

White Birch

San Da Self Defense

Rank Requirements

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Class Format

- 10 Tien Shan Pai Warm-up exercises
- 5 Strikes and Kicks to the heavy bag
- 20 Main Topic
- 10 Secondary Topic
- 5 Cool-Down

Week 1	Week 2	Week 3	Week 4
Strikes / Blocks	Strikes / Blocks	Strikes / Blocks	Strikes / Blocks
Ground Fighting	Kicks / Blocks	Grabs and Weapons	Scenario / Combo

Week 5	Week 6	Week 7	Week 8
Grabs and Weapons	Grabs and Weapons	Grabs and Weapons	Grabs and Weapons
Kicks / Blocks	Ground Fighting	Punches / Blocks	Scenario / Combo

Week 9	Week 10	Week 11	Week 12
Kicks / Blocks	Kicks / Blocks	Kicks / Blocks	Kicks / Blocks
Grabs and Weapons	Strikes / Blocks	Ground Fighting	Scenario / Combo

Week 13	Week 14	Week 15	Week 16
Ground Fighting	Ground Fighting	Ground Fighting	Ground Fighting
Strikes / Blocks	Kicks / Blocks	Grabs and Weapons	Scenario / Combo

Beginner Rank Requirements

At the beginner ranks, students concentrate on a wide variety of blocks, punches, kicks, and defenses from basic grabs. Combinations are then introduced to combine strikes and kicks with blocks. Finally, beginning students are introduced to ground fighting techniques.

At all beginner ranks, the average time in each rank is 24 classes.

Beginner Physical Development:

Beginners are required to meet or exceed the Average category for strength and flexibility. At White and Yellow belts these are not firm requirements, simply suggested goals. At Gold belt, these are firm requirements to attain Green belt.

Men

Test	Teens	20s	30s	40s	50s
Pushups	26	22	18	15	12
Sit-Ups	38	34	28	24	18
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	17"	13"	12"	11"	10"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	17	16	14	12	10
Sit-Ups	29	25	19	15	11
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	19"	10"	9"	8"	7"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

Pushups Test

For men, the legs should be extended out. Women perform the pushups on their knees for this test. Perform as many pushups as you can to failure.

Sit-Ups Test

Having your legs anchored by a partner, perform as many sit-ups as you can in 1 minute.

Horse Stance Test

Stand in a horse stance with your thighs parallel to the ground. Your hands form a diamond in front of your face, arms straight, back straight up and down.

Flexibility Test

A measuring tape or 36 inch ruler is required for this test. It should be performed after a short warm-up for the lower back and hamstring muscles. Sit with shoes removed and with the legs outstretched and feet 10 inches apart. Insure that the legs are flat on the floor and not bent. The measuring tape is positioned with the 15-inch mark at the heels and the zero mark towards the body. With the hands crossed and fingers even, bend forward and hold momentarily while the measurement is taken. Record the highest of 3 attempts.

Beginner Mental Development:

History / Philosophy

The name of our style	Tien Shan Pai (Heaven Mountain System)
My Instructor's Name	Robert LaPointe
His Instructor's Name	Liu Chao Chi
5 categories that make up a system	Basics, Techniques, Form, Sparring, History and Philosophy
Chin Na	"Grab Take"
Kung Fu	Time and Effort, Skill beyond surface beauty

10 Long-Life Exercises

Exercise One Part One (yī jiǎ)	Arms start at your sides, raise them to the sides until they are overhead. Interlace your fingers, palms facing the ceiling and lower them along your body until your palms point to the floor. Keep your arms straight, raise them to the front and overhead towards the ceiling again. Separate your hands and lower your hands to the sides towards the ground.
Exercise One Part Two (yī yǐ)	Interlace your fingers and point your hands towards the ceiling. Keeping your arms straight, move in a clockwise circle, stretching as high as you can and bending at your waist to get as low as you can, make 5 complete circles. Reverse directions for 5 more circles.
Two (èr)	Right arm circles clockwise in front of the body until it points to the right. Then the left arm circles clockwise in front of the body behind it. Both arms cross in front of you. Set your right foot out to the side, heel down, toes up. Bend your right arm and bend at the waist to try to touch your toes with your elbow. Your left arm is straight and stretches behind you and up to the ceiling with a crane's beak. Hold the stretch for 5 or 6 seconds. Reverse direction for the other side.
Three (sān)	Hands on your knees, bend your left knee and go as low as you can with that base leg, keeping your heel on the floor. Point your right toes to the ceiling. Hold the stretch for 5 or 6 seconds. Move to the other leg to stretch the other side.
Four (sì)	Turn to the left so that your right leg is behind you. Bend your knees, almost touching your right knee to the floor, and rise again. Do this 10 times. Turn and repeat on the other side.
Five Part One (wǔ jiǎ)	Legs are wide apart. Slide your right arm down your right leg until it touches the floor, bending at the waist. Make an arc with your right hand, skimming the floor until you get to your left foot. Return with an arc back to your right foot, rise up bringing your hand up your leg. Switch to the other side repeatedly.
Five Part Two (wǔ yǐ)	Legs are wide apart, hands are on your hips. Bend

	backwards as far as you can and hold for 5 or 6 seconds. Bend forwards and hold for 5 or 6 seconds.
Five Part Three (wǔ bǐng)	Legs are wide apart. Your right hand grabs your left ankle, pulling your chest to your knee. Hold for 5 or 6 seconds, then switch sides.
Six (liù)	Feet are together, hands gently on your knees. Make a clockwise circle 5 times with your knees, then counter-clockwise 5 times. Put the ball of your foot on the floor and circle your ankle 5 times each direction.
Seven Part One (qī jiǎ)	Right leg is back, right hand points to the front, arm straight, hand in a fist. Circle your arm forward 10 times and then backwards 10 times. Switch feet and arms and repeat.
Seven Part Two (qī yǐ)	Feet are shoulder width apart. Circle both arms forward 3 times, then bend forward and extend your arms behind you towards the ceiling, both hands in a crane's beak. Hold for 5 or 6 seconds. Circle both arms backwards 3 times and bend backwards with your arms overhead, with fists.
Eight (bā)	Both arms are extended to the left side, standing in a left-bow stance. Circle both arms down in a big circle until they're back where they started. Bring your left fist to your hip. Arc your right swordhand across in front of you as you turn to face the other direction in a block, then put your right fist on your hip. Strike towards the right with your left swordhand, then your right swordhand, ending with both arms extended. Switch directions to move to the other side.
Nine (jiǔ)	Feet are shoulder width apart, hands are on your hips. Bend backwards and hold for 5 or 6 seconds. Circle both arms overhead, crossing your arms in front of your body. Bend forward with crossed arms and push your elbows towards the floor.
Ten (shí)	Sit down in an invisible chair, the tops of your thighs are parallel with the floor, hands are on the opposite knees. Bow your head forward and circle it towards your left shoulder, then back, right shoulder, front and finally left shoulder again. Look back over your shoulder to stretch. Change directions.

