

ELITE FREESTYLE KARATE



BLACK BELT HANDBOOK



EFK BLACK BELT

HAND BOOK

Dear Elite Black Belt Student,

Congratulations on successfully earning your Elite Freestyle Karate Black Belt. You are now on an elite level of Martial Arts training. As an EFK black belt you have the privilege to learn the Weapons curriculum, Kata Curriculum, and of course the advanced black belt curriculum. As a black belt, you now have a certain level of experience under your belt to help you to grow as an individual and a martial artist. Just as every person is different, every martial artist is as well. As a black belt, you will have more responsibility in choosing which areas of training you want to practice and develop the most. Earning your black belt is like graduating from grade school and going off to college to further your education; you will have to master the basic requirements in all areas to advance, but you also have the freedom to major in certain courses and minor in others.

There are 10 major subjects at Black Belt to choose from: Chux, Kata, Bo/Escrima sticks, Boxing/Kickboxing, Advanced Grappling Technique, Self Defense combos.

Sincerely,

Master Sensei Zubin and Shihan Gary

BLACK BELT - YELLOW

BO

- BASIC FOOTWORK, BLOCKS, AND STRIKES

KATA

- BASSAI-DAI PART 1

BOXING/KICKBOXING

- BOXING 8 COUNT

ADVANCED GRAPPLING TECHNIQUE

- ARM BAR LEFT AND RIGHT FROM GUARD, MOUNT, AND BEAR HUG
- KEY LOCK LEFT AND RIGHT FROM GUARD AND MOUNT

SELF-DEFENSE COMBOS

- HEAD LOCK DEFENSE 1 & 2
- WRIST LOCK
- REVERSE WRIST LOCK
- SECURE TORSO HOLD
- TAI CLINCH

CHUX (LISSAJOUS-DO LEVEL 1, PART 1)

- VERTICAL RATIOS
 - 1:1 NEUTRA
 - 1:1 POSITIVE & NEGATIVE
 - 1:2 POSITIVE
 - 1:2 NEGATIVE
- CONNECTING RATIOS
 - VERTICAL 1:3 LINKING 1:2 NEGATIVE/POSITIVE & 1:1 NEUTRAL
- GRIPS
 - POSITIVE GRIP
 - NEGATIVE GRIP
 - 3 PALM POSITIONS ON THE WAND
 - CLOSED GRIP
 - OPEN THUMB GRIP
 - OPEN PALM THUMB/INDEX GRIP
- TECHNICAL MOVES
 - POSITIVE GRIP TO A NEGATIVE HAND ROLL
 - NEGATIVE GRIP TO A POSITIVE HAND ROLL
 - POSITIVE 1:3 FLOW HAND ROLL

BLACK BELT - ORANGE

BO

- TAIKIOKU SHODAN (PART 1)

KATA

- BASSAI-DAI PART 2

BOXING/KICKBOXING

- 8 COUNT MITT DRILL

ADVANCED GRAPPLING TECHNIQUE

- OMOPLATA (SHOULDER LOCK)

SELF-DEFENSE COMBOS

- STANDING ARM BAR (?)
- STANDING FIGURE 4 ARM BAR

CHUX (LISSAJOUS-DO LEVEL 1, PART 2)

- FIXED CHUX POSITIONS
 - ON GUARD
 - SWITCHING UNDER ARMS
 - FORWARD THRUSTING
- LINEAR STRIKING MOVEMENTS
 - VERTICAL STRIKING
 - HORIZONTAL STRIKING
 - ANGULAR STRIKING
- CLUTCHING
 - LEADING WITH THE WAND MAKING CONTACT FIRST CAUSING THE CHUX TO WRAP AROUND THE BODY
 - UNDER ARM CLUTCHING
 - SHOULDER THIGH CLUTCHING
 - HIPS AND MISCELANOUS BODY POSITIONS
- HAND OFFS
 - UNDER ARM TRADITIONAL
 - OVER ARM AND FOREARM
 - BEHIND BACK OPPOSITE STICK
 - IN FRONT FROM A NEUTRAL 1:1 GRADUATING
 - UNDER ARM HOLDS

