

White Belt - 1st Degree Black Belt Curriculum Checklist



GILBERT DEFENSE ARTS

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Below are the requirements to achieve 1st Degree Black Belt. A student must demonstrate not only the knowledge of this curriculum but also the skill to match it, along with regular attendance in both group and private lessons.

Section I. BASICS

HAND STRIKES			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Palm Heel	<i>Var. face, ribs, groin</i>	White	<input type="checkbox"/>
Hammer	<i>Var. face, ribs, groin, rear, cross</i>	White-Orange	<input type="checkbox"/>
Front Two Knuckle		White	<input type="checkbox"/>
Back Two Knuckle		White	<input type="checkbox"/>
Thurst Punch		White	<input type="checkbox"/>
Shuto	<i>Var. side, cross, downward, driving</i>	Yellow-Orange	<input type="checkbox"/>
Chicken Wrist	<i>Var. cross</i>	Yellow	<input type="checkbox"/>
Back Fist		Orange	<input type="checkbox"/>
Back Hand		Orange	<input type="checkbox"/>
Elbow	<i>Var. round, rising, downward, side</i>	Orange	<input type="checkbox"/>
Spear Poke		Orange	<input type="checkbox"/>
Tiger Claw	<i>Var. face, groin</i>	Purple	<input type="checkbox"/>
Tiger Rake		Purple	<input type="checkbox"/>
Tigers Mouth	<i>Var. inverted</i>	Blue	<input type="checkbox"/>
Leopard Paw	<i>Var. standard, vertical, inverted</i>	Blue	<input type="checkbox"/>
Ridge Hand		Blue	<input type="checkbox"/>
Trigger Finger		Blue Stripe	<input type="checkbox"/>
Immortal Man		Blue Stripe	<input type="checkbox"/>
BLOCKING			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
8-Point Blocking	<i>Var. use with parnter</i>	White	<input type="checkbox"/>
8-Pt with Counters		Yellow	<input type="checkbox"/>
Open Hand 8-Point Blocking	<i>Special emphasis on knife hand blocks</i>	Purple	<input type="checkbox"/>
10-Point Blocking	<i>Dynamic tension exercise</i>	Blue Stripe	<input type="checkbox"/>
KICKS			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Front Ball Kick		White	<input type="checkbox"/>
Side Blade Kick	<i>Var. use with shuffle</i>	White	<input type="checkbox"/>
Back Kick		White	<input type="checkbox"/>
Front Instep Kick		Yellow	<input type="checkbox"/>
Rising Knee Strike		Yellow	<input type="checkbox"/>
Crescent Kick		Orange	<input type="checkbox"/>
Reverse Crescent Kick		Orange	<input type="checkbox"/>
Side Thrust Kick	<i>Var. use with crossover</i>	Orange	<input type="checkbox"/>

Roundhouse Ball Kick		Purple	<input type="checkbox"/>
Roundhouse Instep Kick		Purple	<input type="checkbox"/>
Spinning Back Kick		Purple	<input type="checkbox"/>
Hook Kick		Blue	<input type="checkbox"/>
Spinning Hook Kick		Blue	<input type="checkbox"/>
FOOTWORK			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Half Mooning	<i>Var. use with 8-point blocking</i>	White	<input type="checkbox"/>
Shuffling			<input type="checkbox"/>
Crossover			<input type="checkbox"/>
Pivot to Rear			<input type="checkbox"/>
Hinge			<input type="checkbox"/>
Forward/Rear Step			<input type="checkbox"/>

Section II. DEFENSE TECHNIQUES ("DT's")			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
6		White	<input type="checkbox"/>
7		White	<input type="checkbox"/>
3		Yellow	<input type="checkbox"/>
2		Orange	<input type="checkbox"/>
5		Orange	<input type="checkbox"/>
18		Orange	<input type="checkbox"/>
4		Purple	<input type="checkbox"/>
8		Purple	<input type="checkbox"/>
9		Purple	<input type="checkbox"/>
12		Purple	<input type="checkbox"/>
10		Blue	<input type="checkbox"/>
15		Blue	<input type="checkbox"/>
11		Blue Stripe	<input type="checkbox"/>
14		Blue Stripe	<input type="checkbox"/>
26		Blue Stripe	<input type="checkbox"/>
16		Green	<input type="checkbox"/>
17		Green	<input type="checkbox"/>
13		Green Stripe	<input type="checkbox"/>
19		3rd Brown	<input type="checkbox"/>
20		3rd Brown	<input type="checkbox"/>
1		2nd Brown	<input type="checkbox"/>
21		2nd Brown	<input type="checkbox"/>
1-21, 26	<i>Left Handed</i>	1st Brown	<input type="checkbox"/>

Section III. FORMS			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Pinan #1		Yellow	<input type="checkbox"/>
Pinan #2		Orange	<input type="checkbox"/>
Kata #1		Orange	<input type="checkbox"/>

