

KIDS WHITE BELT 8th KUP

1st Stripe - Stances - Hand Techniques - Falling

Stances:

Attention	Charyot
Ready	Choon-Bee
Horse Riding Stance	
Walking Stance	
Guard Stance	

Hand Techniques:

Traditional Punch	High, Middle	Horse riding stance
Traditional Blocks	Upper, Inner, Outer, Lower	Horse riding stance
Combination Punching	Jab, Cross, Hook	Guard Stance

Falling:

Catroll
Backfall

2nd Stripe - Kicking Techniques

Back Kick	Knee Height
Front Knee to Head	Mid Section (pull Opponents Head down as kneeling)
Front Kick	Mid Section
Turning Kick	Mid Section - Head Hight
Outer Crescent Kick (Inside to outside)	Head Height

3rd Stripe - White Belt Pattern 1

1. Step right leg back into walking stance - left hand upper block. KYUP
2. Right hand mid section reverse punch.
3. Right leg front kick (to stomach) stepping forward into walking stance.
4. Right hand outer block.
5. Right hand lower block.
6. Left hand mid section reverse punch.
7. Left leg front kick (to stomach) stepping forward into walking stance.
8. Left hand outer block.
9. Left hand lower block.
10. Right hand mid section reverse punch. KYUP
11. Choon-Bee

Belt - Grappling

Pull Guard

Description: Grips - Opponents elbow sleeve & lapel (thumb in lapel) Step up, one leg on each side of opponent & pull partner in to guard by laying back and wrapping legs around opponent's waist (above hips) locking feet behind opponents back.

Side control

Description: Laying at a right angle on top of opponent, top elbow on far side of opponent's head pulling towards self, hand underneath opponents shoulder, bottom hand blocking opponents hip on near side of opponent's body. Hang hips low to ground on balls of feet, knees do not touch the floor.

Mount

Description: From side control move to lower switch base side control (top leg moves under bottom leg, knee to opponent's hip) Grip opponent far knee and pull towards self, step far leg over to opponent's hip (Kill the fly). Knee drops to floor, then slide both knees under opponent's arm pits with toes curling under the opponent's butt. Arms wide a part and straight with head up and stomach to opponents face.

Takedown from knees

Description :Pull Arm/Push Collar – Thumb in same side collar, other hand grabbing opponents elbow sleeve, step up on same side as collar grip, pull arm toward and downward while pushing collar twisting opponent's shoulders, finish in long base side control

Back Mount

Description: When partner is face down flat on the ground, take a position the same as mount

Back Control

Description: Demonstrate with opponent sitting, kneeling or on all fours (hands and knees)

Gain a seatbelt grip (one arm over the opponents shoulder the other arm under the opponent arm pit) Have head tight next opponent head (ear to ear) and have each leg hooking opponents legs (separately - NOT crossed)

KIDS ORANGE BELT 7th KUP

1st Stripe - Stances - Hand Techniques - Falling

Stances:

L Stance with double block

Hand Techniques:

Inner Knifehand Strike	Neck	Horse riding & L stance
Outer Knifehand Strike	Neck	Horse riding & L stance
Knife hand Blocks	Upper. Inner, Outer Palm toward Palm out, Lower	Horse riding stance
Combination Punching	Upper Block, Cross, Hook, uppercut	Sparring Stance

Falling:

Catroll	Distance & Height (1-2 targets)
Reverse Catroll	
Side Fall	
Front fall	

2nd Stripe - Kicking Techniques

Oblique Kick (using arch of foot)	Knee Height
Turning back kick	Mid Section
Front Faint Turning kick	Head Height

