



NO BELT TO WHITE BELT PODS

TECHNIQUES

- Leg Raises (Front, Side, and Rear)
- Front Kicks (Snap and Thrust)
- Lead Leg Side Kick
- Jab
- Reverse Punch

FORMS AND COMBINATIONS

1. Jab, Reverse Punch
2. Step Through Front Kick, Reverse Punch
3. First Four Basic Strikes

Self-Defense

1. Delayed Sword
2. Alternating Mace
3. Opposing Sword
4. Deflecting Hammer
5. Captured Twigs

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

Required Equipment: Uniform And Notebook (Males must have a groin cup).



NO BELT TO WHITE BELT BASICS

Stances

Attention
Neutral bow
Training Horse
First Four Basic Chinese Stances

Blocks

Upward
Inward
Outward
Downward
Low Palm

Knowledge

School Name- Plus One Defense Systems
Primary Style- Sho Biyn Jiu (First Understand Peace)
Accrediting Body- United Martial Arts Alliance
Count To Ten in Japanese- Ichi, Ni, San, Shi, Go, Ruku, Sichi, Hachi, Cue, Ju
Head Instructor- Darin Reisler: "Sensei" (Teacher in Japanese)

Student Statement

I will develop myself in a positive manner, and I will use what I learn in class constructively and defensively.



WHITE BELT TO ADVANCED WHITE BELT PODS

TECHNIQUES

- Side Kick (Front and Rear)
- Round Kick (Front and Rear)
- Backfist
- Hook Punch

FORMS AND COMBINATIONS

1. Jab, Reverse Punch, Step through Round Kick
2. Step Through Side Kick, Backfist, Reverse Punch
3. Eight Basic Stances
4. Basic Movement Form

Self-Defense

6. The Grasp
7. Checking The Storm
8. Mace of Aggression
9. Attacking Mace
10. Sword and Hammer

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

Required Equipment: Mouthguard



ADVANCED WHITE TO YELLOW BELT PODS

TECHNIQUES

Outside Crescent Kick (Front and Rear)

Inside Crescent Kick (Front and Rear)

Ridge Hand

Uppercut Punch

FORMS AND COMBINATIONS

1. Jab, Reverse Punch, Lead Ridge Hand, Rear Uppercut

2. Step-Up Lead Front Kick, Jab, Lead Outside Crescent Kick, Step Through Side Kick

3. First Four Mandarin Stances

4. Kata Di Ichi

Self-Defense

11. Clutching Feathers

12. Triggered Salute

13. The Dance

14. The Gift

15. Locking Horns

KICKBOXING

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YELLOW BELT TO ADVANCED YELLOW BELT PODS

TECHNIQUES

Side Blade Kick (Front and Rear)

Ball-of-the-Foot Round Kick (Front and Rear)

Hammer fist

Palm Heel Strike

FORMS AND COMBINATIONS

1. Lead Ridge Hand, Rear Uppercut, Rear Palm Heel,
Hammer fist

2. Lead Side Blade, Lead Outside Crescent, Rear Side,
Rear Outside Crescent

3. All Eight Mandarin Stances

4. Twenty-One Twigs Form

Self-Defense

16. Lone Kimono

17. Glancing Salute

18. Five Swords

19. Avalanche

20. The Grip

KICKBOXING

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ADVANCED YELLOW BELT TO ORANGE BELT PODS

TECHNIQUES

- Step-Together Side Kick
- Step-Together Front Kick
- Step-Together Round Kick
- Forearm Strike (Front and Rear)

FORMS AND COMBINATIONS

1. Step-Together Front Kick, Rear Leg Round Kick/Side Kick, Reverse Punch
2. Step-Together Side Kick, Rear Leg Front Kick, Jab, Lead Hook Punch
3. Eight Basic Blocks Set
4. Basic Stance Form

Self-Defense

21. Crossing Talon
22. Shielding Hammer
23. Thrusting Salute
24. Striking Whip
25. Locked Wing

KICKBOXING

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ORANGE BELT TO ADVANCED ORANGE BELT PODS