BLACK BELT - BLUE

BO

- TAIKIOKU SHODAN (PART 2)

KATA

- BASSAI-DAI PART 3

BOXING/KICKBOXING

- POWER MITT DRILL

ADVANCED GRAPPLING TECHNIQUE

- LEG LOCKS LEFT AND RIGHT
- ANKLE LOCKS LEFT AND RIGHT

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 1 (TO FULL NELSON WITH ARM)

CHUX (LISSAJOUS-DO LEVEL 2, PART 1)

- HORIZONTAL RATIOS
 - 1:1
 - 1:2 POSITIVE
- HAND OFFS
 - 1:1 VERTICAL SAME STICK HAND OFF
 - 1:2 HORIZONTAL SAME STICK HAND OFF TO THE HIP WITH PIVOTING AND STRIKING
- FOOTWORK
 - RIGHT FRONT STANCE
 - LEFT FRONT STANCE
 - NEUTRAL STANCE
 - STEP TURN AND PIVOT 1:2
- CONNECTING RATIOS
 - CONNECTING HORIZONTAL AND VERTICAL PLANES
 - 1:2 HORIZONTAL WITH STEP TURN AND PIVOT ENDING IN VERTICAL 1:2
- THROWS, COUNTS, AND CYCLES
 - HALF STICK TOSS TO THE OTHER STICK
 - WHOLE ROTATION THROW BACK INTO CYCLE
 - 1 ½ COUNT THROW BACK IN CYCLE

BLACK BELT - GREEN

BO

- BO STAFF ROLL

KATA

- KANKU DAI PART 1

BOXING/KICKBOXING

- JAB/CROSS ROUND KICKS

ADVANCED GRAPPLING TECHNIQUE

- GUILLOTINE FROM PUNCH
- GUILLOTINE ESCAPE

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 2 (HIP BUMP TO GUILLOTINE TO ESCAPE)

CHUX (LISSAJOUS-DO LEVEL 2, PART 2)

- TRADITIONAL MOVES
 - UNDER ARM CATCHES
 - OPPOSITE UNDER ARM CATCHES
 - BEHIND THE BACK ANGLED HAND OFF
- HORIZONTAL NEGATIVE RATIOS
 - 1:2 NEGATIVE RATIO
- REALITY CHECK
 - ALL TECHNIQUES SHOULD BE PRACTICED WITH BOTH HANDS AND TESTED WITH BOTH HANDS
- GRIPS
 - OPEN GRIP WHEN LOWERING THE CHUX
 - CLOSING DOWN ON THE GRIP WHILE LIFTING THE CHUX
 - FULL CYCLE 1:1 OPEN PALM GRIP BY THE SIDE
- CLOSING THE CHUX
 - BASIC UPWARD CLOSE
 - UNDER ARM RELEASING INTO A CLOSE
 - CLOSING OFF OF A CLUTCH

BLACK BELT - PURPLE

ESCRIMA STICKS

- V-STEP
- STRIKES 1-5
- SCARECROW DRILL

KATA

- KANKU DAI PART 2

BOXING/KICKBOXING

- JAB/CROSS LEG KICKS

ADVANCED GRAPPLING TECHNIQUE

- GI CHOKE

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 3 (JAB SWING TO CHOKE CONTROL)

CHUX (LISSAJOUS-DO LEVEL 3, PART 1)

- **DOUBLE 1:1 RATIOS**
 - DOUBLE 1:1 NEGATIVE
 - DOUBLE 1:1 POSITIVE
 - OFF-TIME 1:1 NEUTRAL
- **DOUBLE 1:2 RATIOS**
 - 1:2 CROSS OVER POSITIVE ALTERNATING ARMS
 - SINGLE/DOUBLE 1:2 ALTERNATING PUT AWAYS
- **DOUBLE 1:3 RATIOS**
 - 1:3 POSITIVE SINGLE HAND ROLLOVER
 - SINGLE/DOUBLE ALTERNATING 1:3 PUT AWAYS
- **HAND OFFS**
 - PREREQUISITE TO THE WHEEL
 - THE WHEEL
- **CONNECTING WHEEL AND CLUTCHING**
 - WHEEL TO A CLUTCH AND UNDER ARM CATCH
 - SHOULDER AND THIGH CLUTCHING BACK TO WHEEL

