kick
- 360 Roundhouse Kick (Turning Roundhouse Kick)
- Jump Roundhouse Kick
- 540 Reverse Kick ( Tornado )
- Roundhouse Kick Reverse Combo Reversed Kick
- Roundhouse Kick Combo Double Snap Combo 360 Snap
- Roundhouse Kick Combo 360 Snap Kick Combo Reverse Kick
- Roundhouse Kick Combo Four Double Snap Kick 360 High Kick
- Roundhouse Kick Combo Double Snap Combo 360 Snap
- Roundhouse Kick Combo Cut Down Combo Back
- Roundhouse Kick Combo Four Double Snap Kick Combo
- Roundhouse Back Snap Kick Combo Step Back Four Double Snap Kick

**If he completes 32 kicks and gives the exam, he will get the 2<sup>nd</sup> Dan certificate.**

**10th Grade – Black Belt 3rd Dan (With you noble character)  
You will develop a new permanence in your life**

(3 Assessments) Minimum of 2 year till next belt)

**SEMI-MMA THROW:**

- Two Leg, Pressing Forward Throw
- One Leg, Hand Blocking Throw
- One Leg, Leg Blocking Throw
- Outer Circle Sweep
- Thigh Tap
- Inside Leg Trip
- Foot Drag
- Inside Foot Sweep
- Outside Foot Sweep
- Outside Dump
- Cradle Slam
- Outside Single
- High Crotch
- Double Leg Scoop
- Intercept Push Kick
- Intercept Foot Sweep
- Bulldoze
- Body Lock Shoulder Toss
- Package Toss
- White Crane Hip Bump
- Knee Drag
- Capture Cradle Slam
- Face planter
- Bonus: Leg Scissors Sweep

**FITNESS:**

- 30 X 3 Push Up's, 30 x 3 Sit Up, 30 x 3 Squat

**FULL CONTACT FIGHT**

5minit x 3 Round

**If he completes 24 throw and gives the exam, he will get the 3<sup>rd</sup> Dan certificate.**

## 11th Grade – Black Belt 4th Dan (Peace of mind and tranquility)

(5 Assessments) Minimum of 2 year till next belt)

### PADWORK:

- Right Hand Jab, Cross Left Leg Roundhouse Kick
- Jab, Cross, Uppercut & Back Kick
- Double Jab, Cross Punch
- Double Uppercut (Lead Arm and Back Arm)
- Jab, Cross, Lead Kick
- Jab, Cross, Uppercut
- Jab, Cross, Side Kick Mid Level, Back kick
- Jumping Front Kick Lead Back Kick
- Jab, Cross Rolling and Jumping spin Kick
- Jab, Cross Lid Kick, Thai Kick, Snap Kick
- Axe Kick (Lead Outwards), Jab Cross Hook Uppercut
- Front Kick ( Rear, Land Forward) Roundhouse Kick (Rear)
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch
- Jab, Cross, Roundhouse Kick, Hook Kick Same Leg
- Jab, Hook & Cross Spin Kick
- Jab, Cross Punch, Snap Kick Back Leg Coming Forward, Back Kick
- Sliding Double Jab, Reverse Kick
- Jab, Cross Punch, One Step Front Kick

### STMINA:

- Jumping jack 5mint x 3 Round
- Spot Running 5mint x 3 Round
- Full Contact Fight 5mints x 3Round
- 10 Mints, Non Stop Kick
- 10 Mints Non Stop Punch
- 1400 Meter 4 mints, Long Jump 12 feet, High Jump 4 feet

### SHADOW:

- 5 Mints Non- Stop Kick & Punch Shadow 5 Round 3 Mints

### FULL CONTACT FIGHT:

- 5 Mints 3 Round

### FITNESS:

- 50 X Push Ups -3 Set, 70 x Sit UP – 3 Set, 120 X Squat -3 Set

## 12th Grade – Black Belt 5th Dan (Crest of Granite Mountain)

(6 Assessments) Minimum of 3 year till next belt

### FITNESS:

- 150x Press Ups, 150x Sit-Ups, 200x Squat

### ARM TECHNIQUES:

- Standing Jab & Stepping Jab, Cross
- Double Jab, Cross Punch

### FULL CONTACT KICKS:

- High Roundhouse Kick
- Reverse Kick
- Back Kick, Side Back Kick
- Double Roundhouse Kick
- Triple Roundhouse Kick
- Front Skip Roundhouse Kick
- Skipping Step Roundhouse Kick
- Front Skip Roundhouse Combo Roundhouse Kick
- Front Kick Como Roundhouse Kick