Level 1 Requirements (White Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Passive Stance / Fighting Stance / Self Defense Stance • Moving in Stance <ul style="list-style-type: none"> ○ Front ○ Back ○ Side • Outside blocks <ul style="list-style-type: none"> ○ Forearm ○ Double Forearm ○ Rising Block ○ X-Block • Inside blocks <ul style="list-style-type: none"> ○ Slap ○ Forearm ○ Cover ○ Hook Block • Blocking Drill #1 	<ul style="list-style-type: none"> • Jab • Cross • Heel Palm • Heel Palm Groin Strike (front, rear) • Hammerfist <ul style="list-style-type: none"> ○ Inside ○ Outside ○ Downward 	<ul style="list-style-type: none"> • Back Leg Front Snap Kick • Back Leg Front Stomp Kick • Back Leg Rising Front Kick • Back Leg Roundhouse • Back Leg Knee <ul style="list-style-type: none"> ○ Up knee ○ High punch knee ○ Round Knee • Shin Kick

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Front Choke Defense <ul style="list-style-type: none"> ○ Two-Hand with kick ○ One-Hand with strike • Rear Choke Defense • Side Choke Defense • Front Choke and Push Defense • Rear Choke and Push Defense • Standing Headlock Defense • Straight across wrist grab, quick release • Diagonal wrist grab, quick release • Double front high wrist grab, quick release • Double front low wrist grab, quick release • Double front grab, two on one, quick release • Chin Na (1-6) 	<ul style="list-style-type: none"> • Defensive Ground Position • Moving on the ground • Front Kick from the ground • Roundhouse kick from the ground • Side kick from the ground • Standing in base • Rear breakfall • Side breakfall • Front breakfall • Shoulder Roll • Backward Roll 	<ul style="list-style-type: none"> • Benny Briscoe Hammerfists

Mental Development:

Write a 2-page paper on the "Crime Statistics" document.

Form:

Benny Briscoe Hammerfists (13 Counts)

Fighter	Coach
1. Left High Block Head, Heel Palm Abdomen	Right Hook Head, Stomach Block
2. Left Hammerfist Head	Hold for Left Hammerfist Head
3. Right Heel Palm Head	Hold for Heel Palm Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hammerfist Head	Hold for Left Hammerfist Head
7. Right Heel Palm Head	Hold for Heel Palm Head
8. Double forearm block	Right Haymaker Head
9. Right Hammerfist Head	Hold for Hammerfist Head
10. Left Hammerfist Head	Hold for Hammerfist Head
11. Grab and Right Up Knee	Hold for finishing knees
12. Grab and Right Up Knee	Hold for finishing knees
13. Grab and Right Up Knee	Hold for finishing knees

Level 2 Requirements (Yellow Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Bob and Weave • Slip • Sweeping Block (e.g., Ti Ya Tunchang) • Upper cut block • Leg Block • Outside Blocks <ul style="list-style-type: none"> ○ Shoulder Roll ○ Arm Block, body ○ Arm Block, head • Blocking Drill #2 	<ul style="list-style-type: none"> • Hook • Upper Cut • Reverse punch • Elbow <ul style="list-style-type: none"> ○ Back arm front ○ Front arm front ○ Side ○ Rear high ○ Rear low 	<ul style="list-style-type: none"> • Side Kick • Back Kick • Upper cut Back Kick • Jumping Front Kick • Foot Stomp

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Front Choke Defense, pinned against a wall • Rear Choke Defense, pinned against a wall • Choke from behind with pull defense • One arm rear choke defense, striking • Hip Throw • Bearhug, free in front • Bearhug, pinned in front • Bearhug, free in rear • Bearhug, pinned in rear • Chin Na (7-12) 	<ul style="list-style-type: none"> • Defense against punches while mounted • Bridge and Roll • Defense against choke while mounted • Bridge and roll from mounted headlock • Elbow Escape • Maintaining the mount • Exiting from the mount • Head and Arm Triangle • Wrap-Around • Open guard to front kick • Foot grab, roundhouse kick • Foot grab, Axe kick • Foot grab, spinning heel kick 	<ul style="list-style-type: none"> • Benny Briscoe Elbows

Mental Development:

Write a 2-page paper on “Chapter 5: Defending Yourself and the Law” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Form:

Benny Briscoe Elbows (12 Counts)

Fighter	Coach
1. Left High Block Head, Heel Palm Abdomen	Right Hook Head, Stomach Block
2. Left Front Elbow Head	Hold for Left Elbow Head
3. Right Front Elbow Head	Hold for Right Elbow Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Front Elbow Head	Hold for Left Elbow Head
7. Left Side Elbow Head	Hold for Side Elbow Head
8. Left Front Elbow Head	Hold for Left Elbow Head
9. Right Front Elbow Head	Hold for Right Elbow Head
10. Grab and Right Up Knee	Hold for finishing knees
11. Grab and Right Up Knee	Hold for finishing knees
12. Grab and Right Up Knee	Hold for finishing knees

Level 3 Requirements (Gold Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Punch Blocks and Counters <ul style="list-style-type: none"> ○ Block/Punch combination vs Jab ○ Sweeping block, Jab, Cross vs Jab ○ Inside Forearm, Outside Forearm, Cross, Hook vs Jab, Cross ○ Slap block, Slap block, cross, hook vs. Jab, Cross • Blocking Drill #3 	<ul style="list-style-type: none"> • Basic Combinations <ul style="list-style-type: none"> ○ Double Forearm Block, Back hand hammerfist, Front hand hammerfist ○ Double Forearm Block, 3 heel palms, groin strike ○ Outside Forearm block, trap, 3 Back Arm Front Elbows, Rear up knee 	<ul style="list-style-type: none"> • Kick Combinations <ul style="list-style-type: none"> ○ Front kick to side kick ○ Front kick to roundhouse kick ○ Up knee, Up knee, Back leg rising front kick • Punch/Kick Combinations <ul style="list-style-type: none"> ○ Back stomp, jab, cross ○ Cross, Hook, Roundhouse ○ Side Kick, Cross, Roundhouse ○ Side elbow, Back arm front elbow, back leg front stomp ○ Foot stomp, upper cut back kick, rear elbow high, rear elbow high

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Tornado Throw • Defense against standing Guillotine • Defense against Hair Grab (front, side, rear) • Bear Hug Free in rear with lift • Bear Hug Pinned in front with lift • Over-Under Clinch, Front • Head Clinch • Double-Under Rear Clinch • Chin Na (13-18) 	<ul style="list-style-type: none"> • Rear Breakfall, high fall • Arm Bar from the Guard • Hip Out • Elevator • Defense against headlock (1-4) • Escape from the Guard (standing) • Side Mount Americana • Side Mount Far-Side Armbar • Strikes from the Side Mount (knees, elbows, hammerfist) • Side Mount to Full Mount • Side Mount to Knee in Belly, disengage 	<ul style="list-style-type: none"> • Creative Self Defense Techniques • Benny Briscoe Knees

Mental Development:

Write a 2-page paper on “Chapter 3: The Golden Rules of Survival” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Form:

Develop Creative Self Defense Techniques:

5 self defense techniques, 1 against a punch, 1 against a kick, 1 against a grab, and 2 of the student’s choice. 5 strikes should be utilized in the defense, the attacker striking the ground after a clean thrown can be counted as 1 strike. The technique should end with the defender in a dominant position with the attacker incapacitated. The technique has controlled, but quick, powerful strikes.

Benny Briscoe Knees (11 Counts)

Fighter	Coach
1. Left High Block Head, Heel Palm Abdomen	Right Hook Head, Stomach Block
2. Left Front Elbow Head	Hold for Left Elbow Head
3. Right Front Elbow Head	Hold for Right Elbow Head
4. Right Up Knee	Hold for Up Knee
5. Right Block Head	Left Hook Head
6. Bob and Weave under Right Hook	Right Hook Head
7. Right Up Knee	Hold for Right Knee
8. Right Up Knee	Hold for Right Knee
9. Right Up Knee	Hold for Right Knee
10. Switch-step, Left Round Knee	Hold for Left Knee
11. Left Front Elbow	Hold for Left Elbow Head

Intermediate Rank Requirements

At intermediate ranks, students learn more complicated strikes and kicks, learn throwing techniques, and begin learning more complicated ground-fighting techniques. Students learn defenses against guns, knives, and clubs, and learn blocking, striking, and disarming techniques using a club. Finally, sensitivity drills are introduced to learn reactions and responses to strikes with and without weapons.