3rd Stripe - Orange Belt Pattern 2

1. Step right leg forward into L stance, double knifehand block, step right leg out into walking stance, left hand upper knife hand block, right then left punch to head KYUP on second punch.
2. Left leg front kick to mid section, right leg turning kick to head stepping into right leg forward L stance, double block then pivot left leg 90 degree's (backward around to face left), left leg forward L stance double block, KYUP on double block
3. Left hand lower knife hand block, right leg front faint turning kick to head right leg forward sparring stance, grab with both hands left leg shin kick KYUP, chamber leg and place to the left (looking right), right leg forward L stance double block.
4. Step left leg forward into L stance left hand outer knife hand strike to neck, step right leg forward into L stance right hand inner knife hand strike to neck, slide right leg across for left leg turning back kick to stomach, (chamber leg) before placing forward into L stance, right leg slide forward to create L with feet and arms then slide right leg forward into L stance KYUP on double block.
5. Choon-Bee

Belt - Grappling

Bridging Drill – Straight – Side to Side

Description: From flat on back with hands protecting neck and elbows on the body, bring feet close to butt, lift hips going high as possible shoulders. Same as previous except now pivoting to one shoulder and reaching over and away as far as possible (app 45 degrees) with opposite hand, bring hips back down and repeat on other side.

Hip Escape Drill

Description: From flat on back with hands protecting neck and elbows on the body, bring feet close to butt, make a small bridge (lifting hips), lean on one shoulder and pivot by driving your hips back using your legs and feet, creating a right angle with your body. Repeat the same on other side, moving down the training floor.

Posture from Guard

Demonstrate: Kneeling in guard with knees close and slightly under opponents butt, sit tall with lower back in and chest high, head looking to the ceiling. Grip the opponents lapel, one hand high (Solar Plexus) other hand grabbing opponents belt.

Knee Ride/Knee on Belly

Description: Grips – Opponents elbow sleeve, opponents opposite far knee.

From side control bring top arm around opponent's head and grip their sleeve at the elbow and punch the floor, when this is done take the other hand (near opponents bottom legs) over to the opponents opposite hip and punch the floor. Spring up (like a burpie) placing the lower knee to the opponent's stomach while the top leg is up on the foot. Slide your hand along opponents far leg to grab their gi on the outside of their knee. Straighten body, pulling up on opponents arm and leg off the floor. **Important Note:** The top arm (grabbing the elbow sleeve) is completed before the other arm moves to the opposite side of the opponent.

Mount Escape (Bridge then Roll)

Description: Keeping Elbows in on body and hands protecting neck, bump hips to knock opponent forward, grab opponents arm and block the opponents leg on the same side with your foot. Keeping the opponents elbow firmly gripped on your body reach up with your outside arm and grab the opponents collar behind the neck (thumb in). Bridge hips up forcing opponents head forward and then roll to the side of the blocked arm and leg. Sit straight up in the opponent's guard and gain good posture. **Important Note:** You must bridge the opponent forward before rolling, this is why I changed the name in the description to Bridge then Roll

KIDS YELLOW BELT 6th KUP

1st Stripe - Hand Techniques & Falling

Downward Knifehand Strike	Head	Horse riding & L Stance
Outer Block & Grab	From punch to head	Horse riding stance
Inner ridge hand (Outside to inside)	To neck/temple	Sparring stance
Inner Elbow	To Head	Sparring stance
Practical Punching	Cross, Jab, Elbow, Hook	Sparring stance
Catroll into side fall		
Distance Catroll	3-4 targets	
High Catroll	3-4 targets	

2nd Stripe - Kicking Techniques

Stepping turning kick	Head	Horse Riding stance
Stepping side kick	Stomach	Horse Riding stance
Spinning crescent	Head	Sparring stance

3rd Stripe - Self Defenece

Attack: Same Hand Grab

1. Defence: Twist release into horse riding stance, elbow to opponent's head, step back to sparring stance
2. Defence: Straight Wrist Lock, circle wrist inward, grab opponents hand, stepping back dragging opponent while rolling opponents palm over and to their wrist.
3. Defence: Circle Over Wrist Lock, big circle outward, grab back of opponents hand, stepping back dragging opponent while rolling opponents palm over and to their wrist. **Important Note:** Opponents should must be lower than wrist to be effective
4. Defence: Wing Lock
5. Defence: Outer wrist lock forcing opponent to breakfall