### SELF DEFENSE:

- Inside Foot Sweep
- Outside Foot Sweep
- Outside Dump
- Cradle Slam

### PADWORK:

- Right Hand Jab, Cross Left Leg Roundhouse Kick
- Jab, Cross, Uppercut & Back Kick
- Double Jab, Cross Punch
- Double Uppercut (Lead Arm and Back Arm)

### STMINA:

- Jumping jack 5mint x 3 Round
- Spot Running 5mint x 3 Round
- Semi-MMA Fight 5mints x 3Round

### MEDITATION 10 MINUTE

### REIKI MASTER DEGREE

**13th Grade – Black Belt 6th Dan (Mastered all kinds of knowledge and utilizes this to do many things)**

(6 Assessments) Minimum of 4 year till next belt

**PADS TRAINING:**

- Jab ,Jab, Cross Punch
- Jab, Cross & Roundhouse Kick
- Right Hand Jab, Cross Left Leg Roundhouse Kick
- Jab, Cross, Uppercut & Back Kick
- Double Jab, Cross Punch
- Double Uppercut (Lead Arm and Back Arm)
- Jab, Cross, Lead Kick
- Jab, Cross, Uppercut
- Jab, Cross, Side Kick Mid Level, Back kick

**COMBINATIONS:**

- Axe Kick (Lead Outwards),Jab Cross Hook Uppercut
- Front Kick ( Rear, Land Forward) Roundhouse Kick (Rear)
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch
- Jab, Cross, Roundhouse Kick, Hook Kick Same Leg
- Jab, Hook & Cross Spin Kick
- Jab, Cross Punch, Snap Kick Back Leg Coming Forward, Back Kick
- Sliding Double Jab, Reverse Kick
- Jab, Cross Punch, One Step Front Kick

**MEDICAL TRAINING:**

- Minimum one hour seminar with Doctor

**MEDITATION**

- 45 Minuets Meditation

**FITNESS**

- 5 Kilometer Running , Jumping Jack 5 Mints 3 Round

**SEMI-MMA FIGHTING**

- 5 Mints 5 Rounds

## 14th Grade – Black Belt 7th Dan (Long life)

(7 Assessments) Minimum of 5 year till next belt)

### EXPERIENCE:

- Student above 45 years can take the exam

### TRAINING:

- Minimum 10 Black Belt students should practice

### ARM TECHNIQUES:

- Superman Punch
- Jump Spinning Back Hammer

### FIGHTING KICK:

- Roundhouse Kick Combo Double Snap Combo 360 Snap
- Roundhouse Kick Combo 360 Snap Kick Combo Reverse Kick
- Roundhouse Kick Combo Four Double Snap Kick 360 High Kick
- Roundhouse Kick Combo Double Snap Combo 360 Snap
- Roundhouse Kick Combo Cut Down Combo Back
- Roundhouse Kick Combo Four Double Snap Kick Combo
- Roundhouse Back Roundhouse Kick Combo Step Back Four Double Roundhouse Kick

### COMBINATION:

- Jab, Cross Punch, Snap Kick Back Leg Coming Forward, Back Kick
- Sliding Double Jab, Reverse Kick
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch
- Jab, Cross, Roundhouse Kick, Hook Kick Same Leg
- Jab, Hook & Cross Spin Kick

### PARD WORK/TECHNICAL SKILLS REQUIREMENT

- Jab, Cross, Lead Kick
- Jab, Cross, Uppercut
- Jab, Cross, Side Kick Mid Level, Back kick
- Jumping Front Kick Lead Back Kick
- Jab, Cross Rolling and Jumping spin Kick
- Jab, Cross Lid Kick, Thai Kick, Snap Kick

**MEDICAL TRAINING:** Minimum one hour seminar with Doctor