



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult Orange Belt Requirements

Stances: <input type="checkbox"/> Cross Stepping Kicking: <input type="checkbox"/> Roundhouse kick <input type="checkbox"/> Inside to Outside Crescent <input type="checkbox"/> Outside to Inside Crescent	Striking to Fighting stance: <input type="checkbox"/> Upper Cut <input type="checkbox"/> Hook Punch Striking to Horseback stance: <input type="checkbox"/> Elbow strike Striking from Back stance: <input type="checkbox"/> Jab & Reverse punch combination <input type="checkbox"/> Back fist	Blocking from Fighting stance: <input type="checkbox"/> Front Hand Block (Outside) <input type="checkbox"/> Front Hand Block (Inside) <input type="checkbox"/> Back Hand Block (Outside) Self Defense: <input type="checkbox"/> #2 Front Hair Pull (1 hand)
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Minimum of 8 classes and 1 month

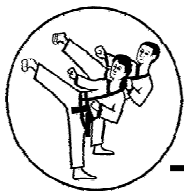
Breakaways: Wrist Releases <input type="checkbox"/> #5 – Radial Nerve Strike – Elbow Strike <input type="checkbox"/> #6 – Release to Opposite Knee <input type="checkbox"/> #7 – Release Across Chest <input type="checkbox"/> #8 – Release Across Face <input type="checkbox"/> #9 – Release - Takedown	Breakfalls: Forward Rolling <input type="checkbox"/> Right side <input type="checkbox"/> Left side	Defenses (Same Side Grab): <input type="checkbox"/> #3 – Inside Wrist Twist – Center Mass Strike <input type="checkbox"/> #4 – Arm Bar <input type="checkbox"/> #5 – Full Peel
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Minimum of 16 classes and 2 months

Vocabulary: <input type="checkbox"/> Korean Vocabulary Do Bok – Uniform Hapkido – The way of coordinated power Jung Kwon – Straight Punch Da Rae Gi Sae – Fighting Stance Ha Dan Mak Gi – Down block Shi Jak – Begin Ki Hap – Yell or shout	Defenses against Cross Grab <input type="checkbox"/> #1 – Arm Bar <input type="checkbox"/> #2 – Elbow Break - Takedown <input type="checkbox"/> #3 – Face Strike – Arm Bar Self Defense: <input type="checkbox"/> #1 Side Headlock <input type="checkbox"/> #1 Lapel Grab – ½ peel <input type="checkbox"/> #2 Lapel Grab – Full peel	Arm bars against: <input type="checkbox"/> Belt grab <input type="checkbox"/> Lapel grab <input type="checkbox"/> Rear Shoulder
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Minimum of 24 classes and 3 months

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$30.00 includes belt and certificate
- Minimum of 24 classes and 3 months



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Breakaways - Escape

Technique #5

1. Live Hand
2. Drop Center of Gravity
3. Step across your opponent - stepping outside of opponents lead foot.
4. Turn wrist up to expose radial nerve
5. Strike radial nerve with knifehand strike
6. While pulling out hand - (pretend elbow striking someone behind you)
7. Quickly spin around
8. Bring hand up to protect your face.
9. Elbow opponent in the center mass.

Technique #6

1. Live Hand
2. Drop Center of Gravity
3. Step in toe to toe with attacker
4. push elbow into opponent and point hand towards your opposite knee
5. Shoot hand to the opposite knee (down at an angle).
6. Come back with elbow strike or Backfist

Technique #7

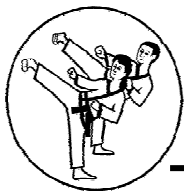
1. Live Hand
2. Drop Center of Gravity
3. Step in perpendicular to your opponent
4. Drive elbow into opponent.
5. Turn hand so palm is facing down
6. Twist waist and bring arm horizontally around body
7. come back with elbow strike or Backfist

Technique #8

1. Live Hand
2. Step into opponent
3. Push elbow into opponent and point elbow down.
4. Shoot hand up at an angle across your body
5. Check grabbing hand with other hand
6. Come back with elbow strike or knifehand strike

Technique #9 (Includes a Takedown)

1. Live Hand
2. Step outside of opponent get in tight so your thigh and knee are touching the backside of opponents knee.
3. Push elbow into opponent and point elbow down
4. Shoot hand up and across opponents face
5. Check opponents arm with other hand
6. Lean in and rotate hips to take opponent down



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Defenses again Same Side Wrist Grab

Technique #3

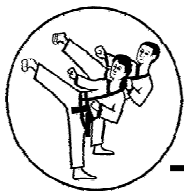
1. Live Hand
2. Distraction Technique
3. Turn your Palm up - Keeping elbow close to body
4. With other hand grab thumb side of opponent hand with your fingers and place thumb on the back of the hand
5. Twist the opponents hand
6. Bring other hand up and grab other side of opponent's hand.
7. Twist wrist until pinky is up
8. Strike opponent in center mass with his own elbow
9. Pull out on opponents wrist as you step back taking opponent to the ground in front of you
10. Control opponent on the ground

Technique #4

1. Live Hand
2. Distraction Technique
3. Turn wrist to the outside while trapping the hand
4. Grab hand with opposite hand placing the thumb into webbing between the thumb and first finger and the rest of the fingers into the palm of the hand
5. Turn wrist over exposing the thumb. Break away against the thumb
6. Place forearm above the elbow,
7. Step in
8. Press down arm while keeping the wrist up.
9. Control to ground

Technique #5

1. Live Hand
2. Distraction Technique
3. Turn wrist to the outside while trapping the hand
4. Keep the thumb inside of arm (tiger mouth, arc hand)
5. Continue to rotate the wrist around
6. Place other hand on the back of hand
7. Keep elbows in tight to your sides
8. Try and touch fingertips to elbows (locking the wrist, elbow and shoulder)
9. Drive the opponent forward and to the ground



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Defenses against Cross Wrist Grab

Technique #1

1. Live Hand
2. Distraction Technique
3. Rotate hand up and outside to counter grab wrist
4. Rotate wrist until fingers are pointing up
5. Place other live hand above elbow
6. Step in and Arm Bar

Technique #2

1. Live Hand
2. Distraction Technique
3. Counter grab Twisting wrist inside
4. Join with other hand for support
5. Step with your back to opponent and bring arm across shoulder
6. From here there are a couple of ways to take the arm
 - a. Pull straight hand straight down and dislocate or break elbow
 - b. Elbow to center mass, bring hand over head and take opponent to the ground and control

Technique #3

1. Live Hand
2. Inside counter grab
3. Step in and strike with other hand across face
4. Continue to bring arm around with the thumb up
5. Cross under the elbow using your radial bone to block elbow
6. Continue to twist the wrist as you pull down on hand.
7. You can grab your own cloths for more control and power

Self Defense

Hair Pull Techniques

2. Front (1 hand) - Grab wrist with both hands, Pivot towards opponent and break elbow

Headlock Techniques

1. Side - Ridge hand strike to groin (From the front), Reach around with the other hand to pressure point under nose, opposite hand grab groin, Push under nose and pull on groin.

Lapel Techniques

1. Front (1 hand) - ½ Peel
2. Front (1 hand) - Full Peel