



Zen Do Kai

Curriculum

White Belt – Black Belt Ho

VERSION 6.1

Released, February 2018

FORWARD

This syllabus has been created thanks to the help of all the instructors who have taught and trained with BJMA. It is a document that is constantly reviewed for possible improvements in learning outcomes. It is the aim of all Zen Do Kai instructors to produce martial artists of high skills.

We understand that most students start Zen Do Kai wanting to learn how to protect themselves, to become stronger and fitter. Once a student has commenced their training their reasons for training develop and include, the ability to stay calm under pressure (physical or otherwise), improved sparring ability, to build a larger toolbox of skills and goals to grade through the belt system.

The syllabus has been designed to match those desires whilst building skills, abilities, and strength in a systematic way.

None of this would be possible without the countless instructors and students that came before us.

NOTES TO THE TRAINER:

This syllabus is designed to be used in conjunction with the following training materials available from Fighting Fit Gear:

Hedgecock Angles DVD (volume 1)

Preliminaries Tapes 1 and 2

Formwork DVDs – Iron Horse, 3 battles, Rotating Palms, Lull Before the Storm and Lightning Strikes Twice

Official BJMA, Zen Do Kai grading assessment sheets, and grade certificates (upon completion of each belt).

Shin/instep protectors

Boxing gloves (minimum 10 oz)

It is highly recommended that both men and women wear groin protectors, and women have chest protectors during ALL training sessions.

Participants should also purchase a mouthguard prior to engaging in any contact aspects of the class (inc. sparring)

It is also highly important to note the following:

Practice does not make perfect.

Perfect practice makes perfect.

As an instructor/trainer, it is your responsibility to ensure that your students are all doing the exercises correctly, and most importantly, safely. If they are doing them safely, then the next step is to ensure that they are doing it correctly. Just because they are doing the activity does not mean they will get better – a mistake practiced a thousand times takes two thousand attempts to rectify: teach people correctly the first time and this will minimise your work later, as there will be nothing to correct!

White Belt – Yellow Belt

Course description:

- 1: This curriculum is for training students in the Zen Do Kai martial arts system
- 2: A student must complete a minimum of 10 (ten) sessions prior to the assessment for this grade
- 3: It is recommended that skills be taught in a concise and relaxed pace to develop skills with a minimum amount of flaws
- 4: The focus of the level is to develop a basic understanding of:
 - a) Physical exercise techniques
 - b) Boxing techniques and skills
 - c) Self defence applications
- 5: It is recommended that the beginning student concentrate on boxing skills only, however (at the discretion of the club instructor/trainer) they may also be taught skills in other areas of ZDK
- 6: Sparring is not an assessed requirement at this level
- 7: Club instructors/trainers must ensure that the beginner students who choose to participate in sparring (during classes) are paired up with another student of similar standard
- 8: Students will only be assessed on learnt boxing skills.

Preliminaries and terminology: footwork

(note that these preliminaries are held for each level)

1: Fighting postures:

Orthodox: The stance used by a right-handed person

South-paw: The stance used by a left-handed person

Ambidextrous: A fighter who is capable of using both sides equally well. Instructors should encourage their students to become proficient at this.

Hand positions: Lead hand slightly out from face, acting as a 'trace'. Reverse hand held back at the face, at the cheekbone. While hand position changes with distance (further out for kicking, closer for punching, and grappling position), it is of the utmost importance that the person keeps their hands up – at eye level is a good height. If not, they will have a painful learning experience. Instructors/Trainers need to be aware of this point and pay it close attention.

2: Stamp:

Angles used: 12 o'clock, 1 o'clock (as per a slip), 3 o'clock and 11 o'clock

Advancing: Drive off the rear foot, leading with the front foot. Slide the rear foot up to resume a comfortable fighting stance.

Retreating: Drive off the front foot, leading with the rear foot. Slide the front foot back to resume a comfortable fighting stance.

Moving side to side:

LEFT: Drive off the right foot, sliding to the left. The right foot follows, resuming a comfortable stance.

RIGHT: Drive off the left foot, sliding to the right. The left foot follows, resuming a comfortable stance.

3: Stances:

Bow

Preparation

Shoulder width

Cover.

Preliminaries and terminology: hands

1: Hand strikes:

Jab: A straight punch delivered from the lead hand.

Cross: A straight punch delivered from the reverse hand.

Hook: A circular (horizontal plane) punch delivered from either hand. Similar arm position to the arm being in a plaster cast.