Attack: Cross hand grab

6. Defence: Arm bar over - outer block & grab, step outwards, place wrist above opponent's elbow, step forward arm bar over.
7. Defence: Grab opponent with both hands, step under arm (not a cross step), step forward arm bar over

Attack: Rear hand grab (opposite hand)

8. Defence: Wing Lock
9. Defence: Outer wrist lock forcing opponent to breakfall

Attack: Choke (two hands)

10. Defence: Circle one arm over attacker's arms turning 180 degrees, back kick to knee with opposite leg, step forward into sparring stance.

Belt - Grappling - Sparring & Pattern 3

Cross Lapel Choke	From Guard
Rear Naked Choke	From Back
Technical Arm Bar	From Mount
Americana (Fig 4)	From Mount

Grappling - attempting to use the techniques learnt - **Sparring** - attempting to use the techniques learnt

Yellow Belt Pattern:

1. Step left leg forward L stance, left hand outer knifehand block (palm toward), slide left leg into walking stance, right hand reverse punch to head, right hand outer knifehand block (palm out), right leg outer crescent kick to head placing forward into sparring stance, left leg front kick to mid section placing forward into walking stance, right hand reverse punch, KYUP.
2. Step forward right leg L stance right hand outer knifehand block (palm toward), slide right leg into walking stance, left hand reverse punch to head, left hand outer knifehand block (palm out), left leg outer crescent kick to head placing forward into sparring stance, right leg front kick to mid section placing forward into walking stance, left hand reverse punch, KYUP.
3. Pivot 90 degree's to the left, while pivoting right hand upper knife hand block (left leg will now be in front) walking stance, left then right punch to head, right leg front kick to mid section, left leg turning kick to head stepping into left leg forward L stance, double block, then pivot right leg 90 degree's (backward around to face right), right leg forward L stance double block, KYUP on double block.
4. Right hand lower knife hand block, left leg front faint turning kick to head left leg forward sparring stance, grab with both hands right leg shin kick KYUP, chamber leg and place to the right (looking left), left leg forward L stance double block.
5. Step right leg forward into L stance right hand outer knife hand strike to neck, step left leg forward into L stance left hand inner knife hand strike to neck, slide left leg across for right leg turning back kick to stomach, (chamber leg) before placing forward into L stance, KYUP on double block
6. Choon-Bee

KIDS GREEN BELT 5th KUP

1st Stripe - *Hand Techniques & Falling*

Hand Techniques:

Palm Heel Strike	To Head	Horse Riding & L Stance
Upper & Lower X Block	Guard Head the Stomach	Horse Riding Stance
Hammer Fist	To Collar Bone - Jaw - Temple	Sparring Stance
Stepping Hammer Fist	To Collar Bone - Jaw - Temple	Sparring Stance
Defensive Spinning Elbow	To Head	Sparring Stance
Spinning Elbow	To Head	Sparring Stance
Spinning Back Fist	To Head	Sparring Stance
Spinning Knife-Hand	To Neck	Sparring Stance

Falling:

Turning Sidefall
No hands Catroll
Multiple Falling

2nd Stripe - *Kicking Techniques*

Step up turning kick	To Head	Sparring stance
Hook kick (Back Leg)	To Head	Sparring stance
High spinning heel	To Head	Sparring stance

3rd Stripe - *Self Defence*

Attack: Same Hand Grab

1. Defence: Chinese Burn
2. Defence: Shoulder Lever, step outward (not a cross step) as swapping hands & shoulder lever
3. Defence: Arm Bar Under, step outward (not a cross step) as swapping hands & arm bar under

