



ZEN DO KAI

3rd degree

training

program

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Zen Do Kai Freestyle Martial Arts 3rd Dan Syllabus - Version 3

The objective of this program is to provide Zen Do Kai Black Belts with a training program that will enhance their prospects towards the achievement of full Third Degree Black Belt.

This will be done by a structured program that will give black belts a further insight in to "self" and self defense via techniques and principles that have not been specifically explored up to now.

This program is open to any black belt and is considered as a pre-requisite before the attainment of "Probationary" Third Degree Black Belt.

It provides Black Belts with a reference towards learning new skills and it serves as a measure by which instructors can gauge their students progress.

This program is an integral component of the longitudinal martial arts training program for Zen Do Kai.

The attainment of physical skills must be complimented by the appropriate attitudinal development that is expected at this level.

Senior instructors must, by example & guidance of lower ranked Black Belts, be responsible for developing good attitudes, ethics and morals.

The appreciation of this material is intended to be complimented by verbal explanation and physical demonstration.

SKILLS TRAINING

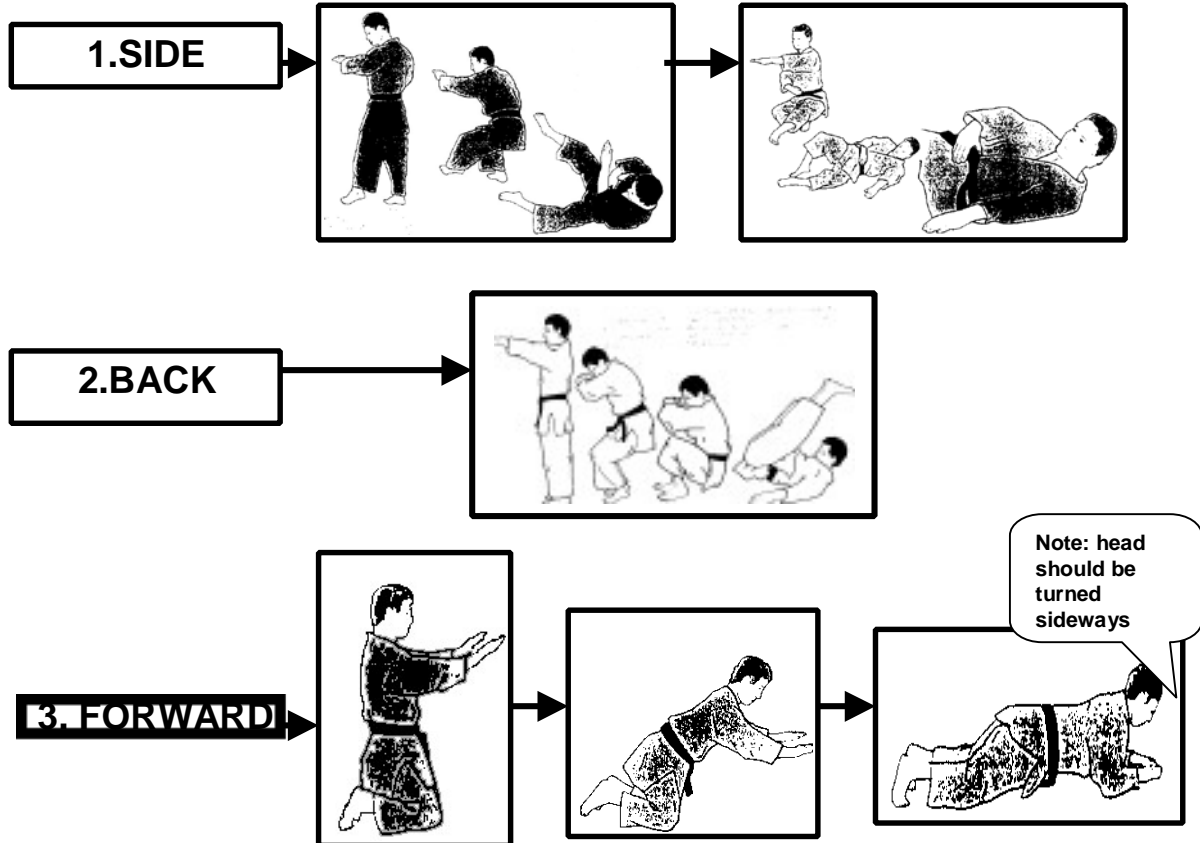
The skills training are divided in to two (2) programs. The first is the "Primary Program", which is aimed at developing the individual skills from a static position. The priority here is to ensure the development of not only the individual skill, but the principles also.