Uppercut: A circular (vertical plane) punch delivered from either hand.

Overhand: A looping straight punch delivered from either hand.

2: DRILLS:

It is of most importance to note that all drills should be done with footwork, so that the beginner understands weight transition and body movement to increase punching power

HAND SHOTS:

1: Jab

2: Cross

3: Hook (lead side)

4: Uppercut (reverse side)

5: Overhand

DRILLS (as per grading assessment):

1: Jab, Cross

2: Jab, Cross, Hook

3: Jab, Cross, Centre deflection, Cross

4: Jab, Uppercut, Hook, Cross

5: Jab, Cross, Hook, Weave (to the left), left body rip, right overhand.

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. These 'extensions' would may be grade-level specific (e.g. 1a-d), or with a further extension into techniques later in the syllabus (1e). For instance,

1a) Jab, Cross, Jab

1b) Jab, Cross, Hook, Cross

1c) Jab, Cross, Centre deflection, Cross, weave, Cross

1d) Jab, Uppercut, Hook, Cross, Weave, Cross

1e) Jab, Cross, Hook, Weave (to the left), left body rip, right overhand, maul, switch round kick.

3: DEFENCES

It is important that the student begins to get their body moving through footwork, as not only is it assessed later in the syllabus, but it also gets the student moving to defend themselves.

NB: Whenever teaching footwork, if a hand technique is being used at the same time,

such as a punch/deflection, then the student must follow this pattern to achieve maximum power biomechanically: Step, Set, Strike (or deflection).

FOOTWORK (as per Hedgecock DVD):

1: Stamp (Advancing)

2: Stamp (Retreating)

3: Cross Step

4: Side Step

5: Step Through

Extension (can be called in class, but open to instructor additions):

1: Stamp, Jab

2: Stamp, Cross, Jab, Cross

3: Cross Step, Hook

4: Side Step, Uppercut

5: Step Through, Overhand, Uppercut, Cross to body

HANDS:

1: High Deflection

2: Centre Deflection

3: Low Deflection

HEAD:

1: Slip

2: Duck (Bob)

3: Weave

4: Self Defence Applications

Combination of first three defensive footwork techniques with the three defences

FREWORK

Freework (AKA Shadow Sparring) should utilise different theories of movement and self defence awareness, developing fluid motion and eventually less input for instructors. Students should think about developing various self defence tactics.

At this stage a strong emphasis will be placed on the ability to apply basic footwork and hand techniques with attack and defence techniques aimed at the upper body only, targeting both the head and torso.

Students should demonstrate attacking sequences, defensive moves and the ability to counter from a defensive move, as well as move in both a linear and circular fashion (not spending too much time on the one spot/hot tin roof)

PAD WORK

All students of all levels within a class should learn to hold pads for each other, developing an understanding of how to construct simple combinations and use these training 'tools'. It is important that all students are taught the correct way to hold and use focus pads to reduce the chance of injury. Pad work should simulate sparring as closely as possible, developing into a free flowing process and attack and defence strategies (counter-hitting, as per the Dave Hedgecock DVD).

PUSHUPS/SITUPS

Pushups and situps build strength, core stability, and aid in making the body more able to withstand a shot by building muscle. They are an integral part of training, and students should get used to doing these at the beginning of their training. While it is important to practice these, they should not be done to exhaustion (or knuckles bleeding). A slower approach of increasing numbers is much better.

Also, students under 18 should not be doing pushups on their feet – they need to do them on their knees (for core stability and strength reasons). Similarly, due to different anatomical structure, females need only do pushups on their knees – they may choose to do them on their toes, however this should only be after a long period of time training.

PUSHUP TECHNIQUE: Be sure to have elbows narrow beside the body during pushups, to aid in punching power (muscle memory). Only go to a 90 degree bend in the elbow, to prevent hyper-extension.

SITUP TECHNIQUE: Keep the head off the floor, hands in front of the head. Only go up high enough to raise the shoulder blades off the floor a few inches – anything further and this becomes a hip flexor exercise, no longer an abdominal workout.

