



**A black belt is a white belt who never quit.**

### **RED Belt Curriculum**

Your RED curriculum will take approximately 12 months or 136 classes.

### **RED Belt Techniques**

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**
- 3) All ORANGE Belt Techniques**
- 4) All PURPLE Belt Techniques**
- 5) All BLUE Belt Techniques**
- 6) All GREEN Belt Techniques**
- 7) All 3<sup>rd</sup> kyū BROWN Belt Techniques**
- 8) All 2<sup>nd</sup> kyū BROWN Belt Techniques**

#### **9) Opponents at Sides**

Attacker – Double Shoulder grab.

Defender

- Step to the right into a horse stance as right hammer fist.
- Step around with right leg to the second attacker as right inverted hammer fist as left hand covers.
- Guard.

#### **10) Double Wrap Around**

Attacker – Double Shoulder Grab.

Defender

- Step back with your right foot as you double wrap around the attacker's arms.
- Step forward with your right foot and double uppercut to apply pressure to the attacker's arms.
- Double hammer fist low to the attacker's stomach to bend them over.
- Circle hands around and grab attacker's heads and smash them together.
- Push attacker's heads down into a chicken knee.
- Cover out.
- Guard.

#### **11) Japanese Hand**

Attacker – Cross Push.

Defender

- Step back with your right foot as your left hand traps and pins the attacker's push.
- Grab the attacker's hand with both of your hands to apply a wrist lock.

- Step back with your left foot and apply the wrist lock taking the attacker down to the ground.
- Right leg downward wheel kick.
- Cover out.
- Guard.

## **12) Striking Snake**

Attacker – Two hand lapel grab from front pulling you forward.

Defender

- Left cover/pin over attacker's arms.
- Step forward with right foot.
- Right middle knuckle strike to solar plexus.
- Right inward block to clear the grab.
- Right chop to neck.
- Right inward elbow to head.
- Guard.

## **13) Kimono Grab**

Attacker – Two hand lapel grab.

Defender

- Left pin to grab.
- Step back with left foot into fighting stance as right rising block to break.
- Right inward block to clear arms away.
- Right chop to neck.
- Right elbow smash to head.
- Right hammer fist to groin.
- Right back kick.
- Guard.

## **14) Trapping Hands**

Attacker – Right punch, left punch.

Defender

- Step back with right foot into fighting stance as left parry to punch.
- Right parry to punch.
- Left side punch to face.
- Right reverse broom sweep.
- Cover out.
- Guard.

## **15) Returning Viper**

Attacker – Right punch.

Defender

- Windmill Guard technique up to the wheel kick.
- Right side kick to the back of attacker's knee.
- Left hair grab and left roundhouse kick sweep to the attacker's right leg to take attacker down.
- Right spin rear stomp.

- Cover out.
- Guard.

### **16) Tiger Take Down (Dance of Doom)**

Attacker – Right straight punch.

Defender

- Left parry and right ridge-hand to groin as left steps to side.
- Left hook to back of knee, as right steps forward and right elbow to ribs.
- Take attacker down.
- Right back knuckle to left knee, figure eight back knuckle to right knee.
- Right chop to groin.
- Right kick to attacker's right leg.
- Cover out.
- Guard.

### **17) Crossing the Club**

Attacker – Right overhead club.

Defender

- Left step forward into fighting stance as X block to wrist.
- Right counter grab to wrist as left forearm to elbow, while left foot steps around and in front of attacker to 2 o'clock.
- Bend opponent over with forearm (as in "Crossing the Talon").
- Right front-kick to face.
- Cover out.
- Guard.

### **18) Bending the Club**

Attacker – Right side club.

Defender

- Right step forward into fighting stance as double chop-block to radial and bicep nerves.
- Right hook to elbow, as right foot steps back into fighting stance and left hand rises up simultaneously.
- Right knee to sternum, landing into right downward elbow to spine.
- Guard.

## **RED Belt Katas**

- 1) All WHITE Belt Katas
- 2) All YELLOW Belt Katas
- 3) All ORANGE Belt Katas
- 4) All PURPLE Belt Katas
- 5) All BLUE Belt Katas
- 6) All GREEN Belt Katas
- 7) All 3<sup>rd</sup> kyū BROWN Belt Katas
- 8) All 2<sup>nd</sup> kyū BROWN Belt Katas
- 9) Koryo
- 10) Creative Kata

- 11) Creative Weapon Kata
- 12) Creative Team Kata

### **RED Belt Basics**

- 1) All WHITE Belt Basics
- 2) All YELLOW Belt Basis
- 3) All ORANGE Belt Basics
- 4) All PURPLE Belt Basics
- 5) All BLUE Belt Basics
- 6) All GREEN Belt Basics.
- 7) All 3<sup>rd</sup> kyū BROWN Belt Basics
- 8) All 2<sup>nd</sup> kyū BROWN Belt Basics
- 9) 360° Spin Back Kick
- 10) Forward Broom Sweep
- 11) 360° Spin Hook Kick
- 12) 50 Push-ups
- 13) Double Front Kick
- 14) Reverse Broom Sweep
- 15) Triple Jump Kick
- 16) 30 Full Sit-ups or 60 Crunches
- 17) Cartwheel Kick
- 18) Side Fall
- 19) 7 Rounds of Sparring (2 minutes)

### **The Principles of Black Belt**

As a dedicated AmeriKick student, I will live by the principles of black belt: modesty, courtesy, integrity, self-control, perseverance and indefinable spirit.