The "Secondary Program" is the application and integration of the skills. This should be seen as the practical applications. The Third Degree Form (Wrath of the Python), involves many close quarter techniques, including grappling and controlling an attacker while striking vulnerable parts of the body.

Hence, it is important that such principles be the focus of this level. Ground fighting has a strong emphasis. The senior students are expected to have some working knowledge of the principles and practices described within this document as a measure by which promotion can be made.

PRIMARY PROGRAM

1. BREAK FALLS



2. ROLLS

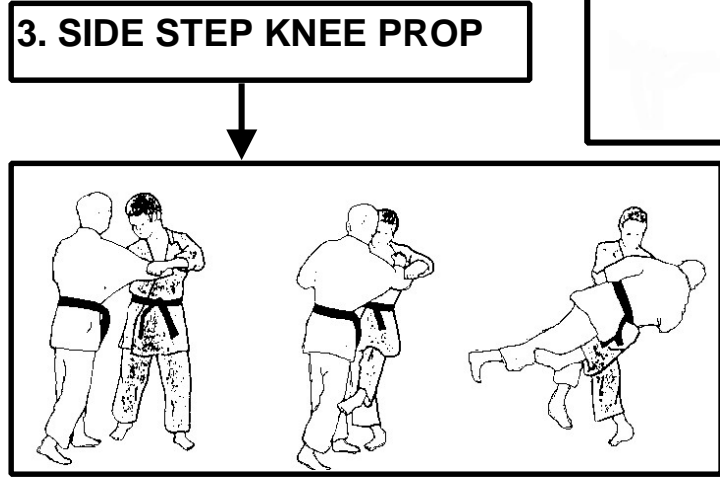
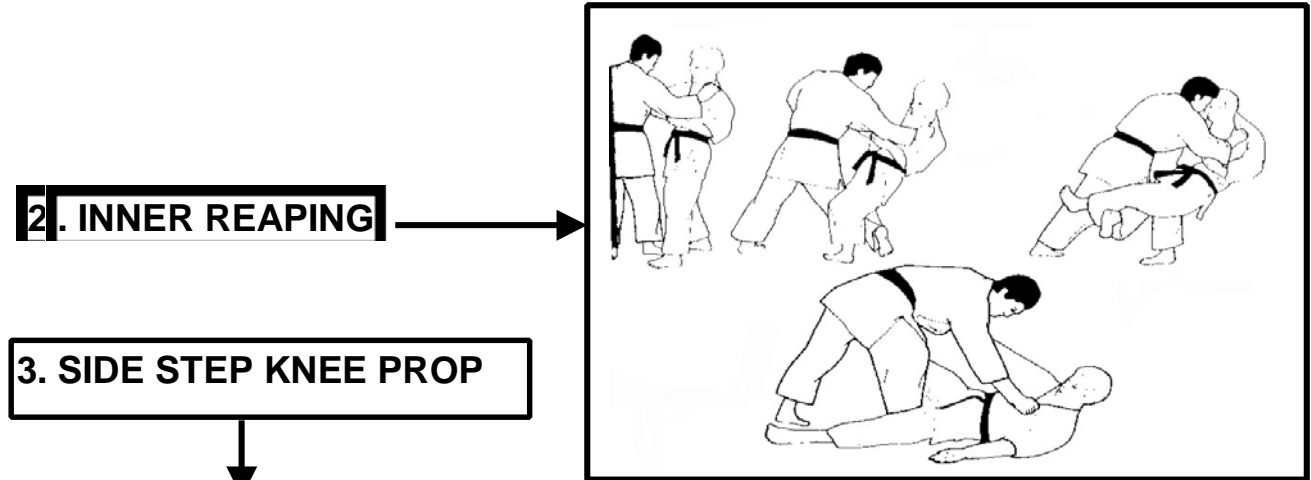
- 1 Forward roll
- 2 Forward leap
- 3 Backwards roll