ASSESSMENT – Yellow Belt

After a MINIMUM of ten sessions, a ZDK novice student will be assessed using the following format:

Warm up

- 1 minute personal routine
- 10 Pushups/Situps

Preliminaries

Footwork:

- Stamp (Advancing)
- Stamp (Retreating)
- Cross Step
- Side Step
- Step Through

Hands (to be done with movement):

- Stamp - Jab
- Stamp - Cross
- Side Step - Hook
- Step up - Uppercut
- Step through – Overhand

Drills – all done with movement

- 1) Jab, Cross
- 2) Jab, Cross, Hook
- 3) Jab, Cross, Centre deflection, Cross
- 4) Jab, Uppercut, Hook, Cross
- 5) Jab, Cross, Hook, Weave (to the left), left body rip, right overhand.

Defences

- Upper
- Middle
- Lower

Freework

- 1, one minute round demonstrating offence, defence and countering boxing skills

Pad work – ONLY ASSESSED AT IN-HOUSE GRADINGS

- 3, one minute rounds on focus pads demonstrating offence, defence and countering boxing skills

Cool Down

- 1 minute stretching routine of stretching, which is not assessed.

Yellow Belt – Orange Belt

Course description:

1: This curriculum is for the purpose of training students in the Zen Do Kai martial arts system

2: A student must complete a minimum of 15 (fifteen) sessions prior to the assessment for this grade, from obtaining their yellow belt.

3: It is recommended that skills be taught in a concise and relaxed pace to develop skills with a minimum amount of flaws

4: The focus of the level is to develop a basic understanding of:

- a) Physical exercise techniques
- b) Kickboxing techniques and skills
- c) Self defence applications

5: It is recommended that the beginning student concentrate on kicking skills only, however (at the discretion of the club instructor/trainer) they may also be taught skills in other areas of ZDK

6: Sparring is not an assessed requirement at this level

7: Club instructors/trainers must ensure that the beginner students who choose to participate in sparring (during classes) are paired up with another student of similar standard

8: Students will only be assessed on learnt boxing and kicking skills.

PRELIMINARIES: footwork

- 1: Stamp
- 2: Switch
- 3: Blitz
- 4: Stances:
 - a) Bow
 - b) Preparation
 - c) Shoulder Width
 - d) Cover
 - e) Horse
 - f) Dragon

PRELIMINARIES: hands

Revision of skills taught previously, including footwork. Refer to page 5.

PRELIMINARIES: kicks

- 1: Kicking techniques
 - a) Front
 - b) Round
 - c) Side
 - d) Rear angle
 - e) Back

2: Defences

Footwork, hands and head: Defensive techniques should be reinforced and practiced as previously described. Refer to pages 5-7

Leg Checks:

- a) Low
- b) Cross
- c) High

3: Self Defence applications:

Coordination of defensive footwork techniques with the three defences

FREEWORK

Freework (AKA Shadow Sparring) should utilise different theories of movement and self defence awareness, developing fluid motion and eventually less input for instructors. Students should think about developing various self defence tactics.

At this stage the emphasis is placed on the ability to apply basic footwork along with both hand and kicking techniques where attack and defence techniques can target any area of the body.

Students should demonstrate attacking sequences, defensive moves, and the ability to counter from a defensive move, as well as move in both a linear and circular fashion (not spending too much time on the one spot/hot tin roof).

PADWORK

All students of all levels within a class should learn to hold pads for each other, developing an understanding of how to construct simple combinations and use these training 'tools'. It is important that all students are taught the correct way to hold and use focus pads to reduce the chance of injury. Pad work should simulate sparring as closely as possible, developing into a free flowing process and attack and defence strategies (counter-hitting, as per the Dave Hedgecock DVD, available from Clubshop International).

HAND PADS:

Students will continue to practice the skills learnt during the previous course to further enhance their boxing and combination techniques

KICK SHIELDS:

At this novice level, instructors/trainers will coach students by calling out various kicking strikes, both as single power shots and combinations.

FOREARM PADS (aka THAI PADS):

These should **simulate sparring** as close as possible, as they allow the use of all eight weapons – fists, feet, elbows and knees. However, at this stage, novice students should only be focusing on their kickboxing techniques – predominantly kicking, with some boxing.