At the Green Sash and Blue Sash ranks, the average time in each rank is 32 classes. At Purple Sash, the average time is 64 classes.

Intermediate Physical Development:

Intermediates are required to meet or exceed the Good category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	31	26	22	18	14
Sit-Ups	41	37	31	26	20
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	19"	16"	15"	14"	13"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	21	19	18	15	12
Sit-Ups	32	28	22	18	14
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	21"	13"	12"	11"	10"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

Intermediate Mental Development:

History / Philosophy

Chao Chi Liu's Instructor	Wang Chueh-Jen
Basics teach?	Power
Techniques teach?	Teach us to be resourceful
Forms teach?	Demonstration skills, concentration
Sparring teaches?	Spontaneity
History / Philosophy teaches?	Attitude, spirit, concentration, background

Level 4 Requirements (Green Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Kick Blocks and Counters <ul style="list-style-type: none"> ○ Double Forearm Block, Double Hammerfist vs. Roundhouse kick ○ Arm Block, Cross vs. Roundhouse kick ○ X Block, Backfist vs. Roundhouse kick ○ Hook Block, Thai Kick vs Stomp Kick 	<ul style="list-style-type: none"> • Head Butt (rear) • Push • Elbow <ul style="list-style-type: none"> ○ Rear upward ○ Front upward ○ Front downward 	<ul style="list-style-type: none"> • Spinning Rear Kick • Hook Kick • Axe Kick

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Forward sweep • Outer Reaping • Metacarpal throw (multiple methods) • Leg Blocking Throw • Double Uproot • Defense vs. Downward Club Strike (live side, dead side) • Defense vs. Baseball Bat Swing • Stomp Kick vs. Knife stab • Roundhouse Kick vs. Knife Stab • Chin Na (19-24) 	<ul style="list-style-type: none"> • Mounted, hands pinned overhead, separated • Mounted, hands pinned overhead, together • Sleeper choke from the guard • Triangle choke from the guard • Guillotine from the guard • Top Guard, Defense against guillotine • Rear Naked Choke • Defense Against Rear Naked Choke 	<ul style="list-style-type: none"> • Benny Briscoe • Sensitivity Drills: Chop, Punch, Elbow, Switches

Mental Development:

Write a 2-page paper on “Chapter 20: When You’re Confronted by a Criminal” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Form:

Benny Briscoe (10 Counts)

Fighter	Coach
1. Left High Block Head, Upper Cut	Right Hook Head, Stomach Block
2. Left Hook Head	Hold for Left Hook Head
3. Cross Head	Hold for Cross Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hook Head	Hold for Left Hook Head
7. Cross Head	Hold for Cross Head
8. Left Hook Liver	Hold for Left Hook Liver
9. Left Hook Head	Hold for Left Hook Head
10. Right Roundhouse Kick	Hold for finishing kick

Level 5 Requirements (Blue Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Round Catch Knee Bar • Round Catch Reaping • Round Catch Shouldering • Round Catch Cross • Stomp Catch Cut • Stomp Catch Lift • Side Catch Cut 	<ul style="list-style-type: none"> • Basic Punch Combinations <ul style="list-style-type: none"> ○ Jab, Cross, Hook ○ Jab, Cross, Hook, Upper ○ Jab, Cross, Bob and Weave, Cross ○ Jab, Right Front Elbow ○ Jab, Cross, Hook, Right Front Elbow ○ Upper cut, Hook, Cross 	<ul style="list-style-type: none"> • Spinning Hook Kick • Thai Kick • Switch-step Thai Kick

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Defense vs. Gun, high front • Defense vs. Gun, side of head • Defense vs. Gun, side, behind arm • Defense vs. Gun, side, in front of arm • Defense vs. Gun, low front • Defense vs. Gun, rear, touching • Chin Na (25-32) 	<ul style="list-style-type: none"> • Defense Against Rear Mount, face down • Defense Against Rear Mount, face up • Elbow Escape from Side Mount • Hips-Away Escape from Side Mount 	<ul style="list-style-type: none"> • The 38 • Sensitivity Drills: Ridgehand, Slice

Mental Development:

Write a 2-page paper on “Chapter 8: Playing it Safe When Out of the House” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Form:

The 38 (13 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Deep Slip Left	Jab
3. Deep Slip Right	Jab
4. Right Hook under heart	Hold for Low Right Hook
5. Left Hook Liver	Hold for Low Left Hook
6. Left Hook Head	Hold for Left Hook Head
7. Bob and Weave under Right Hook	Right Hook Head
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Slip Right	Jab
11. Right Cross	Hold for Cross
12. Left Hook Head	Hold for Left Hook Head
13. Right Roundhouse Kick	Hold for kick

Level 6 Requirements (Purple Sash)

Blocks	Strikes	Kicks
<ul style="list-style-type: none"> • Stick Blocks (1-10) • Stick Disarms (1-10) 	<ul style="list-style-type: none"> • Stick Strikes (1-10) • Stick Combinations 	<ul style="list-style-type: none"> • Kick Combinations <ul style="list-style-type: none"> ○ Side kick to spinning rear ○ Side kick to spinning hook ○ Roundhouse to a spinning hook • Punch / Kick Combinations <ul style="list-style-type: none"> ○ Jab, Cross, Thai Kick ○ Jab, Cross, Thai Kick, Switch-step Thai Kick ○ Front arm front elbow, back arm front elbow, round knee x3, thai kick

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Shoulder Throw • Sacrifice Throw • Standing Headlock, spin • Standing Headlock, rear fall • Full Nelson, finger break • Full Nelson, Shoulder Throw • Full Nelson, Sweep • Defense vs. Downward Knife • Defense vs. Upward Knife • Defense vs. Knife Stab (live side, dead side) • Defense vs. Forward slash knife • Defense vs. Backward slash knife • Chin Na (33-44) 	<ul style="list-style-type: none"> • Positionals <ul style="list-style-type: none"> ○ Scarf Hold ○ Rubber Guard – Lockdown <ul style="list-style-type: none"> ▪ Escape from Alcatraz ▪ Guantanamo ▪ The Whip Up ▪ Old School ▪ Electric Chair ▪ Stoner Control ▪ Twist Back and Plan B Combo ▪ Half Guard to Closed Guard ○ Rubber Guard – Mission Control <ul style="list-style-type: none"> ▪ The Zombie (to New York) ▪ Night of the Living Dead (to New York) ▪ Mission Pump (to Spider Web) ▪ Mission Control To Pyramid ▪ New York to Chill Dog ▪ Chill Dog 	<ul style="list-style-type: none"> • Creative Self Defense Techniques • The Matador • Sensitivity Drills: Pushes, Pulls

	<ul style="list-style-type: none"> • Kung Fu Move to Jiu Claw 	
	<ul style="list-style-type: none"> ○ Rubber Guard – Jiu Claw <ul style="list-style-type: none"> ▪ The Ice Pick ▪ DA ▪ The Unwinder ▪ The Snitch • Attacks <ul style="list-style-type: none"> ○ Can Opener ○ Leg Americana from Scarf Hold ○ Rubber Guard – Lockdown <ul style="list-style-type: none"> ▪ Electric Chair ▪ Head and Arm Triangle ▪ Calf Crank ○ Rubber Guard – Mission Control <ul style="list-style-type: none"> ▪ Meat Hook to Triangle ▪ Duda ▪ Crocodile ▪ New York <ul style="list-style-type: none"> • East Coast Croc ▪ Chill Dog <ul style="list-style-type: none"> • Arm Bar • Carni ○ Rubber Guard – Jiu Claw <ul style="list-style-type: none"> ▪ Omaplata ▪ Inverted Arm Bar ▪ Arm Bar ▪ Triangle ▪ FM Ankle Lock (near/far) 	