3. BREAKING BALANCE

- 6 Angles of Breaking Balance
1. Stepping back
 2. Stepping forward
 3. Side step to right
 4. Side step to left
 5. Semi-circle clockwise
 6. Semi-circle anti-clockwise

4. THROWS

A. LEG THROWS

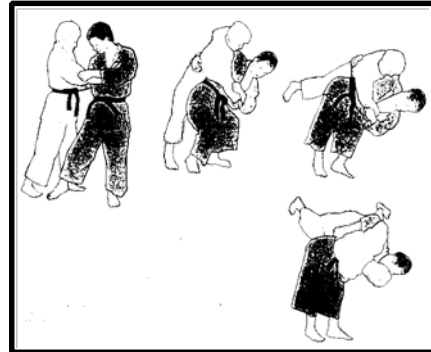


B HIP THROWS

Feet between opponent

Variations

1. Arm over shoulder
2. Arm around waist
3. Arm over shoulder
4. Arm under arm pit



STEPPING OFF CENTRE THEN HIP ACROSS OPPONENT

1. ARM AROUND NECK
2. HOLDING LAPEL
3. CROSS LAPEL ELBOW ACROSS JAW

C SACRIFICE THROWS

1. DROP TO FRONT -
FOOT IN STOMACH

2. RICE BAIL THROW

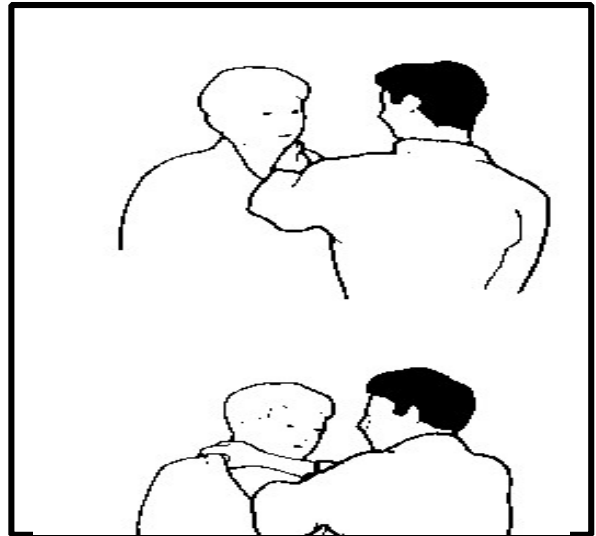
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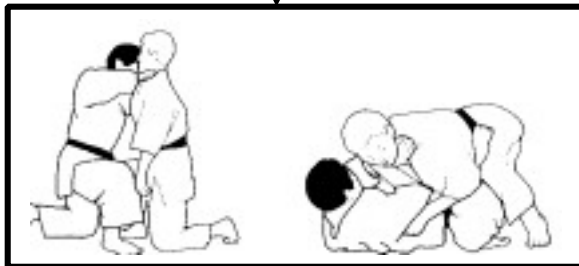
5. CHOKES/STRANGLES