TECHNIQUES

- Step-Together Side Kick (Hi-Lo)
- Step-Together Front Kick (Hi-Lo)
- Step-Together Round Kick (Hi-Lo)
- Upward Elbow Strike (Front and Rear)

FORMS AND COMBINATIONS

1. Step-Together Front Kick (Hi-Lo), Rear Leg Round Kick/Side Kick (Hi-Lo), Reverse Punch, Gua Choi
2. Step-Together Side Kick (Hi-Lo), Rear Leg Front Kick, Double Jab, Lead Hook Punch (Hi-Lo)
3. Kata Di Ni

Self-Defense

26. Obscure Wing
27. Reversing Mace
28. Buckling Branch
29. Thrusting Prongs
30. Twisted Twig

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



ADVANCED ORANGE BELT TO GREEN BELT PODS

TECHNIQUES

Spin Side Kick

Jump Front Kick (Lead and Rear)

Jump Side Kick (Standing and Running)

Finger Whip

FORMS AND COMBINATIONS

1. Jab, Reverse Punch, Rear Leg Round Kick, Side Kick,
Spin Side Kick, Rear Ridgehand

2. Lead Jump Front Kick, Step Through Rear Leg Side Kick, Jump Lead Leg
Side Kick, Hammer To Groin, Upward Elbow, Fing. Whip

3. Encompassing Branches Form

Self-Defense

31. Obscure Sword

32. Repeating Mace

33. Raining Claw

34. Crashing Wings

35. Twirling Wings

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



GREEN BELT TO ADVANCED GREEN BELT PODS

TECHNIQUES

Chicken Kicks

Spin Crescent Kick

Axe Kick (Front and Rear)

Hook Kick (Front and Rear)

FORMS AND COMBINATIONS

1. Rear Hand Rear Hammer To Groin, Rear Leg Chicken Kick,

Spin Side To Rear, Rear Leg Step Through Front Kick

2. Lead Ridgehand, Spin Crescent Kick, Lead Hook Kick,

Rear Leg Axe Kick

3. Seven Kicks Form

Self-Defense

36. Snapping Twig

37. Leaping Crane

38. Swinging Pendulum

39. Crushing Hammer

40. Captured Leaves

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



ADVANCED GREEN BELT TO BLUE BELT PODS

TECHNIQUES

Twist Kick (Front and Rear)

Spinning Twist Kick

Knee Strikes (Front and Rear)

Double Palm Heel Strike

FORMS AND COMBINATIONS

1. Switch Stance, Rear Round Kick, Jab, Reverse Punch,
Rear Twist Kick

2. Spinning Twist Kick, Lead Ridge Hand, Lead Gua Choi,
Step-Through Rear Knee, Double Palm Heel Strike

3. Kata Di San

Self-Defense

41. Evading The Storm

42. Charging Ram

43. Parting Wings

44. Thundering Hammers

45. Squeezing The Peach

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



BLUE BELT TO ADVANCED BLUE BELT PODS

TECHNIQUES

Spinning Hook Kick
Spinning Axe Kick
Basic Wrist Locks/Releases
Break Falls/Rolls

FORMS AND COMBINATIONS

1. Lead Leg Hook Kick, Rear Round Kick, Spinning Hook
2. Jab, Reverse Punch, Lead Hook Punch, Rear Uppercut,
Rear Hand Hook Punch, Lead Uppercut, Lead Hook
3. Small Circular Fist Form

Self-Defense

46. Circling Wing
47. Calming The Storm
48. Darting Mace
49. Hooking Wings
50. Shield And Sword

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



ADVANCED BLUE BELT TO PURPLE BELT PODS

TECHNIQUES

Ground Fighting (Escape From Mount)

Ground Fighting (Offense From Guard)

Arm Bar Takedown (From a Punch)

Ogoshi, Osotogari (From Rondori Position)

