



YOUTH NO BELT TO WHITE BELT PODS

TECHNIQUES

Leg Raises (Front, Side, and Rear)

Front Kicks (Snap and Thrust)

Jab

Reverse Punch

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FORMS AND COMBINATIONS

1. Jab, Reverse Punch

2. Lead Leg Front Kick, Reverse Punch

3. First Two Basic Strikes

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Self-Defense

1. Delayed Sword

2. Alternating Mace

3. Opposing Sword

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KICKBOXING

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

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



YOUTH NO BELT TO WHITE BELT BASICS

Stances

Attention
Neutral bow
Training Horse
First Two 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.



YOUTH NO BELT TO WHITE BELT CHARACTER WORKSHEET

TOPIC: COURTESY

Look up the word "courtesy" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "courtesy" means to her/him. Write down their answer in the space below.

What does courtesy mean to you?

Show courtesy. Write down five examples of how you've shown courtesy to others recently.



YOUTH WHITE BELT TO ADVANCED WHITE BELT PODS

TECHNIQUES

Leg Raises (Front, Side, and Rear)
Backfist
Side Kicks (Front and Rear)
Palm Heel Strike

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FORMS AND COMBINATIONS

1. Star Block Set
2. Lead Leg Side Kick, Lead Palm Heel Strike
3. First Four Basic Stances

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Self-Defense

4. Deflecting Hammer
5. Captured Twigs

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KICKBOXING

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

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



YOUTH WHITE BELT TO ADVANCED WHITE BELT CHARACTER WORKSHEET

TOPIC: HONESTY

Look up the word "honesty" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "honesty" means to her/him. Write down their answer in the space below.

What does honesty mean to you?

Be honest. Write down five examples of how you've been honest recently.



YOUTH ADVANCED WHITE BELT TO YELLOW BELT PODS

TECHNIQUES

Round Kick (Front and Rear)

Vertical Punch

Step Through kicks (Front, Side, Round)

Double Punches (Jab, Reverse, Vertical)

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FORMS AND COMBINATIONS

1. Step Through Front Kick, Vertical Punch

Reverse Punch

2. Eight Basic Stances

3. Basic Movement Form

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Self-Defense

6. Wrap Around

7. Lone Kimono

8. Captured Branch

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KICKBOXING

Student Must Exhibit Maneuvers With A Partner As Called Out By Instructor.

Required Equipment: Hand pads, Headgear, Mouthpiece



YOUTH ADVANCED WHITE BELT TO YELLOW BELT CHARACTER WORKSHEET

TOPIC: RESPONSIBILITY

Look up the word "responsibility" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "responsibility" means to her/him. Write down the answer in the space below.

What does responsibility mean to you?

Be responsible. Write down five examples of how you've been responsible recently.



YOUTH YELLOW BELT TO ADVANCED YELLOW BELT PODS

TECHNIQUES

Balance Drills (Front and Side Kicks)

Hammer Fist

Outside Crescent Kick (Front and Rear)

Inside Crescent Kick (Front and Rear)

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FORMS AND COMBINATIONS

1. Jab, Reverse Punch, Step-Through Outside Crescent Kick,

Lead Hammer Fist

2. Kata Di Ichi (First $\frac{1}{2}$)

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Self-Defense

9. Checking The Storm

10. Mace of Aggression

11. Sword & Hammer

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KICKBOXING

Student Must Be Able To Complete One Round Of Point Sparring.

Required Equipment: Footgear



YOUTH YELLOW BELT TO ADVANCED YELLOW BELT CHARACTER WORKSHEET

TOPIC: SELF-CONTROL

Look up the word "control" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what "self-control" means to her/him. Write down the answer in the space below.

What does self-control mean to you?

Show self-control. Write down five examples of how you've done so recently.



YOUTH ADVANCED YELLOW BELT TO ORANGE BELT PODS

TECHNIQUES

Ball-of-the-Foot Round Kick
Ridge Hand
Hook Punch
Uppercut Punch

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FORMS AND COMBINATIONS

1. Lead Ridge Hand, Lead Hook, Ball-of-the-Foot Round Kick
2. Jab, Reverse Punch, Lead Hook, Rear Uppercut, Step Through Side Kick
3. Kata Di Ichi

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Self-Defense

12. Reversed Branch
13. Escaping Branch
14. The Grasp

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KICKBOXING

Student Must Be Able To Complete One Round Of Point Sparring.