DRILLS

It is of most importance to note that all drills should be done with footwork, so that the beginner understands weight transition and body movement to increase overall power

- 1: Front kick
- 2: Round Kick
- 3: Side Kick
- 4: Rear Angle Kick
- 5: Back Kick

COMBINATION DRILLS

The following are as per grading assessment

- 1) Rear leg side kick (to the side), turn to the target and push kick
- 2) Left leg push kick, right leg round kick and land forward, Right side kick (to the front)
- 3) Rear leg high check, counter with rear leg round kick
- 4) Backslide parry from a rear leg push kick (so a defence), lead leg thigh kick, rear leg round kick (high)
- 5) Lead leg back kick, rear leg back kick (alternate the legs)

Extension:

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. These 'extensions' would may

be grade-level specific (e.g. 1a-d), or with a further extension into techniques later in the syllabus (1e). For instance,

- a: Rear leg side kick (to the side), turn to the target and push kick, overhand right
- b: Left leg push kick, right leg round kick and land forward, Right side kick (to the front), maul
- c: Rear leg high check, counter with rear leg round kick, spinning backfist
- d: Backslide parry from a rear leg push kick (so a defence), lead leg thigh kick, rear leg round kick (high), land forward elbow
- e: Lead leg back kick, rear leg back kick (alternate the legs), turn, Jab, Cross

ASSESSMENT - Orange

After a minimum of 15 sessions from the last grading, a ZDK student will be assessed using the following format:

WARM UP

- 1 minute personal routine
- 15 Pushups/Situps

PRELIMINARY: footwork

- Stamp (Advance/retreat)
- Moving side to side

PRELIMINARY: hands

- Jab, Cross
- Cross, Jab
- Cross, Hook
- Jab, Overhand
- Cross, Hook

PRELIMINARY: kicks

- Front
- Round
- Side
- Rear Angle
- Back

DRILLS:

- 1) Rear leg side kick (to the side), turn to the target and push kick
- 2) Left leg push kick, right leg round kick and land forward, Right side kick (to the front)
- 3) Rear leg high check, counter with rear leg round kick
- 4) Backslide parry from a rear leg push kick (so a defence), lead leg thigh kick, rear leg round kick (high)
- 5) Lead leg back kick, rear leg back kick (alternate the legs)

DEFENCES:

- Low check
- High check
- Cross check

FREEWORK

- 1, one minute round demonstrating boxing and kicking techniques **only**

PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

1, one minute round on each of the three pads, demonstrating offensive and defensive skills, and countering

COOL DOWN

- 1 minute of static stretching, which is not assessed.

Orange – Blue Belt

It is expected from this point forward; a revision of all techniques will be done in the preliminaries of each section (as stated) in addition to any extra techniques that are listed with each section.

Also, unless otherwise stated, all movements from this point onward will be expected to be demonstrated with movement to any angle.

PRELIMINARIES: footwork

Revision of all techniques to this point (pages 6 and 10), plus

Backslide parry (a backslide, with a lower block/parry included – used to deflect front kicks)

Switch

Blitz

PRELIMINARIES: hands

Revision of all techniques to this point (page 5), plus:

Back fist

PRELIMINARIES: kicks

Revision of all techniques to this point (page 10), plus:

Crescent (inside/outside) – previously green-brown

PRELIMINARIES: elbows

Round left

Round right

Overhead left

Overhead right

Reverse

Left uppercut

Right uppercut

Spinning – previously Blue to Green

PRELIMINARIES: knees

Straight

Round

Grapple

Turning knee (follow through after a kick)

Grapple turning knee (Grapple, knee, spin, knee)

DRILLS

As called in grading:

- 1) Stamp lead hand uppercut elbow, rear leg thrust knee

- 2) Lead hand round elbow, spinning reverse elbow (to the front)
- 3) Rear hand back elbow, turn and step through, rear leg straight knee, grapple and turning knee
- 4) Switch lead knee, rear hand round elbow
- 5) Rear leg thrust knee (return foot to the back), rear leg round knee, lead hand drop elbow

Extension:

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. These 'extensions' would may be grade-level specific (e.g. 1a-d), or with a further extension into techniques later in the syllabus (1e). For instance,

a: Stamp lead hand uppercut elbow, rear leg thrust knee, round kick

b: Lead hand round elbow, spinning reverse elbow (to the front), turn out, Jab, Cross

c: Rear hand back elbow, turn and step through, rear leg straight knee, grapple and turning knee, maul, round kick

d: Switch lead knee, rear hand round elbow, clinch knee, escape

e: Rear leg thrust knee (return foot to the back), rear leg round knee, lead hand drop elbow, jumping knee

FORMS

First set of 9 moves of Iron Horse (refer to Iron Horse DVD from Clubshop)

THEORY APPLICATIONS

Self defence applications, which can be individual or as set by the club instructor. It would be beneficial to investigate forms and see which moves a student can take from the form, to prepare them both for senior dan gradings, and to practically apply the form.