FRONT

1. FRONT SINGLE CROSS LAPEL



2. FRONT DOUBLE LAPEL CROSS



3. FRONT SLEEPER

Same as rear sleeper but from front

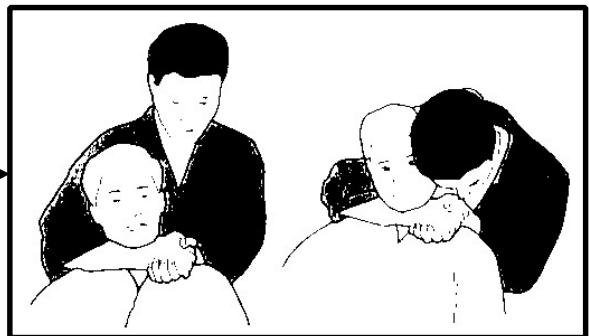
BEHIND

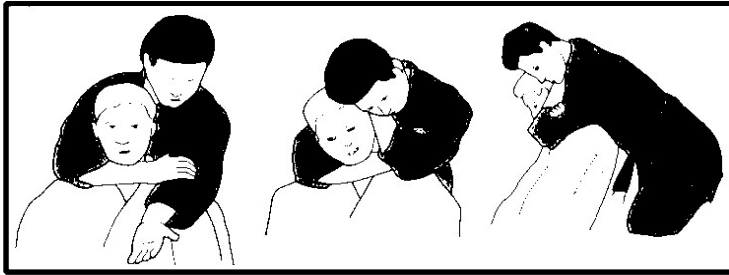
1. BEHIND SLIDING LAPEL

2. REAR NAKED

3. SLEEPER

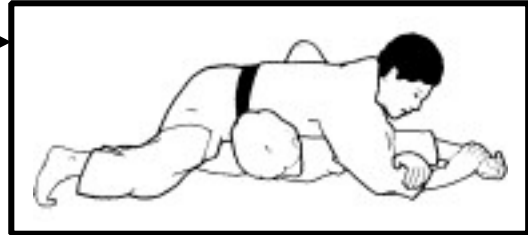
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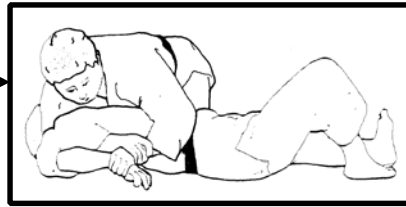


5. ARM BARS (arm bar routine)

1. STRAIGHT ARM FIGURE FOUR



2. FIGURE FOUR ACROSS BODY



3. FAR ARM BAR



7. RESTRAINT AND CONTROL

1. OUTSIDE WRIST LOCKS
2. INSIDE WRIST LOCK WITH FINGERS, ELBOW SHOULDER STRAIGHT
3. INSIDE WRIST LOCK - OVER TO CONTROLLING ARM HOLD
4. INSIDE WRIST LOCK WITH BENT ARM PRESSURE
5. ELBOW ROLL AND LOCK (from cross grip hold)

SECONDARY PROGRAM

9. APPLICATIONS OF CLOSE RANGE SKILLS

- 1. EXECUTION OF THROWS FROM GRAPPLE POSITION**
- 2. EXECUTION OF THROWS FROM ATTACKING MOVES BY OPPONENT e.g. strikes, grabs, lunges etc.**
- 3. FINISHING TECHNIQUES FROM THROWS**
- 4. FINISHING TECHNIQUES FROM GRABS USING RESTRAINT & CONTROL TECHNIQUES**
- 5. GROUND FIGHTING**

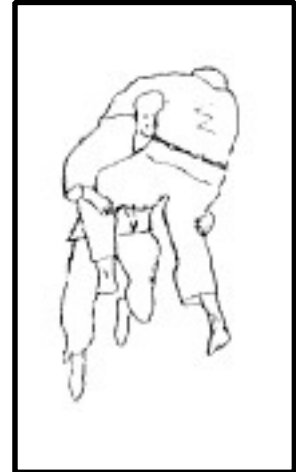
GROUND FIGHTING BASICS EXERCISES

1. Walking on hands and feet (stomach up or down) forward, backward, sideways and circles.
2. While walking on all fours (Hands and feet, stomach down) your partner clings onto your stomach with his legs wrapped around your back. You then walk.
3. Your partner has you in side control, front control, back control, side mount, mount or knee ride. You must attempt to escape while your partner must maintain a control position.
4. While your partner is standing, I hop onto their back and work my way around their body without touching the ground.
5. Your partner has you in the guard. You must pass their guard, while their objective is to sweep you.

TAKE DOWNS

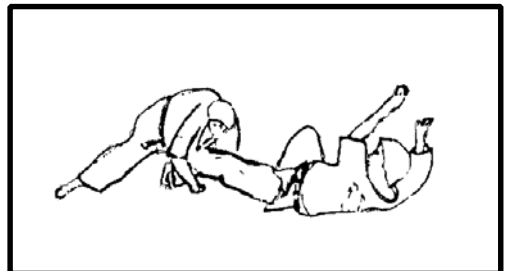
Double Leg Lift

1. Step up close to your opponent, drop down low in horse riding stance with your back straight.
2. Grab behind your opponents legs, as you lift pull their legs toward you.
3. Tip forward.



