



A black belt is a white belt who never quit.

Senior BLACK Belt Curriculum

Your Senior BLACK curriculum will take approximately 18 months or 200 classes.

Senior BLACK 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 3rd kyū BROWN Belt Techniques**
- 8) **All 2nd kyū BROWN Belt Techniques**
- 9) **All RED Belt Techniques**
- 10) **All Junior BLACK Belt Techniques**

11) Hammer and Sword

Attacker – Right shoulder grab or left shoulder grab.

Defender

- Pin opponent's hand and step to that side into a horse stance.
- Hammer strike to the groin followed by a chop to the throat.
- Guard.
- Variation: chop to the throat then hammer fist.
- Guard.

12) Pushing the Circle

Attacker – Right straight grab.

Defender

- Step back with left foot as you pull your right arm back to your left shoulder going against the attacker's thumb.
- Right hammer fist to stomach or face.
- Guard.

13) Front Head Lock

Attacker – Right side front headlock.

Defender

- Relieve the pressure of grab with the left arm.

- Step forward with the right foot into a horse stance as the right ridge hand strikes to the groin.
- Right upward elbow to jaw.
- Slide your head out of the grab.
- Side elbow.
- Guard.

14) Triggered Push

Attacker – Front straight push to left shoulder.

Defender

- Pivot in place, twist into right heel palm to attacker's jaw.
- Pin attackers hand to your left shoulder with your left hand.
- Right hook to attacker's right arm dropping attacker's height.
- Step forward with your right foot into a horse stance.
- Right inward elbow to attacker's face.
- Left outward elbow to attacker's face.
- Right uppercut to opponents jaw.
- Guard.

15) Parting the Push

Attacker – Front two hand push.

Defender

- Step back with the right foot into a fighting stance.
- Double outward chops strike inside attacker's wrists.
- Right chop to attacker's left floating rib, left hand checks high.
- Left outward chop to attacker's left side of neck.
- Right middle knuckle solar plexus as left hand checks low.
- Guard.

16) The Shield

Attacker – Left hook punch.

Defender

- Step forward with the right foot into a forward bow stance.
- Burst into a right extended outward block to attacker's punch.
- Left heel palm to attacker's jaw.
- Right hammer knuckle rake to attacker's temple.
- Shuffle in right elbow strike to attacker's solar plexus keeping left hand covering.
- Guard.

17) Crushing Hammer

Attacker – Rear bear hug, arms pinned.

Defender

- Step to the left side landing into a square horse stance.

- Simultaneously pin opponent's grab with your left hand and right hammer strike to attacker's groin.
- Right C step behind attacker's left leg to buckle.
- Right obscure elbow under jaw.
- Left heel palm to ribs.
- Guard.

18) Front Bear Hug, Arms Free

Attacker – Front bear hug, arms free.

Defender

- Double chops to attacker's neck.
- Left hair grab and right palm to the attacker's jaw twisting their neck.
- If attacker has no hair, then grab their ear.
- Knee.
- Guard.

19) Front Bear Hug, Arms Pinned

Attacker – Front bear hug, arms pinned.

Defender

- Step back with the right foot into a fighting stance as both thumbs strikes to attacker's groin nerves.
- Left hooks attacker.
- Right knee to attacker's groin while right hand chambers back to hip to break the hold of attacker's left arm.
- Land forward with your right foot and knife edge stomp to instep.
- Guard.

20) Crossing the Talon

Attacker – Front cross wrist grab.

Defender

- Counter grab attacker's right wrist with your right hand.
- Left foot step forward and to your right landing in front of attacker in a horse stance while left forearm strikes attacker's right elbow (arm bar).
- Force attacker down with arm bar.
- Left outward elbow strikes attacker's temple.
- Left claw rakes attacker's face upward.
- Left downward elbow to attacker's spine.
- Right knee to attacker's face while left palm strikes attacker's back of the head.
- Cross out.
- Guard

21) Returning the Club

Attacker – Right round club attack into a backhanded club attack.

Defender

- Step back with your left foot towards 8 o'clock into a fighting stance moving out of the path of the first club strike and keeping both hands up.
- Step forward with your left foot towards 1 o'clock landing into a horse stance and blocking attacker's back handed swing with both of your forearms, right arm above the attacker's elbow, left arm below attacker's elbow.
- Right hand counter grabs attacker's right wrist.
- Step back with your right foot towards 9 o'clock apply pressure with your left forearm to attacker's right elbow and swing attacker around and downward (similar to "Crossing the Talon").
- Right front kick to attacker's face.
- Disarm.
- Guard.