BLACK BELT - RED

ESCRIMA STICK

- MIRROR STRIKES
- BLOCKS 1-5

KATA

- KANKU DAI PART 3

BOXING/KICKBOXING

- TAE KNEES AND ELBOWS FROM THE CLINCH

ADVANCED GRAPPLING TECHNIQUE

- TRIANGLE CHOKE
- ARMBAR ESCAPE TO TRIANGLE

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 4 (ESCAPE TO THROW)

CHUX (LISSAJOUS-DO LEVEL 3, PART 2)

- HALF COUNT RATIOS
 - 1:1 HALF COUNT POSITIVE
 - 1:1 HALF COUNT NEGATIVE
 - 1:2 HALF COUNT POSITIVE
 - 1:2 HALF COUNT NEGATIVE
- DOUBLE CHUX STRIKING
 - VERTICAL
 - HORIZONTAL
 - ANGULAR
- CONNECTING RATIOS
 - 1:3 OVER THE SHOULDER BEHIND THE HEAD TURNING
 - 1:3 TURNING INTO 1:2 POSITIVE
 - STARTING 1:2 NEGATIVE PULLING BEHIND THE HEAD INTO 1:3 LINKING TO A 1:2 POSITIVE
- THROWS
 - 1:1 THROW WITH AND WITHOUT THE ARM
 - 1:2 THROW WITH AND WITHOUT THE ARM
 - SAME HAND CATCHING AND OPPOSITE HAND CATCHING
- CLOSING THE CHUX
 - 1:2 HALF COUNT CLOSE POSITIVE
 - 1:2 HALF COUNT CLOSE NEGATIVE

BLACK BELT – BROWN

BEFORE TESTING FOR YOUR FIRST DEGREE, WE EXPECT YOU DO ALL FORMER REQUIREMENTS SHARPLY, FLUIDLY, AND WITH CHARISMA. TO EARN YOUR BROWN STRIPE, YOU WILL TELL YOUR INSTRUCTORS YOU'RE READY TO TEST, AND THEY WILL OBSERVE YOU IN THREE CONSECUTIVE CLASSES. IF YOU SHOW SHARPNESS, FLUIDITY, AND CHARISMA IN ALL TECHNIQUES AND DRILLS, YOU WILL EARN YOUR BROWN STRIPE.

PRACTICE NOTES

RECORD TECHNIQUES YOU WOULD LIKE TO PRACTICE MORE BELOW



Elite Freestyle Karate

1349 Main Street

Reading, MA 01867

781.942.9898

STRIPE\$ EARNED

You may request to test for your next stripe two months from the date of your last test. Use this page to record the dates of your stripe tests.

YELLOW

ORANGE

BLUE

GREEN

PURPLE

RED

BROWN

EFK BLACK BELT

HAND BOOK

Dear Elite Black Belt Student,

Congratulations on successfully earning your Elite Freestyle Karate Black Belt. You are now on an elite level of Martial Arts training. As an EFK black belt you have the privilege to learn the Weapons curriculum, Kata Curriculum, and of course the advanced black belt curriculum. As a black belt, you now have a certain level of experience under your belt to help you to grow as an individual and a martial artist. Just as every person is different, every martial artist is as well. As a black belt, you will have more responsibility in choosing which areas of training you want to practice and develop the most. Earning your black belt is like graduating from grade school and going off to college to further your education; you will have to master the basic requirements in all areas to advance, but you also have the freedom to major in certain courses and minor in others.

There are 10 major subjects at Black Belt to choose from: Chux, Kata, Bo/Escrima sticks, Boxing/Kickboxing, Advanced Grappling Technique, Self Defense combos.