Single Leg Takedown

1. Drop to your left knee and drive your left shoulder into his knee as you pull back on his ankle with both hands



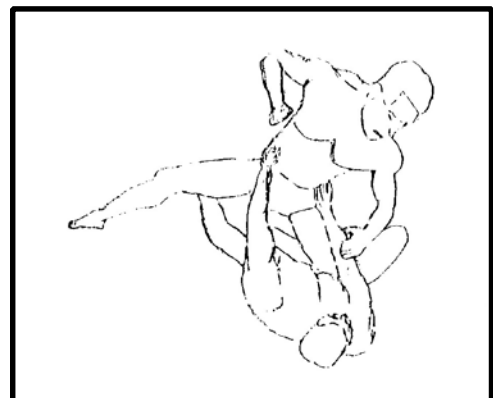
KNEE RIDE

Purpose:

Control and subdue your opponent from a raised position. If it is difficult to get your opponent in side control, leap up into knee ride.

Keys:

- Full weight of the knee/shin bone is on the opponents stomach, chest area.
- Back straight.
- Other leg is outstretched for balance and support.
- Relax and ride the opponent



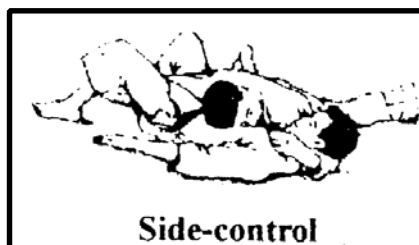
SIDE CONTROL

Purpose:

To control and subdue your opponent from a cross body position, pinning them on their back and restricting their movement

Keys:

- Chest to chest with full weight on opponent's body
- Control forearm at shoulder and roll opponent's upper body slightly towards self
- Control near hip with free hand
- Move on balls of feet



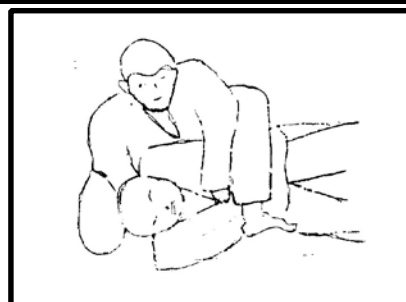
SIDE MOUNT

Purpose:

To control and subdue your opponent when they are trying to escape the mount by turning sideways.

Keys:

- Heel tucked in tight next to opponent's stomach/pelvis.
- Inside knee wedged in against the back of your opponent's head.



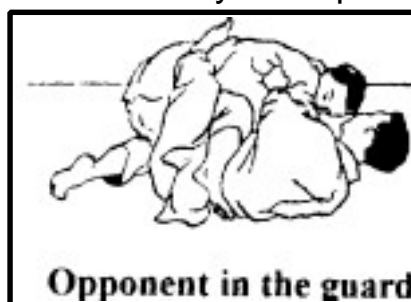
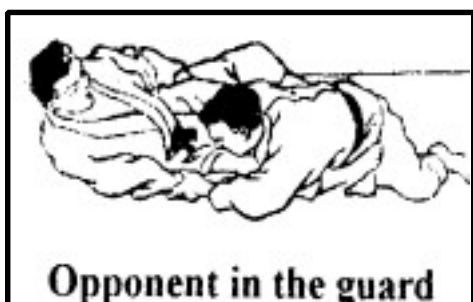
GUARD

Purpose:

To control and subdue your opponent from a more defensive position using your legs around their torso from lying on your back

Keys:

- Relaxed legs
- Legs above hips for control
- Use bridging to thwart escape
- Use hands to alleviate pressure caused by attempted escapes



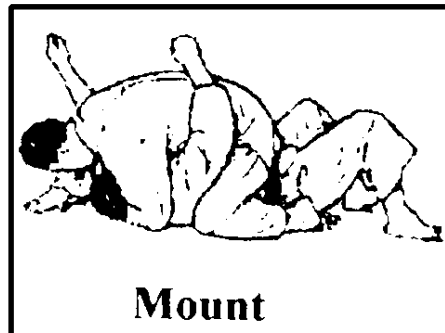
MOUNT

Purpose:

