



A black belt is a white belt who never quit.

BLUE Belt Curriculum

Your BLUE curriculum will take approximately 3 months or 24 classes.

BLUE Belt Techniques

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**
- 3) All ORANGE Belt Techniques**
- 4) All PURPLE Belt Techniques**

5) Tackle Defense

Attacker – Tackle.

Defender

- Left hair grab to attacker.
- Step back with your left leg into a sparring stance as right hammer fist to back of the attacker's neck.
- Guard.

6) Defensive Warrior

Attacker - Left punch, right punch, push or grab.

Defender

- Step back right, double outward chop blocks.
- Shuffle in right palm then left palm, then right palm to face quickly.
- Right instep kick to the knee and left cut kick to knee.
- Guard.
- Circle out.

7) The Spear

Attacker - Front two hand push.

Defender

- Put hands together, step forward with right into sparring stance as you wedge block between push. Double outward block.
- Grab attackers right arm with your left as you right uppercut elbow to jaw.
- Right downward hammer fist to face.
- Guard.

BLUE Belt Katas

- 1) All WHITE Belt Katas**
- 2) All YELLOW Belt Katas**
- 3) All ORANGE Belt Katas**
- 4) All PURPLE Belt Katas**

5) AmeriKick 3

- Horse stance.
- Turn into left side bow stance and right downward palm.
- Touch your shoulder.
- Right outward chop.
- Turn into right side bow stance and left downward palm.
- Touch your shoulder.
- Left outward chop.
- Step forward with your left foot into a forward bow and right reverse punch.
- Slide your left foot back to your right foot with body facing 3 o'clock (sideways) and bring both hands to your right hip (cup and saucer position).
- Left foot steps forward and left back knuckle.
- Right foot steps through as right punch.
- Spin around into a left back knuckle.
- Right punch landing into forward bow stance.
- Open your right hand and right outward crescent kick slapping your hand.
- Land back into a reverse bow and left downward block.
- Step to your left with your left foot and left rising block.
- Right reverse punch.
- Right outward chop block.
- Right leg three kick combination (wheel kick, side kick, round kick).
- Land your right leg forward and right back knuckle.
- Drop onto your left knee and left reverse punch.
- Turn and right drop kick.
- Come up on your left knee and left ridge hand all the way touching your right shoulder.
- Left chop.
- Right punch.
- Stand up and finish.
- Bow.
- AmeriKick team salute.

BLUE Belt Basics

- 1) All WHITE Belt Basics**
- 2) All YELLOW Belt Basis**
- 3) All ORANGE Belt Basics**
- 4) All PURPLE Belt Basics**

- 5) Spin Back Kick
- 6) Step Behind Hook Kick
- 7) Jump Back Side Kick
- 8) Chicken Wheel Kick
- 9) Step Behind Side Kick
- 10) Jump Back Wheel Kick
- 11) Cut Kick

Black Belt Pledge

We are a black belt school, we are dedicated, we are motivated, and we are on a quest to be the best.