Sincerely,

Master Sensei Zubin and Shihan Gary

FIRST DEGREE – YELLOW 1

BO

- BASIC FOOTWORK, BLOCKS, AND STRIKES

KATA

- BASSAI-DAI PART 1

BOXING/KICKBOXING

- BOXING 8 COUNT

ADVANCED GRAPPLING TECHNIQUE

- ARM BAR LEFT AND RIGHT FROM GUARD, MOUNT, AND BEAR HUG
- KEY LOCK LEFT AND RIGHT FROM GUARD AND MOUNT

SELF-DEFENSE COMBOS

- HEAD LOCK DEFENSE 1 & 2
- WRIST LOCK
- REVERSE WRIST LOCK
- SECURE TORSO HOLD
- TAI CLINCH

CHUX (LISSAJOUS-DO LEVEL 1, PART 1)

- VERTICAL RATIOS
 - 1:1 NEUTRAL
 - 1:1 POSITIVE & NEGATIVE
 - 1:2 POSITIVE
 - 1:2 NEGATIVE
- CONNECTING RATIOS
 - VERTICAL 1:3 LINKING 1:2 NEGATIVE/POSITIVE & 1:1 NEUTRAL
- GRIPS
 - POSITIVE GRIP
 - NEGATIVE GRIP
 - 3 PALM POSITIONS ON THE WAND
 - CLOSED GRIP
 - OPEN THUMB GRIP
 - OPEN PALM THUMB/INDEX GRIP
- TECHNICAL MOVES
 - POSITIVE GRIP TO A NEGATIVE HAND ROLL
 - NEGATIVE GRIP TO A POSITIVE HAND ROLL

- POSITIVE 1:3 FLOW HAND ROLL

FIRST DEGREE – YELLOW 2

BO

- TAIKIOKU SHODAN (PART 1)

KATA

- BASSAI-DAI PART 2

BOXING/KICKBOXING

- 8 COUNT MITT DRILL

ADVANCED GRAPPLING TECHNIQUE

- OMOPLATA (SHOULDER LOCK)

SELF-DEFENSE COMBOS

- STANDING ARM BAR (?)
- STANDING FIGURE 4 ARM BAR

CHUX (LISSAJOUS-DO LEVEL 1, PART 2)

- FIXED CHUX POSITIONS
 - ON GUARD
 - SWITCHING UNDER ARMS
 - FORWARD THRUSTING
- LINEAR STRIKING MOVEMENTS
 - VERTICAL STRIKING
 - HORIZONTAL STRIKING
 - ANGULAR STRIKING
- CLUTCHING
 - LEADING WITH THE WAND MAKING CONTACT FIRST CAUSING THE CHUX TO WRAP AROUND THE BODY
 - UNDER ARM CLUTCHING
 - SHOULDER THIGH CLUTCHING
 - HIPS AND MISCELANOUS BODY POSITIONS
- HAND OFFS
 - UNDER ARM TRADITIONAL
 - OVER ARM AND FOREARM
 - BEHIND BACK OPPOSITE STICK
 - IN FRONT FROM A NEUTRAL 1:1 GRADUATING
 - UNDER ARM HOLDS

FIRST DEGREE – ORANGE 1

BO

- TAIKIOKU SHODAN (PART 2)

KATA

- BASSAI-DAI PART 3

BOXING/KICKBOXING

- POWER MITT DRILL

ADVANCED GRAPPLING TECHNIQUE

- LEG LOCKS LEFT AND RIGHT
- ANKLE LOCKS LEFT AND RIGHT
- LEG LOCK FROM GUARD

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 1 (TO FULL NELSON WITH ARM)

CHUX (LISSAJOUS-DO LEVEL 2, PART 1)

- HORIZONTAL RATIOS
 - 1:1
 - 1:2 POSITIVE
- HAND OFFS
 - 1:1 VERTICAL SAME STICK HAND OFF
 - 1:2 HORIZONTAL SAME STICK HAND OFF TO THE HIP WITH PIVOTING AND STRIKING
- FOOTWORK
 - RIGHT FRONT STANCE
 - LEFT FRONT STANCE
 - NEUTRAL STANCE
 - STEP TURN AND PIVOT 1:2
- CONNECTING RATIOS
 - CONNECTING HORIZONTAL AND VERTICAL PLANES
 - 1:2 HORIZONTAL WITH STEP TURN AND PIVOT ENDING IN VERTICAL 1:2
- THROWS, COUNTS, AND CYCLES
 - HALF STICK TOSS TO THE OTHER STICK
 - WHOLE ROTATION THROW BACK INTO CYCLE
 - 1 ½ COUNT THROW BACK IN CYCLE