To control and subdue your opponent from an attacking position, straddling their chest

Keys:

- Sit high on the body
(to avoid their bridging attempts)
with knees under armpits
- Maintain your heels close to their body
- Keep posture upright to avoid being struck



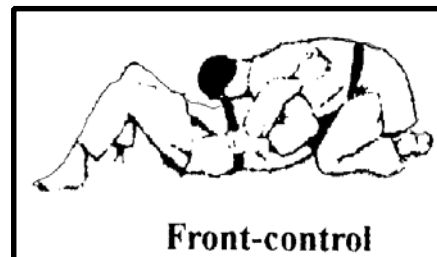
FRONT CONTROL

Purpose:

To control and subdue your opponent from above his/her head, in a smothering position

Keys:

- Hold opponent's belt or pants (control hips)
- Keep opponent's arms between your body and arms
- Keep your chest tight to opponent
- Knees beside opponents' heads



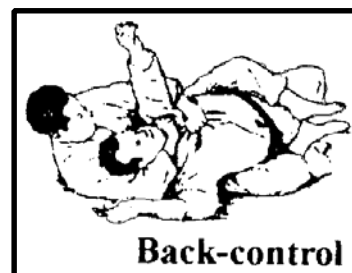
BACK-MOUNT OR CONTROL

Purpose:

To control opponent from behind either facing the floor or on your back

Keys:

- HOOKS IN. Place heels on your opponent's
NOT CROSS
- If facing the floor, keep pressure on
opponent's lower back with your hips
- Keep body weight on opponent at all times,
keep close



SWEEPING TECHNIQUES

Sweeping techniques are primary done from the guard - open or closed. They are to sweep the opponent off you by one leg against opponents body the other leg on opposite side against lower part of opponents body. Your legs execute a “scissor” action.

PRINCIPLES OF SWEEPING

1. Take away their support/brace
2. Make their base depend on you
3. Leverage

DEFENCE

The purpose of defence is not to get caught in control positions, avoid being swept, choked or armlocked. The way to perfect this is through practice and experience.

MOVEMENT BETWEEN POSITIONS

Purpose:

To move from one position to another whilst maintaining full control

SIDE CONTROL TO MOUNT

- By simply throwing a leg across your opponent
- Or drawing your knees close to your opponent and sliding a knee across their hips

GUARD TO MOUNT (with opponent in your Guard)

Separate your own legs, roll to your left side. Place your left leg on the floor and your right across their midriff. Pull their upper body towards our left and sweep with your legs. Roll with them to gain the mount.

SIDE TO GUARD

See escapes

GUARD TO MOUNT

See passes

GUARD PASS

Purpose:

To escape from opponent's controlling closed guard position

Keys (1)

- Break opponent's leg hold
- Keep knee in small of back
- Stay upright and balanced
- Place shoulder under knee
- Straighten your legs and put opponent's knee in their face
- Circle in direction of raised leg
- Take side control

Keys (2)

- Break opponent's leg hold
- Keep knee in small of back
- Stay upright and balanced
- Slip knee over low thigh
- Slip other leg over

DISMOUNT

Purpose:

To escape from under a mounted position.

Using the Ball and Cylinder theory

BRIDGING BALL ESCAPE

(1)

- Bridge to get opponent's hands to floor
- Trap arm with your forearm and leg with foot
- Pull opponent close and to side
- Bridge to shoulder and roll

CYLINDER

(2)

- Place elbow on opponent's knee and anchor hand (knee escape)
- Bridge hips in opposite direction
- Slide knee through
- Repeat other side

COMBINATION

(3)

- When using roll over escape
- If opponent braces by throwing out a leg, then switch to knee escape

ESCAPE DRILLS

(1) MOUNT TO GUARD

Using bridging escape, roll your partner over so you are in their guard, escape their guard using pass #2 sliding into mounted position.