Pinan #3		Purple	<input type="checkbox"/>
Kata #2		Blue	<input type="checkbox"/>
Northern 2 Man	<i>Proficient with a partner</i>	Blue	<input type="checkbox"/>
Pinan #4		Blue Stripe	<input type="checkbox"/>
Southern 2 Man	<i>Proficient with a partner</i>	Blue Stripe	<input type="checkbox"/>
Stature of the Crane		Green	<input type="checkbox"/>
Pinan #5		Green Stripe	<input type="checkbox"/>
Kata #3		Green Stripe	<input type="checkbox"/>
Kata #4		3rd Brown	<input type="checkbox"/>
Kata #5		2nd Brown	<input type="checkbox"/>
Kata #6		1st Brown	<input type="checkbox"/>

Section IV. GRAB DEFENSE			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Single Wrist	<i>Var. same side, cross wrist</i>	White	<input type="checkbox"/>
Front Choke		White	<input type="checkbox"/>
Bear Hug		White	<input type="checkbox"/>
Double Wrist		Yellow	<input type="checkbox"/>
Rear Choke (two hand)		Yellow	<input type="checkbox"/>
Rear Hair Grab		Orange	<input type="checkbox"/>
Rear Choke (one arm - drag)		Orange	<input type="checkbox"/>

Section V. GROUND DEFENSE			
LEVEL 1: "Kicking & Distance"			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Slapping Out & Ready Position			<input type="checkbox"/>
Getting Up			<input type="checkbox"/>
First Poisiont (back)			<input type="checkbox"/>
Heel Kick			<input type="checkbox"/>
Turtle Kick			<input type="checkbox"/>
Second Postion (side)			<input type="checkbox"/>
Side Kick			<input type="checkbox"/>
Turtle Kick			<input type="checkbox"/>
Third Position (hands & knees)			<input type="checkbox"/>
Back Kick			<input type="checkbox"/>
Movement: Rotation	<i>Spinning</i>		<input type="checkbox"/>
Movement: 180	<i>Sit up and reposition</i>		<input type="checkbox"/>
Defend against "passing legs"	<i>attacker tries to pass your legs to get to you</i>		<input type="checkbox"/>
Defend against "kicks"	<i>attacker tries to kick you in the head</i>		<input type="checkbox"/>
Defend against "stomps"	<i>attacker tries to stomp on your head</i>		<input type="checkbox"/>
Defend against "mount attempt"	<i>attacker tries to go through your legs</i>		<input type="checkbox"/>
LEVEL 2: "Pinned Positions"			
Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>

Understand Bridging			<input type="checkbox"/>
Understand Shrimping			<input type="checkbox"/>
Understand Bridge & Reach			<input type="checkbox"/>
Mounted Defense	<i>Understanding position and control</i>		<input type="checkbox"/>
Standard Escape			<input type="checkbox"/>
Var. Arm Grab Attempt			<input type="checkbox"/>
Var. Choke			<input type="checkbox"/>
Var. Arms Pinned			<input type="checkbox"/>
Var. Punched	<i>Var. straight and hook punch defense</i>		<input type="checkbox"/>
Inside Guard	<i>Understanding position and control</i>		<input type="checkbox"/>
Inching	<i>Moving back to create space</i>		<input type="checkbox"/>
Shrimp	<i>If you can't move back, coil to create space</i>		<input type="checkbox"/>
Hook & Roll	<i>If weight is more on you, collapse leg.</i>		<input type="checkbox"/>
Side Control	<i>Understanding position and control</i>		<input type="checkbox"/>
Shrimp to guard			<input type="checkbox"/>
Pass through			<input type="checkbox"/>
Pinned On Belly	<i>Understanding position and control</i>		<input type="checkbox"/>
Above Hips			<input type="checkbox"/>
Below Hips			<input type="checkbox"/>
Leg Grab Attempt			<input type="checkbox"/>
			<input type="checkbox"/>

LEVEL 3: Submission & Control

Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Plank to Bridge Exercise		<i>Not Testable</i>	<input type="checkbox"/>
Dominant Position Flow Drills	<i>Side, Scarf, Reverse Scarf, Mount, Side -- Able to work back to start</i>	<i>Not Testable</i>	<input type="checkbox"/>
Dominant Position Flow Drills	<i>Defense: able to escape each position</i>	<i>Not Testable</i>	<input type="checkbox"/>
Dominant Position Flow Drills	<i>Submission: able to execute a submission from each position</i>	<i>Not Testable</i>	<input type="checkbox"/>
Arm Bar from Mount		<i>Not Testable</i>	<input type="checkbox"/>
Arm Bar from Side Control		<i>Not Testable</i>	<input type="checkbox"/>
Arm Bar from Scarf		<i>Not Testable</i>	<input type="checkbox"/>
Arm Bar from Guard		<i>Not Testable</i>	<input type="checkbox"/>
Americana "Keylock" from Side		<i>Not Testable</i>	<input type="checkbox"/>
Americana "Keylock" from Mount		<i>Not Testable</i>	<input type="checkbox"/>
Americana "Keylock" from Guard		<i>Not Testable</i>	<input type="checkbox"/>
Traingle Choke		<i>Not Testable</i>	<input type="checkbox"/>
Rear Naked Choke		<i>Not Testable</i>	<input type="checkbox"/>
Guillotine Choke		<i>Not Testable</i>	<input type="checkbox"/>