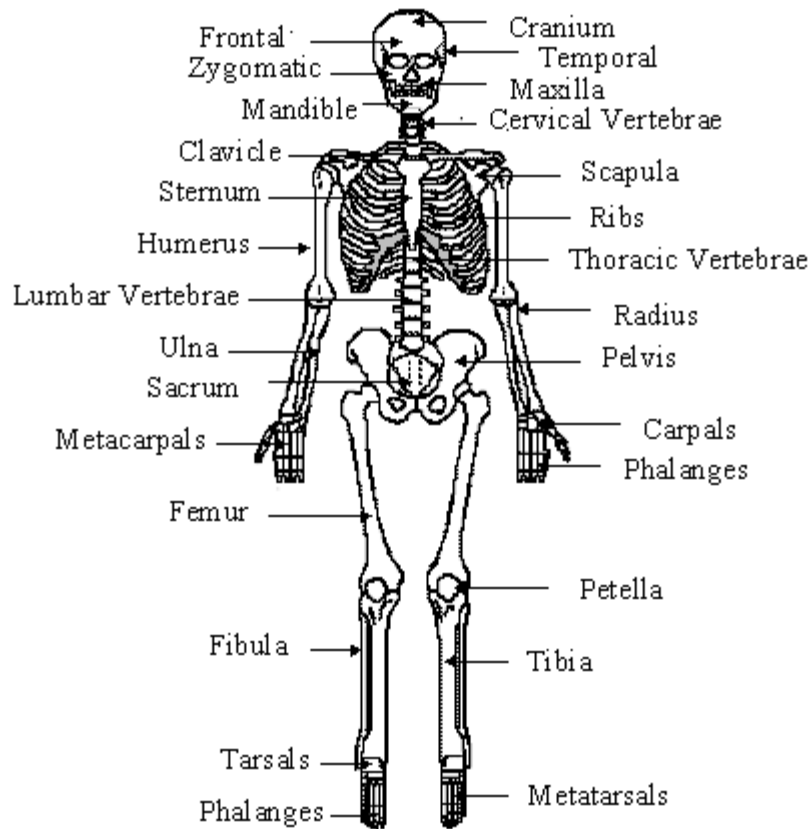
Mental Development:

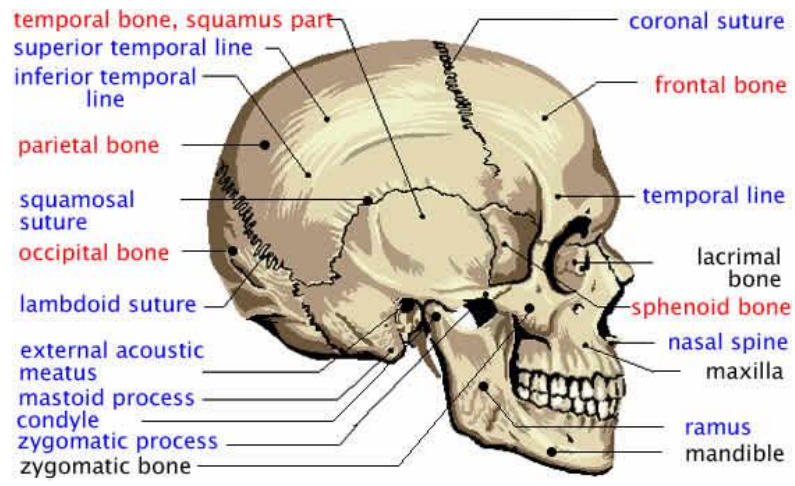
Write a 2-page paper on “Chapter 22: Weapons and Gadgets: What Really Works?” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Anatomy: Bones

1. Humerous	11. Tarsals	22. Vertebrae
2. Radius	12. Metatarsals	23. Cervical Vertebrae
3. Ulna	13. Phalanges (Toes)	24. Thoracic Vertebrae
4. Carpals	14. Mandible	25. Lumbar Vertebrae

5. Metacarpals	15. Maxilla	26. Ilium
6. Phalanges (Fingers)	16. Zygomatic	27. Sacrum
7. Femur	17. Temporal	28. Coccyx
8. Patella	18. Parietal	29. Clavicle
9. Tibia	19. Frontal	30. Scapula
10. Fibula	20. Nasal	31. Sternum
	21. Occipital	32. Ribs





Form:

Develop Creative Self Defense Techniques:

5 self defense techniques, 1 against a punch, 1 against a kick, 1 against a grab, and 2 of the student's choice. 5 strikes should be utilized in the defense, the attacker striking the ground after a clean throw can be counted as 1 strike. The technique should end with the defender in a dominant position with the attacker incapacitated. The technique has controlled, but quick, powerful strikes.

The Matador (19 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Cross	Hold for Cross
3. Left Hook Head	Hold for Left Hook
4. Left Body Block	Right Low Hook
5. Right Body Block	Left Low Hook
6. Right Uppercut	Hold for uppercut
7. Left Hook Head	Hold for Left Hook Head
8. Right Cross	Hold for Cross
9. Shoulder Roll	Cross to shoulder
10. Right Head Block	Left Hook Head
11. Bob and Weave against a right hook	Right Hook Head
12. Left Hook Head	Hold for Left Hook Head
13. Right Cross	Hold for Cross
14. Slip Right	Jab
15. Slip Left	Jab
16. Duck Left Hook and pivot 90 degrees	Left Hook Head then turn
17. Right Cross	Hold for Cross
18. Left Hook Head	Hold for Left Hook Head
19. Right Roundhouse Kick	Hold for kick

Advanced Rank Requirements

At the advanced ranks, students learn more complicated, non-lethal locking techniques and ground-fighting techniques, becoming masters at moving between positions and attacks based on the defenses of the attacker.

At the Brown Sash rank, the average time in rank is 32 classes. At Red Sash, the average time is 64 classes.

Advanced Physical Development:

Advanced students are required to meet or exceed the Excellent category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	45	39	33	27	21
Sit-Ups	50	47	40	35	30
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	21"	22"	21"	20"	19"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	31	30	29	24	19
Sit-Ups	42	37	30	26	21
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	24"	19"	18"	17"	16"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Advanced Mental Development:

History / Philosophy

Chu Chi Chen	Primary Fist Form
Pan Lung Bien Gan	Coiling Dragon Whip
Ma Bu	Horse Stance
Kung Bu	Bow Stance

Level 7 Requirements (Brown Sash)

Blocks	Strikes	Kicks
•	•	<ul style="list-style-type: none"> • 3-Way Front • Back Leg Front Sweep • Back Leg Back Sweep