(2) MOUNT TO GUARD TO MOUNT

Using knee escape, slide through and take your partner into your guard. Partner then escapes to mount using pass #2 sliding into mount

(3) MOUNT TO GUARD TO SIDE TO MOUNT

Using bridging escape, roll opponent over so you are in their guard. Escape using pass #1, take them in a side control position then proceed to mounted position.

Work any combination of escape, pass, mount or dismount as all lead into one or the other. Later try to include top mount and rear mount. Eg

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- from mounted position allow partner to roll to hands and knees and control them from rear mount. From side control slide to top control.

SIDE CONTROL ESCAPE

Purpose:

- To escape from your back when your opponent is in a side control position
- Place both hands on or near opponent's hips
- Bridge your hips towards your opponent's head
- Slip knee closest to floor through and take opponent into your guard

Option 2

- Bridge hips as far out as possible
- Lie on your stomach head to head
- Grab opponent's leg (to stop back spin)
- Get to hands and knees

STANDARD DRILLS

MOUNT DRILL

Partner holds your belt and bridges, forward, left or right in an attempt to dislodge

GUARD DRILL

Partner attempts to escape your guard while you "scoop" and "bridge" to foil them

SIDE CONTROL

Hold partner down in side control and move around

GRADING REQUIREMENT

1. THEORY (FORMS)

- "LIGHTENING STRIKES TWICE" (Saifa)
- " EYE OF THE TORNADO" (Sanseru)
- "WRATH OF THE PYTHON" (Seisan)
- PERSONAL FREEFORM

2. 4 X DELTA SELF DEFENCE

USING TECHNIQUES FROM :

- 1st. DEGREE FORM "LIGHTENING STRIKES TWICE" (Saifa)
- 2nd. DEGREE FORM "EYE OF THE TORNADO" (Sanseru)
- 3rd. DEGREE FORM "WRATH OF THE PYTHON" (Seisan)
- 4th. PERSONAL FREEFORM

3. AUDIO RECORDING PRESENTING YOUR MARTIAL ARTS EXPERINECES - THOUGHTS AND CONSIDERATIONS (in style of a speech) (Presented to your instructor prior to grading)

INFORMATION ON GRADING FORM

WRATH OF THE PYTHON ("SEISAN")

One of the features of this form, is its many wrist rolls, circular movements and the fist thrusting after being slowly reared, just as the head of a snake during its strike. The angular body turns and the reaching out of the arms and the withdrawing techniques have the feel of the Python as it encircles and crushes. The emphasis is close quarter fighting, with the meditation of being grabbed by several attackers. All this give rise to the Zen Do Kai name of "Wrath Of The Python".

As with all Forms, there are three key features that must be emphasized:

- Light and heavy application of strength
- Expansion and contraction of the body
- Fast and slow movements

The name "SEISAN" has been described as meaning "13 hands", As it contains 8 defensive and 5 offensive techniques, both involve a change in direction. The form stresses close range fighting using short punching and low kicking techniques to break through an opponent's defences.

The traditional names of the Forms are confusing, often they translate to numbers. These numbers may relate to the number of position, the number of techniques, or the number of breaths in the Form, however the numerical significance is not clearly understood.

It is known that numbers have significance in Zen Buddhism and Taoism and it is thought that these names are legacies of the influence these religions had on Okinawan-Te (Okinawan Hand).

When performing a Form, it should be liquid and flowing, the performance should be beautiful and rhythmic - the performer full of vitality and radiating power. Visualization through the performance is essential to have a better appreciation of the Form.

When performing a Form one should think of nothing else apart from what they are doing.

Zen DO Kai 3rd Degree GRADING FORMAT

- 1. "LIGHTENING STRIKES TWICE" (SAIFA) FORM**
- 2. DELTA APPLICATION FORM THE ABOVE FORM**
- 3. "EYE OF THE TORNADO" (SANSERU) FORM**
- 4. DELTA APPLICATION OF THE ABOVE FORM**
- 5. "WRATH OF THE PYTHON" (SEISAN) FORM**
- 6. DELTA APPLICATION OF THE ABOVE FORM**
- 7. FREEFORM**
- 8. DELTA APPLICATION OF THE ABOVE FORM**