Section VI. COUNTER BLADE CONCEPTS

Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
CBC 3	<i>Var. multiple attacks, grab & stab, low 5</i>		<input type="checkbox"/>
CBC 1 - Shoulder Stop			<input type="checkbox"/>
CBC 1 - Cover & Smash			<input type="checkbox"/>
CBC 2			<input type="checkbox"/>

Overhead Angle 5	<i>Pass to CBC 3</i>		<input type="checkbox"/>
Passing Drill			<input type="checkbox"/>
Hubud			<input type="checkbox"/>
Defect & Counter			<input type="checkbox"/>
Pass & Stike			<input type="checkbox"/>
Cover & Smash			<input type="checkbox"/>
Static Attack - Low 5 (knife to belly)			<input type="checkbox"/>
Static Attack - knife to throat (open)			<input type="checkbox"/>
Static Attack - knife to throat (closed)			<input type="checkbox"/>
Static Attack - Knife to back			<input type="checkbox"/>
Static Attack - Knife to throat (behind)			<input type="checkbox"/>

Section VII. CLUB DEFENSE

Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Overhear Club Techniques (Angle 5)			<input type="checkbox"/>
1 - "Dive Through"			<input type="checkbox"/>
2 - "Block & Deflect" (with takedown)			<input type="checkbox"/>
3 - "Block & Collapse"			<input type="checkbox"/>
4 - "Slip Outside"			<input type="checkbox"/>
5 - "Elbow"			<input type="checkbox"/>
			<input type="checkbox"/>
Side Club Technqiues (Angle 1)			<input type="checkbox"/>
1 - "Double Block"			<input type="checkbox"/>
2 - "Face"			<input type="checkbox"/>
3 - "Trap" (right high)			<input type="checkbox"/>
4 - "Deflect" (left high)			<input type="checkbox"/>
5 - "Go"			<input type="checkbox"/>
			<input type="checkbox"/>
Reverse Club Techniues (Angle 2)			<input type="checkbox"/>
1 - "Double Block-Arm Bar"			<input type="checkbox"/>
2 - "Deflect to Break"			<input type="checkbox"/>
3 - "Elbow - Takedown"	<i>Elbow ribs, ridge to neck, grab head, sweep takedown</i>		<input type="checkbox"/>
4 - "Double Block to Shoulder Tkdn"	<i>Double block, wrap left arm over to figure 4 lock arm, rotate back to left and takedown, finish</i>		<input type="checkbox"/>
5 - "Pass to Head Takedown"	<i>Pass to inside, knee, grab head and pull through to takedown</i>		<input type="checkbox"/>
Use of CBC Techniques	<i>Use of CBC techqnieus are also acceptable for all applicabale club attacks</i>		<input type="checkbox"/>

Baseball Bat Techniques

Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Cover & Trap			<input type="checkbox"/>
Cover & Head Takedown			<input type="checkbox"/>
CBC 3			<input type="checkbox"/>

Section VIII. SPARRING

Name	Notes	Rank Taught At	<input checked="" type="checkbox"/>
Handstrikes 1-4	<i>hight and low variations</i>		<input type="checkbox"/>
<i>Handstrikes 5-8 (optional)</i>	<i>use of uppercut and overhand attacks</i>		<input type="checkbox"/>
Other handstrikes	<i>backfist, ridge, body attack variations</i>		<input type="checkbox"/>
Defend Against & Counter 1	<i>blocking "parrying", slipping, cover</i>		<input type="checkbox"/>
Defend Against & Counter 2	<i>blocking "parrying", slipping, cover</i>		<input type="checkbox"/>
Defend Against & Counter 3	<i>blocking, snap back</i>		<input type="checkbox"/>
Defend Against & Counter 4	<i>blocking, snap back</i>		<input type="checkbox"/>
Effectively use Front Kick	<i>offense and defensive use</i>		<input type="checkbox"/>
Effectively use Roundhouse Kick			<input type="checkbox"/>
Defend against Roundhouse Kick			<input type="checkbox"/>
Effectively use Spinning Back Kick			<input type="checkbox"/>
Defend against Spinning Back Kick			<input type="checkbox"/>
Effectily throw combinations			<input type="checkbox"/>
Use of proper footwork			<input type="checkbox"/>
Able to spar for multiple 2 min rounds			<input type="checkbox"/>
Show improvement and continued development in sparring skills			<input type="checkbox"/>