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Chin Na Lock Flow #1-3 • Corey Wiscomb Chin Na Lock Flows #1, #2 	<ul style="list-style-type: none"> • Positionals <ul style="list-style-type: none"> ○ Rubber Guard – Dog Fight <ul style="list-style-type: none"> ▪ Half and Half ▪ Half and Half Variation ▪ Plan B ▪ Guard to Dogfight ○ Rubber Guard – Cocoon <ul style="list-style-type: none"> ▪ Stomp ▪ Super Stomp ▪ New Stomp ▪ Jean Jacques Sweep ▪ Jean Jacques 2 ▪ Stick Shift ▪ Cocoon to Dogfight ▪ Cocoon to Pyramid ○ Rubber Guard – Pyramid <ul style="list-style-type: none"> ▪ Kung Fu Move to Jiu Claw ○ Rubber Guard – Spider Web <ul style="list-style-type: none"> ▪ The Slide ▪ X-Break ▪ The Filho ▪ Chamber Lock ▪ The Silverado • Attacks <ul style="list-style-type: none"> ○ Rubber Guard – Pyramid <ul style="list-style-type: none"> ▪ Pyramid to Triangle ▪ Pyramid to Teepee ▪ Pyramid to Inverted Arm Bar ○ Rubber Guard – Spider Web <ul style="list-style-type: none"> ▪ Arm Crush ▪ Triangle Arm Bar ▪ The Slide ▪ The Filho ▪ Chamber Lock ▪ The Silverado 	<ul style="list-style-type: none"> • Chu Chi Chen • Sensitivity Drills: Chin Na, Clinch, Throws • Sensitivity Drills: Lock Flow • Shotgun

Mental Development:

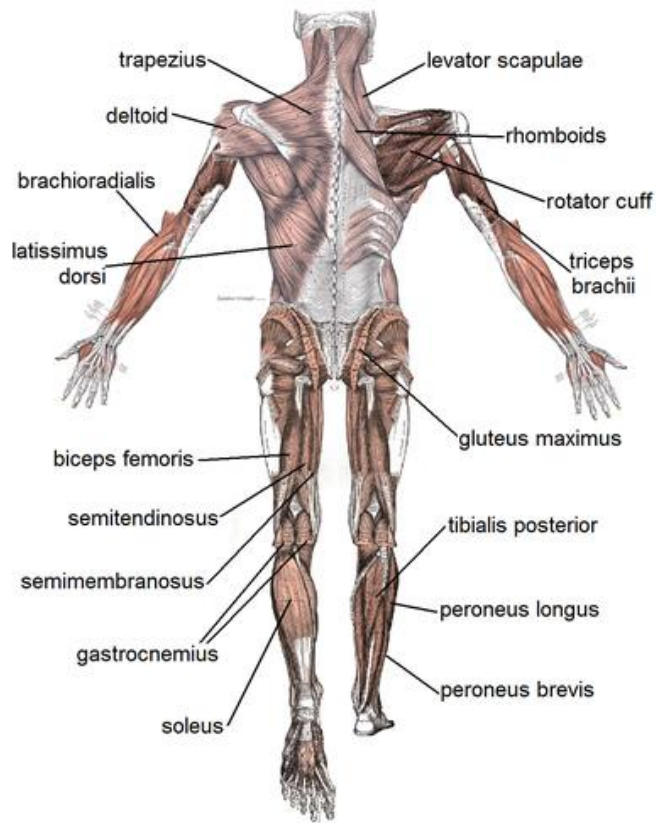
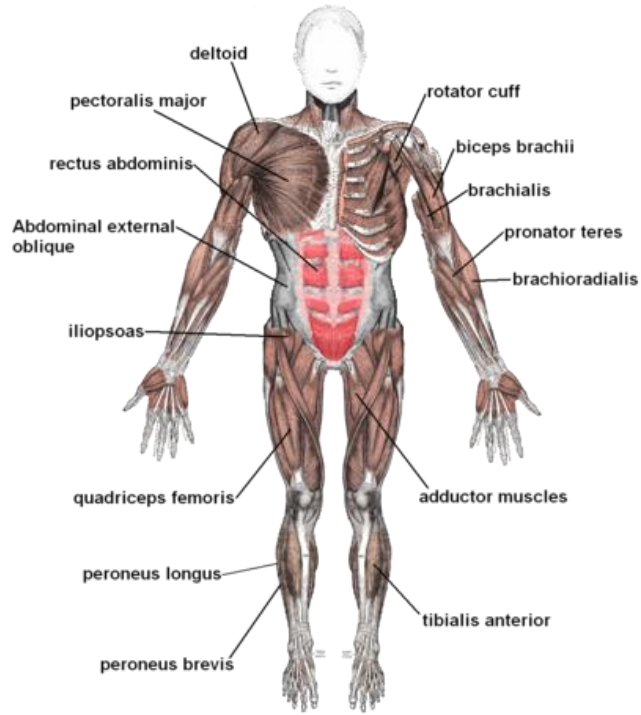
Write a 2-page paper on “Chapter 6: Dangerous Places” from The Complete Idiot’s Guide To Self-Defense, By Chris Harris, Copyright 2000.

Muscles

1. Triceps Brachii	15. Semimembranosus
2. Biceps Brachii	16. Semitendinosus
3. Deltoideus	17. Biceps Femoris
4. Brachialis	18. Gluteus Maximus
5. Brachioradialis	19. Gluteus Medius
6. Sartorius	20. Latissimus Dorsi
7. Rectus Femoris	21. External Oblique
8. Vastus Lateralis	22. Internal Oblique
9. Vastus Medialis	23. Rectus Abdominis
10. Vastus Intermedius	24. Pectoralis Major
11. Gastrocnemius	25. Trapezius
12. Soleus	26. Rhomboids
13. Tibialis Anterior	27. Serratus Anterior
14. Iliopsoas	28. Sternocleidomastoideus

Vocabulary

1. Flexion	4. Supination
2. Extension	5. Adduction
3. Pronation	6. Abduction



Advanced Technique Training:

Chin Na Lock Flow:

- Chin Na Lock Flow #1
 - Inverted Wrist Grab – Wrist Lock
 - Arm Lock
 - Metacarpal Throw
- Chin Na Lock Flow #2
 - Straight-across Wrist Grab – Metacarpal Lock
 - Straight-arm wrist lock
 - Chicken Wing
- Chin Na Lock Flow #3
 - Side shoulder grab – Shoulder Lock
 - Straight Arm Lock
 - Figure Four Lock

Advanced Sparring Training:

Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent.

Sparring Requirements:

8 sparring classes minimum; Shotgun Form

8 grappling classes minimum

Form:

Shotgun (19 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Slip Left	Jab
3. Slip Right	Jab
4. Double Jab	Hold Right for Double Jab
5. Cross	Hold Right for Cross
6. Slip Right	Jab
7. Slip Left	Jab
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Deep Slip Right	Jab
11. Deep Slip Left	Jab
12. Left step 11 o'clock, Left Hook Liver	Hold for Low Left Hook
13. Slide right foot leftwards to turn opponent	Turn
14. Left Hook Head	Hold for Left Hook Head
15. Right Cross	Hold for Cross
16. Slip Right	Jab
17. Slip Left	Jab
18. Jab moving back	Hold for Jab
19. Right Roundhouse Kick	Hold for kick

Level 8 Requirements (Red Sash)

Blocks	Strikes	Kicks
•	•	•

Grabs / Weapons	Ground Fighting	Form
<ul style="list-style-type: none"> • Creative Chin Na Lock Flow • Corey Wiscomb Chin Na Lock Flows #3-7 	•	<ul style="list-style-type: none"> • Pan Lung Bien Gan • Short Staff Two Person Training Set • Machine Gun • Sensitivity Drills: Short Staff

Mental Development:

Student Thesis:

- Minimum of 15 pages, typed, 12-point font, double-spaced
- Research paper on any martial arts topic (cleared by the instructor)
- Include references
- Minimize graphs, charts, and pictures

Advanced Technique Training:

Creative Chin Na Lock Flow

The student creates 3 Chin Na Lock Flow of their own, each containing a minimum of 3 Chin Na or throws. They can be against a punch, kick, grab, or weapon. Each individual Chin Na should be effective on its own, in pain compliance or restraint. Setup strikes can be used but do not count towards the requirement.