FIRST DEGREE – ORANGE 2

BO

- **BO STAFF ROLL**

KATA

- **KANKU DAI PART 1**

BOXING/KICKBOXING

- **JAB/CROSS ROUND KICKS**

ADVANCED GRAPPLING TECHNIQUE

- **GUILLOTINE FROM PUNCH**
- **GUILLOTINE ESCAPE**

SELF-DEFENSE COMBOS

- **SELF DEFENSE COMBO PART 2 (HIP BUMP TO GUILLOTINE TO ESCAPE)**

CHUX (LISSAJOUS-DO LEVEL 2, PART 2)

- **TRADITIONAL MOVES**
 - **UNDER ARM CATCHES**
 - **OPPOSITE UNDER ARM CATCHES**
 - **BEHIND THE BACK ANGLED HAND OFF**
- **HORIZONTAL NEGATIVE RATIOS**
 - **1:2 NEGATIVE RATIO**
- **REALITY CHECK**
 - **ALL TECHNIQUES SHOULD BE PRACTICED WITH BOTH HANDS AND TESTED WITH BOTH HANDS**
- **GRIPS**
 - **OPEN GRIP WHEN LOWERING THE CHUX**
 - **CLOSING DOWN ON THE GRIP WHILE LIFTING THE CHUX**
 - **FULL CYCLE 1:1 OPEN PALM GRIP BY THE SIDE**
- **CLOSING THE CHUX**
 - **BASIC UPWARD CLOSE**
 - **UNDER ARM RELEASING INTO A CLOSE**
 - **CLOSING OFF OF A CLUTCH**

FIRST DEGREE – BLUE 1

ESCRIMA STICKS

- V-STEP
- STRIKES 1-5
- SCARECROW DRILL

KATA

- KANKU DAI PART 2

BOXING/KICKBOXING

- JAB/CROSS LEG KICKS

ADVANCED GRAPPLING TECHNIQUE

- GI CHOKE

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 3 (JAB SWING TO CHOKE CONTROL)

CHUX (LISSAJOUS-DO LEVEL 3, PART 1)

- **DOUBLE 1:1 RATIOS**
 - DOUBLE 1:1 NEGATIVE
 - DOUBLE 1:1 POSITIVE
 - OFF-TIME 1:1 NEUTRAL
- **DOUBLE 1:2 RATIOS**
 - 1:2 CROSS OVER POSITIVE ALTERNATING ARMS
 - SINGLE/DOUBLE 1:2 ALTERNATING PUT AWAYS
- **DOUBLE 1:3 RATIOS**
 - 1:3 POSITIVE SINGLE HAND ROLLOVER
 - SINGLE/DOUBLE ALTERNATING 1:3 PUT AWAYS
- **HAND OFFS**
 - PREREQUISITE TO THE WHEEL
 - THE WHEEL
- **CONNECTING WHEEL AND CLUTCHING**
 - WHEEL TO A CLUTCH AND UNDER ARM CATCH
 - SHOULDER AND THIGH CLUTCHING BACK TO WHEEL

FIRST DEGREE – BLUE 2

ESCRIMA STICK

- MIRROR STRIKES
- BLOCKS 1-5

KATA

- KANKU DAI PART 3

BOXING/KICKBOXING

- TAE KNEES AND ELBOWS FROM THE CLINCH

ADVANCED GRAPPLING TECHNIQUE

- TRIANGLE CHOKE
- ARMBAR ESCAPE TO TRIANGLE

SELF-DEFENSE COMBOS

- SELF DEFENSE COMBO PART 4 (ESCAPE TO THROW)

CHUX (LISSAJOUS-DO LEVEL 3, PART 2)