FORMS AND COMBINATIONS

1. Lead Jump Front Kick, Ridgehand, Forearm Strike,
Elbow, Backfist

2. Rear Palm Heel Strike, Rear Front Kick, Spin Side,
Backfist Reverse Punch

3. Kata Di Shi

Self-Defense

51. Twin Kimono

52. Obstructing The Storm

53. Spiraling Twig

54. Gift In Return / or Gift of Surrender

55. Release Of Compulsion

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

Required Equipment: Brazilian Jiu-Jitsu Gi



PURPLE BELT TO ADVANCED PURPLE BELT PODS

TECHNIQUES

Butterfly Kick
Tornado Kick
Head Butt

FORMS AND COMBINATIONS

1. Butterfly Kick, Spin Crescent, Reverse Punch, Jab,
Lead Hook, Rear Uppercut
2. Tornado Kick, Spin Side Kick, Rear Twist Kick, Switch
Stance Step-Up Side Kick
3. Little Open Gate Form

Self-Defense

56. The Sleeper
57. Flight To Freedom
58. Crossing Twigs
59. Begging Hands
60. Thrusting Wedge

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.



ADVANCED PURPLE BELT TO BROWN BELT PODS

TECHNIQUES

Sweeps (Front and Reverse)

Switch Kicks

Jump Rear Front Kick

FORMS AND COMBINATIONS

1. Double Jab, Reverse Punch, Lead Double Hook, Rear

Uppercut, Rear Leg Front Sweep, Side Kick

2. Switch, Step Through Punch, Lead Leg Front Kick

Jab, Switch Round Kick, Spin Crescent Kick

3. Kata Di Go

4. Right Hand Stick

Self-Defense

61. Flashing Wings

62. Hugging Pendulum

63. Avalanche "B"

64. Entangled Wing

65. Defying The Storm

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

****Student Must Complete A Minimum of 20 Hours of Assistant Teaching****



BROWN BELT TO ADVANCED BROWN BELT PODS

TECHNIQUES

Sleeper Hold

Fan Arms Stretch

Double Front Kick

FORMS AND COMBINATIONS

1. Lead Leg Front Kick, Jump Rear Front Kick, Step Through Side Kick, Double Front Kick
2. Canon Kuen
3. Kata Di Ruku

Self-Defense

66. Raking Mace
67. Swerving Talon
68. Redirected Claw
69. Retracted Claw
70. Teetering Thrust

KICKBOXING

Student Must Exhibit Shadow Boxing Maneuvers As Called Out By Instructor.

****Student Must Complete A Minimum of 40 Hours of Assistant Teaching****

Required Equipment: All point sparring or continuous sparring gear



ADVANCED BROWN BELT TO PROVISIONAL BLACK BELT PODS

TECHNIQUES

All Prior	<input type="checkbox"/>
Scissor Takedown (Optional)	<input type="checkbox"/>
Split Kick (Optional)	<input type="checkbox"/>
Corkscrew (Optional)	<input type="checkbox"/>

FORMS AND COMBINATIONS

1. All Prior	<input type="checkbox"/>
2. Mantis Takes The Peach	<input type="checkbox"/>
3. Flute Kuen	<input type="checkbox"/>

Self-Defense

71. All Prior	<input type="checkbox"/>
72. Defend Against Gauntlet	<input type="checkbox"/>
73. Defend Against Simultaneous Multiple Attackers	<input type="checkbox"/>
74. Defend Against Spontaneous Weapon Attacks	<input type="checkbox"/>

KICKBOXING

Student Must Complete Two Rounds Of Light-Continuous Sparring
And Two Rounds Of Ground Fighting

****Student Must Complete A Minimum of 70 Hours of Assistant Teaching And
Prepare A Paper On The Meaning And Purpose Of Being A Black Belt****

*****Sho-Dan- Earned After A Minimum Of 6 Months At Sho-Dan Ho; Creation Of Individual
Kata/Kuen, Creation Of 5 Self-Defense Techniques, Minimum Of 100 Hours of Assistant
Instruction, And Student Must Learn Un-Blossomed Flower Kuen****