Advanced Sparring Training:

Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent.

3 2-minute Rounds Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them.

He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent. He fights 3 students, each for 2 minutes.

Sparring Requirements:

15 sparring classes minimum; Machine Gun Form

15 grappling classes minimum

Form:

The Machine Gun (20 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Slip Right	Jab
3. Slip Left	Jab
4. Jab	Hold for Jab
5. Cross	Hold for Cross
6. Slip right while short right slide-step to 2 o'clock	Left Jab
7. Left Hook Head	Right Pad Held at chest for Hook
8. Right Uppercut	Hold for uppercut
9. Bob and Weave Right	Left Hook
10. Bob and Weave Left	Right Hook
11. Left Hook Head	Hold for Left Hook Head
12. Right Cross	Hold for Cross
13. Left Body Block	Right Low Hook
14. Right Body Block	Left Low Hook
15. Right Uppercut	Hold for Uppercut
16. Left Hook Head	Hold for Left Hook Head
17. Right Cross	Hold for Cross
18. Left Hook Liver	Hold for Left Low Hook
19. Left Hook Head	Hold for Left Hook Head
20. Right Roundhouse Kick	Hold for kick
21. Stomp Catch Cut	Right Stomp Kick

San Da Chin Na

<p style="text-align: center;">White Belt</p> <ol style="list-style-type: none"> 1. Straight Wrist Grab, Armlock 2. Straight Wrist Grab, Hammerlock 3. Diagonal Wrist Grab, Wrist Lock 4. Diagonal Wrist Grab, Step Under 5. Double Wrist Grab, Front 6. Double Wrist Grab, Rear 	<p style="text-align: center;">Yellow Belt</p> <ol style="list-style-type: none"> 7. Raised Hand Grab 8. Inverted Wrist Grab 9. Shoulder Grab, Side 10. Shoulder Grab, Front 11. Double Front Shoulder Grab 12. Double Rear Shoulder Grab, Bridge
<p style="text-align: center;">Gold Belt</p> <ol style="list-style-type: none"> 13. Double Rear Shoulder Grab, Armbar 14. Anticipate the Choke 15. Two Hand Front Choke, Attack One 16. Two Hand Front Choke, Attack Both 17. Two Hand Rear Choke 18. Push 	<p style="text-align: center;">Green Belt</p> <ol style="list-style-type: none"> 19. One Arm Rear Choke, Step Around 20. One Arm Rear Choke, Throw 21. One Arm Rear Choke, Gwa Tai 22. Hammerlock 23. Haymaker Punch 24. Jab
<p style="text-align: center;">Blue Belt</p> <ol style="list-style-type: none"> 25. Front Kick 26. Roundhouse Kick 27. Crescent Kick 28. Hair Grab, Front 29. Hair Grab, Rear 30. Tackle 31. Headlock 32. Full Nelson 	<p style="text-align: center;">Purple Belt</p> <ol style="list-style-type: none"> 33. Chicken Wing 34. Bear Hug, Free In Front 35. Bear Hug, Pinned In Front 36. Bear Hug, Free In Rear 37. Bear Hug, Pinned In Rear 38. Club Overhead 39. Club Diagonal 40. Knife, Stabbing Inward 41. Knife, Stabbing Downward 42. Knife, Slicing 43. Gun, Front High 44. Gun, Front Low
<p style="text-align: center;">Brown Belt</p> <p>Chin Na Lock Flow #1-#3 Corey Wiscomb #1-#2</p>	<p style="text-align: center;">Red Belt</p> <p>Corey Wiscomb #3-#7 Creative Chin Na Lock Flow</p>

Blocks

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Passive Stance / Fighting Stance / Self Defense Stance • Moving in Stance <ul style="list-style-type: none"> ○ Front ○ Back ○ Side • Outside blocks <ul style="list-style-type: none"> ○ Forearm ○ Double Forearm ○ Rising Block ○ X-Block • Inside blocks <ul style="list-style-type: none"> ○ Slap ○ Forearm ○ Cover ○ Hook Block • Blocking Drill #1 	<ul style="list-style-type: none"> • Bob and Weave • Slip • Sweeping Block (e.g., Ti Ya Tunchang) • Upper cut block • Leg Block • Outside Blocks <ul style="list-style-type: none"> ○ Shoulder Roll ○ Arm Block, body ○ Arm Block, head • Blocking Drill #2 	<ul style="list-style-type: none"> • Punch Blocks and Counters <ul style="list-style-type: none"> ○ Block/Punch combination vs Jab ○ Sweeping block, Jab, Cross vs Jab ○ Inside Forearm, Outside Forearm, Cross, Hook vs Jab, Cross ○ Slap block, Slap block, cross, hook vs. Jab, Cross • Blocking Drill #3

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Kick Blocks and Counters <ul style="list-style-type: none"> ○ Double Forearm Block, Double Hammerfist vs. Roundhouse kick ○ Arm Block, Cross vs. Roundhouse kick ○ X Block, Backfist vs. Roundhouse kick ○ Hook Block, Thai Kick vs Stomp Kick 	<ul style="list-style-type: none"> • Round Catch Knee Bar • Round Catch Reaping • Round Catch Shouldering • Round Catch Cross • Stomp Catch Cut • Stomp Catch Lift • Side Catch Cut 	<ul style="list-style-type: none"> • Stick Blocks (1-10) • Stick Disarms (1-10)

Level 7 (Brown)	Level 8 (Red)	
•	•	

Strikes

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Jab • Cross • Heel Palm • Heel Palm Groin Strike (front, rear) • Hammerfist <ul style="list-style-type: none"> ○ Inside ○ Outside ○ Downward 	<ul style="list-style-type: none"> • Hook • Upper Cut • Reverse punch • Elbow <ul style="list-style-type: none"> ○ Back arm front ○ Front arm front ○ Side ○ Rear high ○ Rear low 	<ul style="list-style-type: none"> • Basic Combinations <ul style="list-style-type: none"> ○ Double Forearm Block, Back hand hammerfist, Front hand hammerfist ○ Double Forearm Block, 3 heel palms, groin strike ○ Outside Forearm block, trap, 3 Back Arm Front Elbows, Rear up knee

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Head Butt (rear) • Push • Elbow <ul style="list-style-type: none"> ○ Rear upward ○ Front upward ○ Front downward 	<ul style="list-style-type: none"> • Basic Punch Combinations <ul style="list-style-type: none"> ○ Jab, Cross, Hook ○ Jab, Cross, Hook, Upper ○ Jab, Cross, Bob and Weave, Cross ○ Jab, Right Front Elbow ○ Jab, Cross, Hook, Right Front Elbow ○ Upper cut, Hook, Cross 	<ul style="list-style-type: none"> • Stick Strikes (1-10) • Stick Combinations

Level 7 (Brown)	Level 8 (Red)	
•	•	

Kicks

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Back Leg Front Snap Kick • Back Leg Front Stomp Kick • Back Leg Rising Front Kick • Back Leg Roundhouse • Back Leg Knee <ul style="list-style-type: none"> ○ Up knee ○ High punch knee ○ Round Knee • Shin Kick 	<ul style="list-style-type: none"> • Side Kick • Back Kick • Upper cut Back Kick • Jumping Front Kick • Foot Stomp 	<ul style="list-style-type: none"> • Kick Combinations <ul style="list-style-type: none"> ○ Front kick to side kick ○ Front kick to roundhouse kick ○ Up knee, Up knee, Back leg rising front kick • Punch/Kick Combinations <ul style="list-style-type: none"> ○ Back leg stomp, jab, cross ○ Cross, Hook, Roundhouse ○ Side Kick, Cross, Roundhouse ○ Side elbow, Back arm front elbow, back leg front stomp ○ Foot stomp, upper cut back kick, rear elbow high, rear elbow high

