

BLACK BELT

1 ST DAN



REQUIREMENTS

STUDENT NOTES
FORCE OPTIONS SELF-DEFENSE

REQUIREMENTS FOR RANK

Core Techniques				
Hostile Handshakes (1)	Bear Hugs from Back Arms in (1-4)			
Bear Hugs Front Arms In (1-2)	Bear Hugs Front Arms Out (1-3)			
Defense against Kicks (1-4)				

(Not Required for Belt Advancement)

Additional Program			
Ground Survival LV-5	TTP LV-5		

Weapons Training Disarming			
Knife (4)	Handgun (7)		

CORE TECHNIQUES

Hostile Handshake (1)

M
100
F (6)
27

	CI				
	100				
		BAT	11.		
- A		ALD.	(A)	N E o	
	//20/			6	
ens <mark>e Ag</mark> a	ni <mark>n</mark> st F <mark>ron</mark>	t Bear H	lugs Arı	ns In ((2)
ens <mark>e Ag</mark> a	ninst Fron	t Bear H	lugs Arı	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Arı	ms In ((2)
nse Aga	ninst Fron	t Bear H	lugs Arı	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Arı	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Arı	ns In ((2)
nse Aga	ninst Fron	t Bear H	lugs Arı	ns In ((2)
nse Aga	ninst Fron	t Bear H	lugs Arı	ns In ((2)
nse Aga	ninst Fron	t Bear H	lugs Ari	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Ari	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Ari	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Ari	ns In ((2)
ense Aga	ninst Fron	t Bear H	lugs Ari	ns In ((2)
ense Aga	ninst Fron	t Bear H	Hugs Ari	ms In ((2)

Defense Against Front Bear Hugs Arms Out (3)

	O CE	OPT	
	COMBA	AT HA	
		TA	
8			
	U ZZZ	1000	
		DEE	
		DIE	

Defense against Front Kicks (4)

CROP ONE AT HAR	
ONBAT HA	
	792
	10
	10-2
	-7
CAN NO	
A SALES INTEREST	

KNIFE DISARMING (4)

	CAT II
	Albari Ha
,	
· · · · · · · · · · · · · · · · · · ·	
	THE PARTY OF THE P

HAND GUN DISARMING (7)

		CH			
		113	TH.	300	
		OHIDA	The state of the s	10.	
		9/			
		1/ 1			
				7-20	1
- 1		12,		30 A	
		A.J.N	1 101		7
	-	7			
		HUT -	TO REAL		

HANDGUN DISARMING

CIE ORP 70
 ABAT Ha
TO NO