

## **FIRST DEGREE BLACK BELT**

(9<sup>th</sup> promotion :10<sup>th</sup> BELT)

**TIME PERIOD: Between 3 & 4 yrs**

### **1. TERMINOLOGY & EIGHT BASICS**

### **2. TECHNIQUES**

Add finger takedowns, plus all other techniques at this level must be even more perfected.

### **3. KATA**

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI
- C. PLURAL KATA (Individually & With a Partner)
- D. NUN-CHUCK KATA
- E. STAFF KATA
- F. OWN KATA- (45-50 moves)
- G. BLINDFOLDED KATA ICHI & **KATA NI**
- H. CHI KATA (**Individually** & With a Partner)

### **4. JUDO (SHOULD PRACTICE JUDO FROM BOTH SIDES)**

- A. ESCAPES: (Should practice on both sides)
  - 1) ALTERNATE ESCAPE TO BEAR HUG
  - 2) ALTERNATE ESCAPE TO FULL NELSON
  - 3) ALTERNATE ESCAPE TO HALF NELSON
- B. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- C. SHOULDER THROW
- D. DEEP HIP THROW
- E. FRONT HIP THROW
- F. FRONT SHORT HIP THROW
- G. SIDE SHORT HIP THROW
- H. BACK SHORT HIP THROW
- I. COUNTERS:
  - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
  - 2. ALL COUNTERS TO SHOULDER THROW SERIES
  - 3. THREE COUNTERS TO SWEEP
- J. KNIFE ESCAPES: Jab, Overhead & Slash
- K. ESCAPES FROM THE MOUNTED & GUARD POSITION
- L. ALTERNATE ESCAPES TO BEAR HUG, HALF NELSON AND FULL NELSON

### **5. CONTAINMENTS:** (At this Level you vary all techniques you have learned along with many different combinations)

**100** FROM THE FRONT , SIDE AND BACK ATTACKS.

### **6. ADDITIONAL MATERIAL:** 75-100 Hours of Teaching Experience. (Approved by Sensei's & Master)

**7. KUMITE:** **Three students for 2-3 minutes controlled. Then Five or more students at same time defensively only for 3-5 minutes.** NOTE: If you fail to use only defensive techniques & would accidentally throw an offensive technique you could forfeit the entire promotion.