- HALF COUNT RATIOS
 - 1:1 HALF COUNT POSITIVE
 - 1:1 HALF COUNT NEGATIVE
 - 1:2 HALF COUNT POSITIVE
 - 1:2 HALF COUNT NEGATIVE
- DOUBLE CHUX STRIKING
 - VERTICAL
 - HORIZONTAL
 - ANGULAR
- CONNECTING RATIOS
 - 1:3 OVER THE SHOULDER BEHIND THE HEAD TURNING
 - 1:3 TURNING INTO 1:2 POSITIVE
 - STARTING 1:2 NEGATIVE PULLING BEHIND THE HEAD INTO 1:3 LINKING TO A 1:2 POSITIVE
- THROWS
 - 1:1 THROW WITH AND WITHOUT THE ARM
 - 1:2 THROW WITH AND WITHOUT THE ARM
 - SAME HAND CATCHING AND OPPOSITE HAND CATCHING
- CLOSING THE CHUX
 - 1:2 HALF COUNT CLOSE POSITIVE
 - 1:2 HALF COUNT CLOSE NEGATIVE

FIRST DEGREE – GREEN 1

BO

- BO SHODAN

KATA

- HANGETSU PART 1

BOXING/KICKBOXING

- V FOOTWORK ANGLE 1 & ANGLE 2 WITH LEAD HAND STRIKE

ADVANCED GRAPPLING TECHNIQUE

- NEGATIVE KEY LOCK

SELF-DEFENSE COMBOS

- BLAHBLAHBLAH

CHUX (LISSAJOUS-DO LEVEL 4, PART 1)

- VERTICAL RATIOS
 - DOUBLE OFF TIME 1:3 ROLLOVER
- CONNECTING RATIOS
 - 1:2 CROSSOVER INTO 1:3 ROLLOVER AND VISE-VERSA
 - 1:2 CROSSES, 1:3 ROLLOVER, VERTICAL STRIKES, CLUTCHING & PUT AWAYS
- CONNECTING RATIOS & FOOTWORK
 - HORIZONTAL 1:2 NEGATIVE WITH A STEP, TURN, AND PIVOT
 - SAME MANEUVER AND CONNECTING VERTICAL AND HORIZONTAL PLANES
- TECHNICAL MOVE
 - POSITIVE THUMB ROLL TO A NEGATIVE GRIP
 - NEGATIVE 1:3 HAND ROLL
- VERTICAL RATIOS
 - 1:3 SAME SIDE HIGH/LOW
 - 1:3 OVER THE HEAD HIGH/LOW
- THROWS
 - UNDER THE LEG 1
 - UNDER THE LEG 2
- GRIPS
 - DOUBLE OPEN GRIP WHEN LOWERING THE CHUX
 - DOUBLE CLOSING DOWN ON THE GRIP WHILE LIFTING THE CHUX
 - FULL CYCLE DOUBLE 1:1 OPEN PALM GRIP STRAIGHT UP INTO THE AIR

FIRST DEGREE – GREEN 2

BO

- BO SHODAN

KATA

- HANGETSU PART 1

BOXING/KICKBOXING

- V FOOTWORK ANGLE 1 & ANGLE 2 WITH LEAD HAND STRIKE

ADVANCED GRAPPLING TECHNIQUE

- NEGATIVE KEY LOCK

SELF-DEFENSE COMBOS

- BLAHBLAHBLAH

CHUX (LISSAJOUS-DO LEVEL 4, PART 2)

- DOUBLE CHUX CLUTCHING
 - SINGLE TIME SHOULDER THIGH HORSE CLUTCHING
 - HALF TIMED CLUTCHING
 - QUARTER TIMED CLUTCHING
 - EIGHTH TIMED CLUTCHING
- HAND OFFS
 - BEHIND THE BACK OPPOSITE STICK HAND OFF
 - BEHIND THE BACK SAME STICK HAND OFF
- FIXED POSITIONS
 - CHUX PRETZEL FRONT TO BACK, BACK TO FRONT, ROTATING INTO A FRONT STANCE
- TECHNICAL MOVES
 - OUTSIDE FORWARD FINGER ROLL
- CONNECTING RATIOS
 - DOUBLE 1:3 OVER THE SHOULDER BEHIND THE HEAD TURNING
 - DOUBLE 1:3 TURNING INTO 1:2 POSITIVE CROSSOVER, INTO 1:3 ROLL OVER
 - STARTING DOUBLE 1:1 VERTICAL STRIKES PULLING BEHIND THE HEAD INTO 1:3 LINKING TO A 1:2 POSITIVE CROSSOVER TO A 1:3 ROLLOVER