Points to note: Self defence should also show defences to both sides and clearing to the rear (spatial awareness).

CLINCHING

'Snaking Hands' style clinch work, similar to Thai clinch. The reason for the clinch is to practice control of your opponent in close quarters, smothering them and escaping a clinch

SPARRING

Sparring helps to develop fluidity, creativity and exploration of effective strategies in a controlled environment. At no times should there be a desire to hurt your opponent. This is a trial-and-error training method for the student. Sparring should, at all times, be supervised by a senior rank.

Training rounds are 3 minutes, however during a grading, sparring rounds are to be 1 minute in duration (until Nidan, which will be explained later).

During sparring, it is imperative to stress to all students that everyone needs to get up and go to work, so no injury should be sustained.

In addition to this, elbow strikes should not be used in sparring rounds, as 'there is no such thing as a soft elbow'. Also, spinning backfists should similarly be not used due to the danger to the opponent of such a wild strike.

3, three minute rounds.

ASSESSMENT - Blue

After a minimum of 20 sessions from the last grading, a student will be assessed in the following format:

WARM UP:

2 minute personal routine
15 pushups/situps

PRELIMINARY: stances

Shoulder width
Preparation
Bow
Cover
Lunging
Horse

PRELIMINARY: footwork

Stamp (Advance/retreat)
Moving side to side
Step Through
Backslide

PRELIMINARY: hands

Jab, Cross
Cross, Jab
Cross, Hook
Jab, Overhand
Cross, Hook
Backfist

PRELIMINARY: kicks

Front
Round
Side
Rear Angle
Back
Crescent kick

PRELIMINARY: elbows

Round
Overhead
Reverse

PRELIMINARY: knees

Straight
Round
Grapple

DRILLS

- 1) Stamp lead hand uppercut elbow, rear leg thrust knee
- 2) Lead hand round elbow, spinning reverse elbow (to the front)

- 3) Rear hand back elbow, turn and step through, rear leg straight knee, grapple and turning knee
- 4) Switch lead knee, rear hand round elbow
- 5) Rear leg thrust knee (return foot to the back), rear leg round knee, lead hand drop elbow

DEFENCES

Deflections

- Upper
- Middle
- Lower

Checks

- Low
- High
- Cross

FORMWORK

First 9 moves of Iron Horse

SELF DEFENCE

5 self defence techniques from a step through right cross

FREEWORK

1, one minute round demonstrating boxing and kicking techniques

PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

1, one minute round on each of the three pads, demonstrating offensive and defensive skills, and countering

SPARRING

3, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, also showing clinching (where appropriate)

COOL DOWN

1 minute of static stretching, which is not assessed.

Blue – Green Belt

It is expected from this point forward; a revision of all techniques will be done in the preliminaries of each section (as stated) in addition to any extra techniques that are listed with each section.

Also, unless otherwise stated, all movements from this point onward will be expected to be demonstrated with movement to any angle.

PRELIMINARIES: footwork

Revision of all techniques to this point (page 5, 10, 14)

PRELIMINARIES: hands

Revision of all techniques to this point (page 5, 14), plus:

Palm heel – previously green-brown, as with all other open-hand strikes

Maul

Slip

Weave

PRELIMINARIES: kicks

Revision of all techniques to this point (page 6, 14), plus:

Spinning hook kick

Spinning back kick – previously these were brown-black level kicks

PRELIMINARIES: elbows

Revision of all techniques to the point (page 14)

PRELIMINARIES: knees

Revision of all techniques to this point (page 14), plus:

DEFENCES

Revision of all defences to this point (page 5, 6, 10)

DRILLS

Grading drills:

- 1) Lead leg low check, jab, cross, rear leg hook kick
- 2) Slip to the front past a right cross, lead hand body rip, maul, round kick
- 3) Rear back kick, rear back fist, turn and clinch knee
- 4) Switch inside thigh, rear cross, lead hook, rear leg thrust knee
- 5) Jab, cross, weave (to the right), switch knee, rear hand elbow

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. For instance:

a: Lead leg low check, jab, cross, rear leg hook kick, blitz knee

b: Slip to the front past a right cross, lead hand body rip, maul, round kick, step through overhand

c: Rear back kick, rear back fist, turn and clinch knee, maul, jumping knee

d: Switch inside thigh, rear cross, lead hook, rear leg thrust knee, lead hand elbow

e: Jab, cross, weave (to the right), switch knee, rear hand elbow, reverse elbow (to the front)

FORMWORK

All of Iron Horse

3 Battles

THEORY APPLICATIONS

Self defence applications, which can be individual or as set by the club instructor. It would be beneficial to investigate forms and see which moves a student can take from the form, to prepare them both for senior dan gradings, and to practically apply the form.