22) Circling Choke (Wing)

Attacker – Rear two hand choke.

Defender

- Step to your right side with your left foot towards 1 o'clock.
- Circle your right arm up, over and down on attacker's right arm that is choking you.
- Drop into a horse stance while dropping your right elbow down.
- Left spear hand to attacker's eyes.
- Right uppercut elbow under attacker's jaw while left hand checks attacker's arms.
- Right hammer fist to attacker's groin shifting into a reverse bow stance.
- Right rear kick.
- Cover out.
- Guard.

23) Sleeper

Attacker – Right straight punch.

Defender

- Step forward left and slip punch into a fighting stance.
- Left parry attacker's punch.
- Shift into a forward bow stance as right ridge hand strikes to the left side of attacker's neck, left hand checks high on attacker's right arm.
- Right C step behind attacker's right leg.
- Grab your right ridge hand with your left hand to apply pressure to attacker's neck and choke attacker.
- Step back with your left foot and throw attacker down to the ground.
- Right vertical punch to attacker's face while your right knee strikes attacker's right rib.
- Left hand checks attacker's right arm.

- Guard

24) Corkscrew

Attacker – Right punch from side.

Defender

- Turn right into twist stance as you sweep both hands down and right ridge hand to neck.
- Step behind opponent with left foot, left palm to base of spine as you lock them in a rear choke with your right arm, secure with left.
- Right heel kick to groin.
- Throw attacker to ground.
- Stomp and cover out.
- Guard.

25) Dance of Doom

Attacker – Right straight punch.

Defender

- Step forward left and slip punch into a fighting stance.
- Left parry attacker's punch.
- Shift into a forward bow stance as right ridge hand strikes attacker's groin, left hand checks high on attacker's right arm.
- Hook the back of attacker's right leg with your left arm.
- Step forward and between the attacker's legs with your right leg while striking with your right elbow to attacker's ribs.
- At the same time pull attacker's right leg to your left hip with your left hand (this should take down the attacker landing them on their back).
- Right figure 8 back knuckles to inside of attacker's knees.
- Right downward chop to attacker's groin.
- Grab attacker's right foot with both hands and flip attacker over onto their stomach.
- Left stomp.
- Cover out.
- Guard.

26) Leap of Doom

Attacker – Right straight punch.

Defender

- Step forward with left foot while right outward-chop blocks punch.
- Left palm to attacker's elbow.
- Left back knuckle to ribs.
- Force attacker to ground.
- Leap on the back of attacker with double heel stomps to back.
- Double palms to back of head.
- Chin lock to attacker.

- Snap neck.
- Right knee as right chop.
- Left knee as left palm.
- Jump off to attacker's right as right downward wheel-kick to temple.
- Guard.

27) Fan Blocks

Attacker – Double punch.

Defender

- Step back with left foot into fighting stance as right downward parry to punch.
- Draw right foot back into cat-stance as left downward parry punch.
- Right front-kick landing forward into right uppercut to jaw.
- Small step forward left as you left punch to face, right low cover and right knee to groin.
- Upper cut forearm to jaw, cross out.
- Right crossing rear kick
- Cover out.
- Guard.

28) Full Nelson

Attacker – Full Nelson.

Defender

- Step slightly to your left with your left leg.
- Double claw to attacker's face.
- Drop your weight into a horse stance breaking the full nelson hold.
- Stand back up straight while pinning the attacker's hands to your side.
- Head butt attacker in the face.
- Step forward with your left foot pulling attacker forward.
- Pivot into a reverse bow stance and strike attacker in the face with your right elbow.
- Step forward with right foot then back with left foot.
- Step back with your left foot into a reverse bow stance and strike attacker in the face with your left elbow.
- Guard.

Senior BLACK Belt Katas

- 1) All WHITE Belt Katas
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- 11) Arnis Defense
- 12) Knife Defense
- 13) Ground Defense
- 14) Arnis Kata plus Strikes
- 15) Short #3
- 16) Long #2
- 17) Hand Set
- 18) Tiger Set

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.