FIRST DEGREE – PURPLE 1

BO

- BO NIDAN PART 1

KATA

- HANGETSU PART 2

BOXING/KICKBOXING

- ANGLE 1/ANGLE 2/CROSS/UP/CROSS
- ANGLE 1/ANGLE 2/CROSS/BODY HOOK/CROSS
- ANGLE 1/ANGLE 2/CROSS/TAI HOOK/CROSS

ADVANCED GRAPPLING TECHNIQUE

- TURTLE/HUG DRILL

SELF-DEFENSE COMBOS

- BLAHBLAHBLAH

CHUX (LISSAJOUS-DO LEVEL 5, PART 1)

- HORIZONTAL RATIOS
 - 1:2 CHASER
 - 1:2 CHASER STEPPING, TURNING, AND PIVOTING
- STRIKING RATIOS
 - 1:2 POSITIVE HORIZONTAL OFF TIMED STRIKES WHILE WRAPPING BEHIND BACK
- CONNECTING RATIOS
 - 1:2 CHASER STEP, TURN, PIVOT INTO 1:2 CROSSOVER INTO A 1:3 ROLLOVER
 - 1:3 ROLLOVER STEPPING AND TURNING INTO A 1:2 CHASER TURNING BACK OUT INTO A 1:3 ROLLOVER
- CLUTCHING
 - SINGLE CHUX OUTSIDE THIGH CLUTCH
 - DOUBLE CHUX OUTSIDE THIGH CLUTCH
- EXERCISING WEAK AWKWARD RATIOS
 - NEGATIVE CROSS BODY 1:1
 - DOUBLE NEGATIVE CROSS BODY 1:1
- DOUBLE HALF COUNT RATIOS
 - 1:1 DOUBLE HALF COUNT POSITIVE
 - 1:1 DOUBLE HALF COUNT NEGATIVE
 - 1:2 DOUBLE HALF COUNT POSITIVE
 - 1:2 DOUBLE HALF COUNT NEGATIVE

FIRST DEGREE – PURPLE 2

BO

- **BO NIDAN PART 2**

KATA

- **HANGETSU PART 2**

BOXING/KICKBOXING

- **ANGLE 1/ANGLE 2/CROSS/UP/CROSS**

ADVANCED GRAPPLING TECHNIQUE

- **TURTLE/HUG DRILL**

SELF-DEFENSE COMBOS

- **BLAHBLAHBLAH**

CHUX (LISSAJOUS-DO LEVEL 5, PART 1)

- **HORIZONTAL RATIOS**
 - **1:2 CHASER**
 - **1:2 CHASER STEPPING, TURNING, AND PIVOTING**
- **STRIKING RATIOS**
 - **1:2 POSITIVE HORIZONTAL OFF TIMED STRIKES WHILE WRAPPING BEHIND BACK**
- **CONNECTING RATIOS**
 - **1:2 CHASER STEP, TURN, PIVOT INTO 1:2 CROSSOVER INTO A 1:3 ROLLOVER**
 - **1:3 ROLLOVER STEPPING AND TURNING INTO A 1:2 CHASER TURNING BACK OUT INTO A 1:3 ROLLOVER**
- **CLUTCHING**
 - **SINGLE CHUX OUTSIDE THIGH CLUTCH**
 - **DOUBLE CHUX OUTSIDE THIGH CLUTCH**
- **EXERCISING WEAK AWKWARD RATIOS**
 - **NEGATIVE CROSS BODY 1:1**
 - **DOUBLE NEGATIVE CROSS BODY 1:1**
- **DOUBLE HALF COUNT RATIOS**
 - **1:1 DOUBLE HALF COUNT POSITIVE**
 - **1:1 DOUBLE HALF COUNT NEGATIVE**
 - **1:2 DOUBLE HALF COUNT POSITIVE**
 - **1:2 DOUBLE HALF COUNT NEGATIVE**