YOUTH ADVANCED YELLOW BELT TO ORANGE BELT CHARACTER WORKSHEET

TOPIC: RESPECT

Look up the word "respect" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what "respect" means to her/him. Write down the answer in the space below.

What does respect mean to you?

Show respect. Write down five examples of how you've done so recently.



YOUTH ORANGE BELT TO ADVANCED ORANGE BELT PODS

TECHNIQUES

Side Blade Kick (Front and Rear)

Forearm Strike

Finger Spear

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. First Four Mandarin Stances

4. First Half of Twenty-One Twigs Form

Self-Defense

15. Clutching Feathers

16. Triggered Salute

KICKBOXING

Student Must Be Able To Complete Three Rounds Of Point Sparring.



YOUTH ORANGE BELT TO ADVANCED ORANGE BELT CHARACTER WORKSHEET

TOPIC: PERSEVERANCE

Look up the word “perseverance” in a dictionary and write down the definition in the space below.

Ask at least one member of your family what “perseverance” means to her/him. Write down the answer in the space below.

What does perseverance mean to you?

Show perseverance. Write down five examples of how you've done so recently.



YOUTH ADVANCED ORANGE BELT TO GREEN BELT PODS

TECHNIQUES

- Step-Together Side Kick
- Step-Together Front Kick
- Step-Together Round Kick

FORMS AND COMBINATIONS

- 1. Step-Together Front Kick, Rear Leg Round Kick/Side Kick, Reverse Punch
- 3. Step-Together Side Kick, Rear Leg Front Kick, Jab, Lead Hook Punch
- 3. Eight Mandarin Stances
- 4. Twenty-One Twigs Form

Self-Defense

- 17. Attacking Mace
- 18. The Dance

KICKBOXING

Student Must Be Able To Complete Three Rounds Of Point Sparring.



YOUTH ADVANCED ORANGE BELT TO GREEN BELT CHARACTER WORKSHEET

TOPIC: **MODESTY**

Look up the word "modesty" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what "modesty" means to her/him. Write down the answer in the space below.

What does modesty mean to you?

Be modest. Write down five examples of how you've done so recently.



YOUTH GREEN BELT TO ADVANCED GREEN BELT PODS

TECHNIQUES

Forearm Strike

Upward Elbow

Step-Together "Hi-Lo" Kicks (Front, Side, Round)

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. First Four Moves of the Eight Basic Blocks Set
4. First Seven Moves of the Basic Stance Form

Self-Defense

19. Locking Horns

20. Glancing Salute

KICKBOXING

Student Must Be Able To Complete One Round of Continuous Point Sparring



YOUTH GREEN BELT TO ADVANCED GREEN BELT CHARACTER WORKSHEET

TOPIC: PACIFISM

Look up the word "pacifism" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "pacifism" means to her/him. Write down their answer in the space below.

What does pacifism mean to you?

Be pacifistic. Write down five examples of how you've shown pacifism recently.



YOUTH ADVANCED GREEN BELT TO BLUE BELT PODS

TECHNIQUES

Spin Side Kick

Jump Front Kick (Lead and Rear)

Jump Side Kick (Standing and Running)

Finger Whip

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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 Side Kick, Jump Lead Leg Side Kick, Hammer To Groin, Upward Elbow, Fing. Whip
3. Eight Basic Blocks Set
4. Basic Stance Form

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Self-Defense

21. Five Swords
22. The Grip
23. Avalanche

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KICKBOXING

Student Must Be Able To Complete Three Rounds of Continuous Point Sparring
Break One Board



YOUTH ADVANCED GREEN BELT TO BLUE BELT CHARACTER WORKSHEET

TOPIC: **GRATITUDE**

Look up the word "gratitude" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "gratitude" means to her/him. Write down their answer in the space below.

What does gratitude mean to you?

Be gracious. Write down five examples of how you've shown gratitude recently.