Points to note: Self defence should also show defences to both sides and clearing to the rear (spatial awareness).

CLINCHING

'Snaking Hands' style clinch work, similar to Thai clinch

SPARRING

Training rounds should be 3 minute duration, however all rounds during gradings should only be 1 minute in length. There should be no desire to hurt your opponent.

5, 3 minute rounds of sparring, showing attack and defence strategies, and countering.

ASSESSMENT - Green

After a minimum of 20 sessions from the last grading, a student will be assessed in the following format (NB all techniques should be done in motion):

WARM UP:

2 minute personal routine
30 pushups/situps

PRELIMINARY: stances

Shoulder width
Preparation
Bow
Cover
Lunging
Horse

PRELIMINARY: footwork

Stamp (Advance/retreat)
Moving side to side
Step Through
Backslide

PRELIMINARY: hands

Jab, Cross
Cross, Jab
Cross, Hook
Jab, Overhand
Cross, Hook
Backfist
Palm Heel

PRELIMINARY: kicks

Front
Round
Side
Rear Angle
Back
Crescent kick
Spinning Hook
Spinning Back

PRELIMINARY: elbows

Round
Overhead
Reverse
Uppercut

PRELIMINARY: knees

Straight
Round
Grapple
Turning Knee

Grapple turning knee

DRILLS

- 1) Lead leg low check, jab, cross, rear leg hook kick
- 2) Slip to the front past a right cross, lead hand body rip, maul, round kick
- 3) Rear back kick, rear back fist, turn and clinch knee
- 4) Switch inside thigh, rear cross, lead hook, rear leg thrust knee
- 5) Jab, cross, weave (to the right), switch knee, rear hand elbow

DEFENCES

Deflections

Upper
Middle
Lower

Checks

Low
High
Cross

FORMWORK

Iron Horse
3 Battles

SELF DEFENCE

5 self defence techniques from a step through right cross

FREEWORK

1, one minute round demonstrating boxing and kicking techniques

PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

1, one minute round on each of the three pads, demonstrating offensive and defensive skills, and countering

SPARRING

5, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, showing clinching where appropriate

COOL DOWN

1 minute of static stretching, which is not assessed.

Green – Brown belt

It is expected from this point forward; a revision of all techniques will be done in the preliminaries of each section (as stated) in addition to any extra techniques that are listed with each section.

Also, unless otherwise stated, all movements from this point onward will be expected to be demonstrated with movement to any angle.

PRELIMINARIES: footwork

Revision of all techniques to this point (page 5, 10, 14), plus:

Bear stance

Cat Stance – previously brown-black

PRELIMINARIES: hands

Revision of all techniques to this point (page 5, 14), plus:

Ridge hand (rising and horizontal)

Spear Hand (vertical, horizontal and inverted)

Axe/Knife hand

Wrist flick (Rising and outward)

PRELIMINARIES: kicks

Revision of all techniques to this point (page 6, 14)

PRELIMINARIES: elbows

Revision of all techniques to this point (page 14)

PRELIMINARIES: knees

Revision of all techniques to this point (page 14, 18)

DEFENCES

Revision of all defences to this point (page 5, 6, 10)

FORMWORK

All of Iron Horse

3 Battles

Rotating Palms

THEORY APPLICATIONS

Self defence applications, which can be individual or as set by the club instructor. It would be beneficial to investigate forms and see which moves a student can take from the form, to prepare them both for senior dan gradings, and to practically apply the form.

Points to note: Self defence should also show defences to both sides and clearing to the rear (spatial awareness).