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Spinning Rear Kick • Hook Kick • Axe Kick 	<ul style="list-style-type: none"> • Spinning Hook Kick • Thai Kick • Switch-step Thai Kick 	<ul style="list-style-type: none"> • Kick Combinations <ul style="list-style-type: none"> ○ Side kick to spinning rear ○ Side kick to spinning hook ○ Roundhouse to a spinning hook • Punch / Kick Combinations <ul style="list-style-type: none"> ○ Jab, Cross, Thai Kick ○ Jab, Cross, Thai Kick, Switch-step Thai Kick ○ Front arm front elbow, back arm front elbow, round knee x3, thai kick

Level 7 (Brown)	Level 8 (Red)	
<ul style="list-style-type: none">• 3-Way Front• Back Leg Front Sweep• Back Leg Back Sweep	<ul style="list-style-type: none">•	

Grabs and Weapons

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Front Choke Defense <ul style="list-style-type: none"> ○ Two-Hand with kick ○ One-Hand with strike • Rear Choke Defense • Side Choke Defense • Front Choke and Push Defense • Rear Choke and Push Defense • Standing Headlock Defense • Straight across wrist grab, quick release • Diagonal wrist grab, quick release • Double front high wrist grab, quick release • Double front low wrist grab, quick release • Double front grab, two on one, quick release • Chin Na (1-6) 	<ul style="list-style-type: none"> • Front Choke Defense, pinned against a wall • Rear Choke Defense, pinned against a wall • Choke from behind with pull defense • One arm rear choke defense, striking • Hip Throw • Bearhug, free in front • Bearhug, pinned in front • Bearhug, free in rear • Bearhug, pinned in rear • Chin Na (7-12) 	<ul style="list-style-type: none"> • Tornado Throw • Defense against standing Guillotine • Defense against Hair Grab (front, side, rear) • Bear Hug Free in rear with lift • Bear Hug Pinned in front with lift • Over-Under Clinch, Front • Head Clinch • Double-Under Rear Clinch • Chin Na (13-18)

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Forward sweep • Outer Reaping • Metacarpal throw (multiple methods) • Leg Blocking Throw • Double Uproot • Defense vs. Downward Club Strike (live side, dead side) • Defense vs. Baseball Bat Swing • Stomp Kick vs. Knife stab • Roundhouse Kick vs. Knife Stab • Chin Na (19-24) 	<ul style="list-style-type: none"> • Defense vs. Gun, high front • Defense vs. Gun, side of head • Defense vs. Gun, side, behind arm • Defense vs. Gun, side, in front of arm • Defense vs. Gun, low front • Defense vs. Gun, rear, touching • Chin Na (25-32) 	<ul style="list-style-type: none"> • Shoulder Throw • Sacrifice Throw • Standing Headlock, spin • Standing Headlock, rear fall • Full Nelson, finger break • Full Nelson, Shoulder Throw • Full Nelson, Sweep • Defense vs. Downward Knife • Defense vs. Upward Knife • Defense vs. Knife Stab (live side, dead side) • Defense vs. Forward slash knife • Defense vs. Backward slash knife • Chin Na (33-44)

Level 7 (Brown)	Level 8 (Red)	
<ul style="list-style-type: none">• Chin Na Lock Flow #1-3• Corey Wiscomb #1-#2	<ul style="list-style-type: none">• Corey Wiscomb #3-#7• Creative Chin Na Lock Flow	

Ground Fighting

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Defensive Ground Position • Moving on the ground • Front Kick from the ground • Roundhouse kick from the ground • Side kick from the ground • Standing in base • Rear breakfall • Side breakfall • Front breakfall • Shoulder Roll • Backward Roll 	<ul style="list-style-type: none"> • Defense against punches while mounted • Bridge and Roll • Defense against choke while mounted • Bridge and roll from mounted headlock • Elbow Escape • Maintaining the mount • Exiting from the mount • Head and Arm Triangle • Wrap-Around • Open guard to front kick • Foot grab, roundhouse kick • Foot grab, Axe kick • Foot grab, spinning heel kick 	<ul style="list-style-type: none"> • Rear Breakfall, high fall • Arm Bar from the Guard • Hip Out • Elevator • Defense against headlock (1-4) • Escape from the Guard (standing) • Side Mount Americana • Side Mount Far-Side Armbar • Strikes from the Side Mount (knees, elbows, hammerfist) • Side Mount to Full Mount • Side Mount to Knee in Belly, disengage

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Mounted, hands pinned overhead, separated • Mounted, hands pinned overhead, together • Sleeper choke from the guard • Triangle choke from the guard • Guillotine from the guard • Top Guard, Defense against guillotine • Rear Naked Choke • Defense Against Rear Naked Choke 	<ul style="list-style-type: none"> • Defense Against Rear Mount, face down • Defense Against Rear Mount, face up • Elbow Escape from Side Mount • Hips-Away Escape from Side Mount 	<ul style="list-style-type: none"> • Positionals <ul style="list-style-type: none"> ○ Scarf Hold ○ Rubber Guard – Lockdown <ul style="list-style-type: none"> ▪ Escape from Alcatraz ▪ Guantanamo ▪ The Whip Up ▪ Old School ▪ Electric Chair ▪ Stoner Control ▪ Twist Back and Plan B Combo ▪ Half Guard to Closed Guard ○ Rubber Guard – Mission Control <ul style="list-style-type: none"> ▪ The Zombie (to New York) ▪ Night of the Living Dead (to New York) ▪ Mission Pump (to Spider Web) ▪ Mission Control To Pyramid

		<ul style="list-style-type: none"> ▪ New York to Chill Dog ▪ Chill Dog <ul style="list-style-type: none"> • Kung Fu Move to Jiu Claw ○ Rubber Guard – Jiu Claw <ul style="list-style-type: none"> ▪ The Ice Pick ▪ DA ▪ The Unwinder ▪ The Snitch • Attacks <ul style="list-style-type: none"> ○ Can Opener ○ Leg Americana from Scarf Hold ○ Rubber Guard – Lockdown <ul style="list-style-type: none"> ▪ Electric Chair ▪ Head and Arm Triangle ▪ Calf Crank ○ Rubber Guard – Mission Control <ul style="list-style-type: none"> ▪ Meat Hook to Triangle ▪ Duda ▪ Crocodile ▪ New York <ul style="list-style-type: none"> • East Coast Croc ▪ Chill Dog <ul style="list-style-type: none"> • Arm Bar • Carni ○ Rubber Guard – Jiu Claw <ul style="list-style-type: none"> ▪ Omaplata ▪ Inverted Arm Bar ▪ Arm Bar ▪ Triangle ▪ FM Ankle Lock (near/far)
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Level 7 (Brown)	Level 8 (Red)	
<ul style="list-style-type: none"> • Positionals <ul style="list-style-type: none"> ○ Rubber Guard – Dog Fight <ul style="list-style-type: none"> ▪ Half and Half ▪ Half and Half Variation ▪ Plan B ▪ Guard to Dogfight ○ Rubber Guard – Cocoon <ul style="list-style-type: none"> ▪ Stomp ▪ Super Stomp ▪ New Stomp 	<ul style="list-style-type: none"> • 	