YOUTH BLUE BELT TO ADVANCED BLUE BELT PODS

TECHNIQUES

Chicken Kicks

Spin Crescent Kick

Axe Kick (Front And Rear)

Hook Kick (Front and Rear)

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FORMS AND COMBINATIONS

1. Rear Hand Rear Hammer To Groin, Rear Leg Chicken Kick,
Spin Side To Rear, Step Through Front Kick
2. Lead Ridgehand, Spin Crescent Kick, Lead Hook Kick,
Rear Leg Axe Kick
5. Kata Di Ni

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Self-Defense

24. Crossing Talon

25. Shielding Hammer

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KICKBOXING

Student Must Be Able To Complete One Round of Light Continuous Sparring
Break One Board



YOUTH BLUE BELT TO ADVANCED BLUE BELT CHARACTER WORKSHEET

TOPIC: **PROMISE**

Look up the word "promise" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "promise" means to her/him. Write down their answer in the space below.

What does promise mean to you?

Be true to your word. Write down five examples of how you've done so recently.



YOUTH ADVANCED BLUE BELT TO PURPLE 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. First Half of Encompassing Branches Form

Self-Defense

26. Thrusting Salute

27. Striking Whip

28. Locked Wing

KICKBOXING

Student Must Be Able To Complete One Round of Light Continuous Sparring
Break Two Boards



YOUTH ADVANCED BLUE BELT TO PURPLE BELT CHARACTER WORKSHEET

TOPIC: CONSEQUENCE

Look up the word "consequence" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "consequence" means to her/him. Write down their answer in the space below.

What does consequence mean to you?

Be aware of consequences. Write down five examples of consequences you've been directly or indirectly responsible for recently.



YOUTH PURPLE BELT TO ADVANCED PURPLE BELT PODS

TECHNIQUES

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

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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. Encompassing Branches Form

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Self-Defense

29. Obscure Wing
30. Reversing Mace

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KICKBOXING

Student Must Be Able To Complete Two Rounds of Light Continuous Sparring
Break Two Boards



YOUTH PURPLE BELT TO ADVANCED PURPLE BELT CHARACTER WORKSHEET

TOPIC: **MERCY**

Look up the word "mercy" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "mercy" means to her/him. Write down their answer in the space below.

What does mercy mean to you?

Be merciful. Write down five examples of how you have shown mercy recently.



YOUTH ADVANCED PURPLE BELT TO BROWN BELT PODS

TECHNIQUES

Ground Fighting (Escape From Mount)

Ground Fighting (Offense From Guard)

Arm Bar Takedown

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. First Half Of Seven Kicks Form

Self-Defense

31. Buckling Branch

32. Thrusting Prongs

33. Twisted Twig

KICKBOXING

Student Must Be Able To Complete Three Rounds of Light Continuous Sparring
Break Two Boards



YOUTH ADVANCED PURPLE BELT TO BROWN BELT CHARACTER WORKSHEET

TOPIC: TRUST

Look up the word "trust" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "trust" means to her/him. Write down their answer in the space below.

What does trust mean to you?

Be trustworthy. Write down five examples of how you have been trustworthy recently.



YOUTH BROWN BELT TO ADVANCED BROWN 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. Seven Kicks Form

Self-Defense

34. Obscure Sword

35. Repeating Mace

KICKBOXING

Student Must Be Able To Complete Three Rounds of Light Continuous Sparring
Break Two Boards



YOUTH BROWN BELT TO ADVANCED BROWN BELT CHARACTER WORKSHEET

TOPIC: **FORGIVENESS**

Look up the word "forgiveness" in a dictionary and write down the definition in the space below.

Ask at least one member of your family what the word "forgiveness" means to her/him. Write down their answer in the space below.

What does forgiveness mean to you?

Be forgiving. Write down five examples of how you have done so recently.



YOUTH ADVANCED BROWN BELT TO JUNIOR BLACK BELT PODS

TECHNIQUES

All Prior

Scissor Kick (Optional)

Split Kick (Optional)

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FORMS AND COMBINATIONS

1. All Prior

2. Kata Di San

3. Right Hand Stick Kuen

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Self-Defense

36. All Prior

37. Raining Claw

38. Crashing Wings

39. Twirling Wings

40. Defend Against Simultaneous Multiple Attackers

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KICKBOXING

Student Must Be Able To Complete Four Rounds of Light Continuous Sparring
One Round of Ground Fighting
Break Two Boards

****The Student Must Complete A Minimum of 50 Hours of Assistant Teaching and Prepare A Paper On The Meaning And Purpose Of Being A Black Belt****

*****Sho-Dan earned after all adult black belt requirements are met. The student must have a minimum of one year at the rank of Junior Sho-Dan Ho, and s/he must publicly present the prior prepared paper.**