PARTNER DRILLS

Self defence from the rear and front, with club-based defences from the following attacks:

Wrist Grab

Lapel Grab

Rear Grabs:

- Shoulder Grab
- Cross Shoulder Grab
- Double Shoulder Grab
- Bear Hug
- Headlock
- Hair Grab
- Wrist grab

NB: Counters to these can be club based, or an individual response

DRILLS

Grading drills:

- 1) Lead leg low check, jab, cross, rear leg hook kick, spinning side kick
- 2) Rear leg double round kick (low/high), step through, spinning side kick
- 3) Lead high (face) centre deflection, rear hand palm heel, lead hand ridge hand, spinning rear hand backfist
- 4) Lead hand palm heel, reverse elbow to back, rear hand cross to front, backfist to the rear
- 5) Reverse elbow to the rear, cross to the front, clinch and turn, knee, maul

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. For instance:

- a: Lead leg low check, jab, cross, rear leg hook kick, spinning side kick, turn out round kick
- b: Rear leg double round kick (low/high), step through, spinning side kick, turn out overhand
- c: Lead high (face) centre deflection, rear hand palm heel, lead hand ridge hand, spinning rear hand backfist, clinch knee, maul, round kick
- d: Lead hand palm heel, reverse elbow to back, rear hand cross to front, backfist to the rear, round kick to the front, back kick to the rear
- e: Reverse elbow to the rear, cross to the front, clinch and turn, knee, maul, front kick

CLINCHING

'Snaking Hands' style clinch work, similar to Thai clinch

SPARRING

Training rounds should be 3 minute duration, however all rounds during gradings should only be 1 minute in length. There should be no desire to hurt your opponent.

8, three minute rounds of sparring, showing attack and defence strategies, and countering.

ASSESSMENT - Brown

After a minimum of 6 months from the last grading, a student will be assessed in the following format (NB all techniques should be done in motion):

WARM UP:

- 2 minute personal routine
- 50 pushups/situps

PRELIMINARY: stances

- Shoulder width
- Preparation
- Bow
- Cover
- Lunging
- Horse

PRELIMINARY: footwork

- Stamp (Advance/retreat)
- Moving side to side
- Step Through
- Backslide

PRELIMINARY: hands

- Jab, Cross
- Cross, Jab
- Cross, Hook
- Jab, Overhand
- Cross, Hook
- Backfist
- Palm Heel
- Ridge Hand
- Axe/Knife Hand
- Spear Hand
- Wrist flick

PRELIMINARY: kicks

- Front
- Round
- Side
- Rear Angle
- Back
- Crescent kick
- Spinning Hook
- Spinning Back

PRELIMINARY: elbows

- Round
- Overhead
- Reverse
- Uppercut

PRELIMINARY: knees

Straight
Round
Grapple
Turning Knee
Grapple turning knee

DRILLS

- 1) Lead leg low check, jab, cross, rear leg hook kick, spinning side kick
- 2) Rear leg double round kick (low/high), step through, spinning side kick
- 3) Lead high (face) centre deflection, rear hand palm heel, lead hand ridge hand, spinning rear hand backfist
- 4) Lead hand palm heel, reverse elbow to back, rear hand cross to front, backfist to the rear
- 5) Reverse elbow to the rear, cross to the front, clinch and turn, knee, maul

DEFENCES

Deflections
Upper
Middle
Lower

Checks
Low
High
Cross

Wrist Grab – single and double hand

Lapel Grab – single and double hand

Rear Grabs:

Shoulder Grab
Cross Shoulder Grab
Double Shoulder Grab
Bear Hug
Headlock
Hair Grab
Wrist grab

FORMWORK

Iron Horse
3 Battles
Rotating Palms

SELF DEFENCE

5 self defence techniques from a step through right cross – responses can be individual or club-based, as per instructions on page 23

FREWORK

1, one minute round demonstrating boxing and kicking techniques

PADWORK– ONLY ASSESSED AT IN-HOUSE GRADINGS

1, one minute round on each of the three pads, demonstrating offensive and defensive skills, and countering

SPARRING

8, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, showing clinching where appropriate

COOL DOWN

1 minute of static stretching, which is not assessed.

Brown belt – Black Belt

It is expected from this point forward; a revision of all techniques will be done in the preliminaries of each section (as stated) in addition to any extra techniques that are listed with each section.

Also, unless otherwise stated, all movements from this point onward will be expected to be demonstrated with movement to any angle.

PRELIMINARIES: footwork

Revision of all techniques to this point (page 5, 10, 14, 22)

PRELIMINARIES: hands

Revision of all techniques to this point (5, 14, 22)

PRELIMINARIES: kicks

Revision of all techniques to this point (page 6, 14)

PRELIMINARIES: elbows

Revision of all techniques to this point (page 14)

PRELIMINARIES: knees

Revision of all techniques to this point (page 14, 18)

DEFENCES

Revision of all defences to this point (page 5, 6, 10)

FORMWORK

All of Iron Horse

3 Battles

Rotating Palms

Lull Before the Storm

THEORY APPLICATIONS

Self defence applications, which can be individual or as set by the club instructor. It would be beneficial to investigate forms and see which moves a student can take from the form, to prepare them both for senior dan gradings, and to practically apply the form.