Attack: Cross hand grab

4. Defence: Chinese Burn
5. Defence: Police Elbow Lock
6. Defence: Wist & Fingers lock

Attack: Two Hands Grabbing One

7. Defence: Chinese Burn using wrist
8. Defence: Wing Lock

Attack: Rear Hand Grab (opposite hand)

9. Defence: Chinese Burn
10. Defence: Shoulder Lever

Belt - *Grappling - Sparring & Pattern 4*

Toriander Guard Pass	Standing in Guard
Near Armbar	From Knee Ride
Basic leg push Sweep	From Guard
Head Arm Control	From Switch Base Side Control

Grappling - attempting to use the techniques learnt

Sparring - attempting to use the techniques learnt

MMA Sparring - attempting to use the techniques from Sparring & Grappling (starting standing then to grappling on command)

Green Belt Pattern:

Combine Orange and Yellow Belt Patterns together to form a figure 8 and finish back at the start

KIDS BLUE BELT 4th KUP

1st Stripe - Stances -Hand Techniques & Falling

Stances:

Cat Stance

Hand Techniques:

Upper Crane Block	Guard Head (from Downward Strike)	Horse Riding Stance
Outer Crane Block	Guard Head	Horse Riding Stance
Rolling Palm Heel	To Head	Horse Riding Stance
Rolling Straight Punch	To Head	Horse Riding Stance
Rolling Backfist	To Head	Horse Riding Stance
Rolling Palm Heel	To Head	Cat Stance
Rolling Straight Punch	To Head	Cat Stance
Rolling Backfist	To Head	Cat Stance

Falling:

Distance Catroll	5-6 targets
Distance Turning Sidefall	2 Targets

2nd Stripe - Kicking Techniques

Sweep & Sliding Hook	To Head	Sparring Stance
Inner Axe Kick	To Collar bone	Sparring Stance
Low Spinning Heel	To Ankle/Calf	Sparring Stance

Kumdo:

Shinai Strike	To Head	Horse Riding Stance
Shinai Strike	To Wrist	Horse Riding Stance

3rd Stripe - Self Defence

Attack: Full Nelson

1. Defence: Block jamming opponents elbow, Wrist and finger lock
2. Defence: Rake Finger and peel back to break grip, turn to face opponent then take down with finger lock

Attack: Headlock Side

3. Defence: Drop behind & roll
4. Defence: Arm wrench & armbar using shoulder

Attack: Headlock Front

5. Defence: Wrist and Forearm
6. Defence: Roll under Attack eyes

Attack: Hair Front

7. Defence: Knuckles take down, step back
8. Defence: Arm bar over

Attack: Hair Rear

9. Defence: Wrist & Forearm
10. Defence: Chinese Burn

Attack: Multiple Grabs Random Grabs from multiple opponents)

11. Defence: Using self defence techniques learnt

Belt - Grappling - Sparring & Pattern

Triangle Choke	From Guard
Armbar from the Guard	From Guard
Cross Lapel Choke	From Mount
Americana (Fig 4)	From Mount

Grappling - attempting to use the techniques learnt

Sparring - attempting to use the techniques learnt

KIDS BROWN BELT 3rd KUP

1st Stripe - Stances -Hand Techniques & Falling

Stances:

Cat Stance

Hand Techniques:

Upper Crane - Lower Palm Block – Rolling Palm Heel Strike

Side Palm - Outer Crane Block

Circular Crane Strike

Circular Inner Knife Hand

Circular Inner Ridge Hand

Circular Upper Elbow

To Jaw or Temple

To Neck - Jaw - Temple

To Neck - Jaw - Temple

To Head

Sparring stance

Sparring stance

Sparring stance

Sparring Stance

Falling:

Reverse turning sidefall

Distance turning sidefall

4 targets

2nd Stripe - Kicking Techniques

Jumping Turning Back Kick

Scissor Takedown

Flying Side Kick

Kumdo:

Shinai Strike 3 Step

Shinai Strike 2 Step

Shinai Strike 1 Step

Head - Wrist - Body

Head - Wrist - Body

Head

Sparring Stance

Sparring Stance

3rd Stripe - Self Defence

Attack: Rear Grab (both hands)

1. Defence: Thrust out circle release, Wrist & Forearm
2. Defence: Thrust out circle release, Armbar Over
3. Defence: Defence: Thrust out circle release, Tornado Throw
4. Defence: Defence: Thrust out circle release, Outer Wrist Throw
5. Defence: Defence: Thrust out circle release, Whip Throw

Attack: Rear Grab Elbow Sleeve Same Hand

6. Defence: Armbar
7. Defence: Wrist & Forearm

Attack: Rear Grab Elbow Sleeve Opposite Hand

8. Defence: Wing Lock
9. Defence: Chinese Burn

Attack: Rear Bear Hug Arms Free

10. Defence: Break Grip (driving weight downwards) - Over Wrist Lock, Kick Opponent in Head
11. Defence: Break Grip (driving weight downwards) - Wing Lock Takedown

Attack: Rear Choke Using Hands

12. Defence: Grab Opponents Hands, Back kick, turn under lock both elbows
13. Defence: Back kick, turn under lock both elbows

Attack: Head Lock

14. Defence: Knee pressure point, turn & throw
15. Defence: Ear pressure point, cutting arm bar

Attack: Multiple Grabs Random Grabs from multiple opponents)

16. Defence: Using self defence techniques learnt

Belt - Grappling - Sparring & Pattern

Kimura From Guard

Kimura From Side Control

Kimura From Switch Base Side Control, Using Leg

Kimura From Front Control

Grappling - attempting to use the techniques learnt

Sparring - attempting to use the techniques learnt

MMA Sparring - attempting to use the techniques from Sparring & Grappling

KIDS RED BELT 2nd KUP

1st Stripe - Stances -Hand Techniques & Falling

Stances:

Cat Stance

Hand Techniques:

Lower and Outer Block Combines

Circular Crane Strike

Circular Crane strike

Circular Ridge Hand

Circular Knife Inner Knife Hand Strike

To Head

To the Head

To the Head

To the Neck

Horse Riding Stance

Horse Riding Stance

Sparring Stance

Sparring Stance

Sparring Stance

Falling:

No Hands turning sidefall

Distance turning sidefall

High Catroll

5 targets

Hard Floor

2nd Stripe - Kicking Techniques

Stepping spinning turning kick

Stepping high spinning heel

Stepping turning Back Kick

To Head

To Head

To Stomach

Sparring Stance

Sparring Stance

Sparring Stance

3rd Stripe - Self Defence

Attack: Front Kick

Defence: 5 Techniques

Attack: Turning Kick

Defence: 5 Techniques

Attack: Knife Thrust

1. Defence: Block, Wrist and Forearm

2. Defence: Block, Whip Throw

3. Defence: Block, Shoulder Lever

4. Defence: X Block, Outer Wrist Lock

5. Defence: X Block, Roll Over Wrist Lock

Attack: Knife Attack Downward

Defence: 5 Techniques

Attack: Knife Attack Inwards

Defence: 5 Techniques

Lock Flow

15 Techniques

Attack: Multiple Grabs Random Grabs from multiple opponents)

Defence: Using self defence techniques learnt

Belt - Grappling - Sparring - MMA & Pattern

Grappling - attempting to use the techniques learnt

Sparring - attempting to use the techniques learnt

MMA Sparring - attempting to use the techniques from Sparring & Grappling

Red Belt Pattern:

KIDS PROVISIONAL BLACK BELT 1st KUP

1st Stripe - Stances -Hand Techniques & Falling

Stances:

Cat Stance

Hand Techniques:

Lower and Outer Block Combines

Circular Crane Strike

Circular Crane strike

Circular Ridge Hand

Circular Knife Inner Knife Hand Strike

To Head

To the Head

To the Head

To the Neck

Horse Riding Stance

Horse Riding Stance

Sparring Stance

Sparring Stance

Sparring Stance

Falling:

No Hands turning sidefall

Distance turning sidefall

High Catroll

5 targets

Hard Floor

2nd Stripe - Kicking Techniques

Stepping spinning turning kick

Stepping high spinning heel

Stepping turning Back Kick

To Head

To Head

To Stomach

Sparring Stance

Sparring Stance

Sparring Stance

3rd Stripe - Self Defence

Attack: Front Kick

Defence: 5 Techniques

Attack: Turning Kick

Defence: 5 Techniques

Attack: Knife Thrust

6. Defence: Block, Wrist and Forearm

7. Defence: Block, Whip Throw

8. Defence: Block, Shoulder Lever

9. Defence: X Block, Outer Wrist Lock

10. Defence: X Block, Roll Over Wrist Lock

Attack: Knife Attack Downward

Defence: 5 Techniques

Attack: Knife Attack Inwards

Defence: 5 Techniques

Lock Flow

15 Techniques

Attack: Multiple Grabs Random Grabs from multiple opponents)

Defence: Using self defence techniques learnt

Belt - Grappling - Sparring - MMA & Pattern

Grappling - attempting to use the techniques learnt

Sparring - attempting to use the techniques learnt

MMA Sparring - attempting to use the techniques from Sparring & Grappling

Red Belt Pattern:

KIDS WHITE BELT 8th KUP

WHITE BELT PATTERN (BY THE NUMBERS)

1. Step the right foot to your left foot while crossing your arms in front of your body (left arm in front of the right arm) and stepping the right leg back into walking stance while executing a left hand upper block (bringing the left arm up in front of the body and head, extending forward with a small bend in the elbow) and retract the right hand back to a traditional punch chamber position.
2. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position
3. Execute a right leg front kick to the mid section retracting back to the chamber position before stepping forward into a right leg forward walking stance (during the kick keep the right arm extended as a punch defending against further attacks)
4. Execute a right hand outer block, (taking the right hand to the left hip then circling around, stopping in front of the right shoulder).
5. Execute a right hand lower block (taking the right hand across to the left shoulder (fingers pointing up) before driving it down and stopping in front of the right knee, keeping a tiny bend in the elbow).
6. Execute a left hand reverse punch to head height while retracting the right hand back to a traditional punch chamber position.
7. Execute a left leg front kick to the mid section retracting back to the chamber position before stepping forward into a left leg forward walking stance (during the kick keep the left arm extended as a punch defending against further attacks)
8. Execute a left hand outer block, (taking the left hand to the right hip then circling around, stopping in front of the left shoulder).
9. Execute a left hand lower block (taking the left hand across to the right shoulder (fingers pointing up) before driving it down and stopping in front of the left knee, keeping a tiny bend in the elbow)
10. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.

On the command step the right leg back to Choon-Bee

COMBINATION TECHNIQUES

Combination Kicks

Combination Kicking	Spinning Crescent (head), Turning Kick (head)
Combination Kicking	Hook Kick (head), Turning Kick (head), High Spinning Heel (head)
Combination Kicking	Turning Kick (head), Sliding Hook Kick (head), Turning Kick (leg), High Spinning Heel (head)
Combination Kicking	Hook Kick (head), Front Kick (Stomach), Turning Kick (head), High Spinning Heel (head), Low Spinning Heel (leg)

Komdo	Basic Strike – Head – Wrist – Cut	Horse Riding Stance
Komdo	3 Step Strike – Head – Wrist – Cut	Sparring Stance
Komdo	2 Step Strike – Head – Wrist – Cut	Sparring Stance
Komdo	Continuous Striking Head – Wrist	Sparring Stance
Dan Bong (app 33cm x 25mm)	Basic Strikes - Thrust – Butt – Rotating – Swinging	
Dan Bong	Defence against Komdo	
Dan Bong	Locks	