<ul style="list-style-type: none"> ▪ Jean Jacques Sweep ▪ Jean Jacques 2 ▪ Stick Shift ▪ Cocoon to Dogfight ▪ Cocoon to Pyramid ○ Rubber Guard – Pyramid <ul style="list-style-type: none"> ▪ Kung Fu Move to Jiu Claw ○ Rubber Guard – Spider Web <ul style="list-style-type: none"> ▪ The Slide ▪ X-Break ▪ The Filho ▪ Chamber Lock ▪ The Silverado • Attacks <ul style="list-style-type: none"> ○ Rubber Guard – Pyramid <ul style="list-style-type: none"> ▪ Pyramid to Triangle ▪ Pyramid to Teepee ▪ Pyramid to Inverted Arm Bar ○ Rubber Guard – Spider Web <ul style="list-style-type: none"> ▪ Arm Crush ▪ Triangle Arm Bar ▪ The Slide ▪ The Filho ▪ Chamber Lock ▪ The Silverado 		
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Forms

Level 1 (White)	Level 2 (Yellow)	Level 3 (Gold)
<ul style="list-style-type: none"> • Benny Briscoe Hammerfists 	<ul style="list-style-type: none"> • Benny Briscoe Elbows 	<ul style="list-style-type: none"> • Benny Briscoe Knees • Creative Self Defense Techniques

Level 4 (Green)	Level 5 (Blue)	Level 6 (Purple)
<ul style="list-style-type: none"> • Benny Briscoe • Sensitivity Drills: Chop, Punch, Elbow, Switches 	<ul style="list-style-type: none"> • The 38 • Sensitivity Drills: Ridgehand, Slice, Uppercut, Switches 	<ul style="list-style-type: none"> • Creative Self Defense Techniques • The Matador • Sensitivity Drills: Pushes, Pulls

Level 7 (Brown)	Level 8 (Red)	
<ul style="list-style-type: none"> • Chu Chi Chen • Sensitivity Drills: Lock Flow • Shotgun 	<ul style="list-style-type: none"> • Pan Lung Bien Gan • Short Staff Two Person Training Set • Machine Gun • Sensitivity Drills: Short Staff 	

Benny Briscoe Hammerfists (11 Counts)

Fighter	Coach
1. Left High Block Head, Heel Palm Abdomen	Right Hook Head, Stomach Block
2. Left Hammerfist Head	Hold for Left Hammerfist Head
3. Right Heel Palm Head	Hold for Heel Palm Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hammerfist Head	Hold for Left Hammerfist Head
7. Right Heel Palm Head	Hold for Heel Palm Head
8. Double forearm block	Right Haymaker Head
9. Right Hammerfist Head	Hold for Hammerfist Head
10. Left Hammerfist Head	Hold for Hammerfist Head
11. Grab and Right Up Knee x3	Hold for finishing knees

Benny Briscoe Elbows (12 Counts)

Fighter	Coach
1. Left High Block Head, Front Upper Elbow	Right Hook Head, Stomach Block
2. Left Front Elbow Head	Hold for Left Elbow Head
3. Right Front Elbow Head	Hold for Right Elbow Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Front Elbow Head	Hold for Left Elbow Head
7. Left Back Elbow Head	Hold for Back Elbow Head
8. Left Front Elbow Head	Hold for Left Elbow Head
9. Right Front Elbow Head	Hold for Right Elbow Head
10. Grab and Right Up Knee	Hold for finishing knees
11. Grab and Right Up Knee	Hold for finishing knees
12. Grab and Right Up Knee	Hold for finishing knees

Benny Briscoe Knees (11 Counts)

Fighter	Coach
1. Left High Block Head, Heel Palm Abdomen	Right Hook Head, Stomach Block
2. Left Front Elbow Head	Hold for Left Elbow Head
3. Right Front Elbow Head	Hold for Right Elbow Head
4. Right Up Knee	Hold for Up Knee
5. Right Block Head	Left Hook Head
6. Bob and Weave under Right Hook	Right Hook Head
7. Right Up Knee	Hold for Right Knee
8. Right Up Knee	Hold for Right Knee
9. Right Up Knee	Hold for Right Knee
10. Switch-step, Left Round Knee	Hold for Left Knee
11. Left Front Elbow	Hold for Left Elbow Head

Benny Briscoe (10 Counts)

Fighter	Coach
1. Left High Block Head, Upper Cut	Right Hook Head, Stomach Block
2. Left Hook Head	Hold for Left Hook Head
3. Cross Head	Hold for Cross Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hook Head	Hold for Left Hook Head
7. Cross Head	Hold for Cross Head
8. Left Hook Liver	Hold for Left Hook Liver
9. Left Hook Head	Hold for Left Hook Head
10. Right Roundhouse Kick	Hold for finishing kick

The 38 (13 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Deep Slip Left	Jab
3. Deep Slip Right	Jab
4. Right Hook under heart	Hold for Low Right Hook
5. Left Hook Liver	Hold for Low Left Hook
6. Left Hook Head	Hold for Left Hook Head
7. Bob and Weave under Right Hook	Right Hook Head
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Slip Right	Jab
11. Right Cross	Hold for Cross
12. Left Hook Head	Hold for Left Hook Head
13. Right Roundhouse Kick	Hold for kick

The Matador (19 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Cross	Hold for Cross
3. Left Hook Head	Hold for Left Hook
4. Left Body Block	Right Low Hook
5. Right Body Block	Left Low Hook
6. Right Uppercut	Hold for uppercut
7. Left Hook Head	Hold for Left Hook Head
8. Right Cross	Hold for Cross
9. Shoulder Roll	Cross to shoulder
10. Right Head Block	Left Hook Head
11. Bob and Weave against a right hook	Right Hook Head
12. Left Hook Head	Hold for Left Hook Head
13. Right Cross	Hold for Cross
14. Slip Right	Jab
15. Slip Left	Jab
16. Duck Left Hook and pivot 90 degrees	Left Hook Head then turn
17. Right Cross	Hold for Cross
18. Left Hook Head	Hold for Left Hook Head
19. Right Roundhouse Kick	Hold for kick
20. Round Catch Knee Bar	Right Roundhouse Kick

Shotgun (19 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Slip Left	Jab
3. Slip Right	Jab
4. Double Jab	Hold Right for Double Jab
5. Cross	Hold Right for Cross
6. Slip Right	Jab
7. Slip Left	Jab
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Deep Slip Right	Jab
11. Deep Slip Left	Jab
12. Left step 11 o'clock, Left Hook Liver	Hold for Low Left Hook
13. Slide right foot leftwards to turn opponent	Turn
14. Left Hook Head	Hold for Left Hook Head
15. Right Cross	Hold for Cross
16. Slip Right	Jab
17. Slip Left	Jab
18. Jab moving back	Hold for Jab
19. Right Roundhouse Kick	Hold for kick

The Machine Gun (20 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Slip Right	Jab
3. Slip Left	Jab
4. Jab	Hold for Jab
5. Cross	Hold for Cross
6. Slip right while short right slide-step to 2 o'clock	Left Jab
7. Left Hook Head	Right Pad Held at chest for Hook
8. Right Uppercut	Hold for uppercut
9. Bob and Weave Right	Left Hook
10. Bob and Weave Left	Right Hook
11. Left Hook Head	Hold for Left Hook Head
12. Right Cross	Hold for Cross
13. Left Body Block	Right Low Hook
14. Right Body Block	Left Low Hook
15. Right Uppercut	Hold for Uppercut
16. Left Hook Head	Hold for Left Hook Head
17. Right Cross	Hold for Cross
18. Left Hook Liver	Hold for Left Low Hook
19. Left Hook Head	Hold for Left Hook Head
20. Right Roundhouse Kick	Hold for kick
21. Stomp Catch Cut	Right Stomp Kick