Points to note: Self defence should also show defences to both sides and clearing to the rear (spatial awareness).

PARTNER DRILLS

Self defence from the rear and front, with the following:

Wrist Grab:

Revision of all to this point (page 22, 23)

Lapel Grab:

Revision of all to this point (page 22, 23)

Rear Grabs:

Revision of all to this point (page 22, 23)

NB: Counters to these can be club based, or an individual response

DRILLS

- 1) Jab, cross, uppercut, jumping push kick
- 2) Lead leg check, lead leg push kick, rear spinning heel kick
- 3) Jab, cross, switch push kick, lead leg jumping knee
- 4) Rear hand groin strike/hammer fist behind, rear hand back elbow, turn palm heel, blitz knee
- 5) Lead check, same leg blitz axe kick, same leg round kick, spinning backfist

It is worth noting that while these drills are to be called exactly as written above during a grading, they can be elaborated on for drills to be used in-class. For instance:

- 1) Jab, cross, uppercut, jumping push kick, round kick
- 2) Lead leg check, lead leg push kick, rear spinning heel kick, overhand punch, uppercut
- 3) Jab, cross, switch push kick, lead leg jumping knee, round kick to the thigh, dropping elbow
- 4) Rear hand groin strike/hammer fist behind, rear hand back elbow, turn palm heel, blitz knee, clinch and turning knee, maul, round kick
- 5) Lead check, same leg blitz axe kick, same leg round kick, spinning backfist, round kick

GRAPPLING

'Snaking Hands' style grappling, as per Thai style grappling

SPARRING

Training rounds should be 3 minute duration, however all rounds during gradings should only be 1 minute in length. There should be no desire to hurt your opponent.

10, three minute rounds of sparring, showing attack and defence strategies, and countering.

ASSESSMENT – Black Belt

After a minimum of 12 months from the last grading, in addition to a minimum of 2 state training days (including the training day immediately prior to the student's grading), a student will be assessed in the following format (NB all techniques should be done in motion):

WARM UP:

- 2 minute personal routine
- 100 pushups/situps

PRELIMINARY: stances

- Shoulder width
- Preparation
- Bow
- Cover
- Lunging
- Horse

PRELIMINARY: footwork

- Stamp (Advance/retreat)
- Moving side to side
- Step Through
- Backslide

PRELIMINARY: hands

- Jab, Cross
- Cross, Jab
- Cross, Hook
- Jab, Overhand
- Cross, Hook
- Backfist
- Palm Heel
- Ridge Hand
- Spear Hand
- Axe/Knife Hand
- Wrist flick

PRELIMINARY: kicks

- Front
- Round
- Side
- Rear Angle
- Back
- Crescent kick
- Spinning Hook
- Spinning Back

PRELIMINARY: elbows

- Round
- Overhead
- Reverse
- Uppercut

PRELIMINARY: knees

- Straight
- Round
- Grapple
- Turning Knee
- Grapple turning knee

DRILLS:

- 1) Jab, cross, uppercut, jumping push kick
- 2) Lead leg check, lead leg push kick, rear spinning heel kick
- 3) Jab, cross, switch push kick, lead leg jumping knee
- 4) Rear hand groin strike/hammer fist behind, rear hand back elbow, turn palm heel, blitz knee
- 5) Lead check, same leg blitz axe kick, same leg round kick, spinning backfist

DEFENCES

- Deflections
 - Upper
 - Middle
 - Lower

- Checks
 - Low
 - High
 - Cross

Wrist Grab – single and double hand

Lapel Grab – single and double hand

Rear Grabs:

- Shoulder Grab
- Cross Shoulder Grab
- Double Shoulder Grab
- Bear Hug
- Headlock
- Hair Grab
- Wrist grab

FORMWORK

- Iron Horse
- 3 Battles
- Rotating Palms
- Lull Before the Storm

SELF DEFENCE

10 self defence techniques from a step through right cross

FREWORK

1, one minute round demonstrating boxing and kicking techniques

SPARRING

10, one minute rounds showing attack and defence, with countering, with no desire to hurt your opponent, showing clinching where appropriate

COOL DOWN

1 minute of static stretching, which is not assessed.