



# American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

## Adult **Red Belt** Requirements

### 1st White Tip

<b>Shoulder Grab:</b> <input type="checkbox"/> #4 Reach over - opposite knee <input type="checkbox"/> #5 Reach over – turn hand into <input type="checkbox"/> #6 Grab both hands – Elbow Over <input type="checkbox"/> Minimum of 8 classes and 1 month	<b>One hand Lapel Grab:</b> <input type="checkbox"/> #3 Grab hand/wrist -1/2 peel <input type="checkbox"/> #4 Grab hand/wrist – Elbow Over <input type="checkbox"/> #5 Strike elbow – snake in grab chin <b>Tip date:</b> __ / __ / __ <b>By:</b> _____	<b>Self Defense:</b> <input type="checkbox"/> One Steps (1 – 5)
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### 2nd White Tip

<b>Yudo Sul (Throwing)</b> <input type="checkbox"/> 3 <sup>rd</sup> Directional Throw  <b>Middle Sleeve Grab:</b> <input type="checkbox"/> #1 Grab Hand – roll over – Wrist lock <input type="checkbox"/> #2 Step in – Strike - Wrap Around <input type="checkbox"/> Minimum of 16 classes and 2 months	<b>Breakfalls:</b> <input type="checkbox"/> Long Obstacle  <b>Two hand Lapel Grab:</b> <input type="checkbox"/> #1 Snake in – Arm Bar <input type="checkbox"/> #2 Double Trap – Step back – Strike <b>Tip date:</b> __ / __ / __ <b>By:</b> _____	<b>Back Collar Grabs: (opp in front)</b> <input type="checkbox"/> #1 Arm Bar – using both hands <input type="checkbox"/> #2 Duck under – Arm Bar <input type="checkbox"/> #3 Strike/Elbow Grab – Takedown
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### 3rd White Tip

<b>Joint Locking Techniques:(Finger locking)</b> <input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Side <input type="checkbox"/> Minimum of 24 classes and 3 months	<b>Side Grabs:</b> <input type="checkbox"/> #1 Trap/Strike – Elbow Strike – Sweep <input type="checkbox"/> #2 Trap/Strike – Forearm Strike - TD <b>Tip date:</b> __ / __ / __ <b>By:</b> _____	<b>Self Defense:</b> <input type="checkbox"/> 4 Hand Shake Techniques
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### 4th White Tip

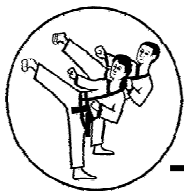
<b>Vocabulary:</b> <input type="checkbox"/> Korean Vocabulary Sa Bu Nim – Martial Art Instructor Dan Jee Sul – Against the Joint Throwing Chun Nahn En You – You are Welcome Yudo Sul – Throwing Ye Soon - Sixty Yi Roon – Seventy Yu Doon - Eighty	<b>Self Defense: (Kicking Defenses)</b> <input type="checkbox"/> 3 Front Kick  <b>Middle Sleeve Grab: (2 hands)</b> <input type="checkbox"/> #1 Rotate in – wrist lock - Takedown <input type="checkbox"/> #2 Double Trap - Takedown <input type="checkbox"/> #3 Single Trap - Takedown <input type="checkbox"/> #4 Grab – strike to face – Wrap Around	<b>Self Defense:</b> <input type="checkbox"/> #6 Lapel <input type="checkbox"/> #7 Lapel <input type="checkbox"/> #8 Lapel <input type="checkbox"/> #2 Headlock (front) <input type="checkbox"/> #3 Bear Hug (front) <input type="checkbox"/> #5 Bear Hug (front)
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Minimum of 32 classes and 4 months    **Tip date:** \_\_ / \_\_ / \_\_    **By:** \_\_\_\_\_

### Red Tip

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$40.00 includes belt and certificate
- Minimum of 32 classes and 4 months

**Tip date:** \_\_ / \_\_ / \_\_    **By:** \_\_\_\_\_    **Exam date:** \_\_ / \_\_ / \_\_



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## Self Defense

### Lapel Techniques

6. Front (1 hand) - Grab opponents sleeve, Step in, Pincer choke
7. Front (1 hand) - Strike to opponents stomach, Strike to face
8. Front (1 hand) - Double upper break, Double knifehand strikes to neck, Double face throw

### Bear Hug Techniques

3. Front (under arms) - Rap on back of neck, Pivot around, Neck throw
5. Front (under arms) - Apply Pressure to side of neck forcing opponent away, Palm Heel strike

### Headlock Techniques

2. Front - Ridge hand strike to groin, Groin throw or Cartwheel throw