



A black belt is a white belt who never quit.

Junior BLACK Belt Curriculum

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

Junior 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) Twisting Dragon

Attacker – Your left wheel kick is grabbed.

Defender

- Spin in the air and right spin hook kick to attacker's head.
- Land in side fall position or on your feet.
- Guard.

11) Chopping the Log

Attacker – Right roundhouse kick.

Defender

- Right downward block as left cover.
- Loop right arm trapping attacker's leg.
- Right knee to inner thigh.
- Left downward elbow to leg.
- Right leg loops over attacker's leg and take down.
- Guard.

12) Download X Block (Prayer of Doom)

Attacker – You are on one knee and attacker kicks with right.

Defender

- Downward X block right fist on top.

- Grab bottom of attacker's heel with right hand.
- Twist attacker over so their back is facing you.
- Front kick to groin as you stand up.
- Double palms to back forcing attacker to the ground.
- Axe stomp.
- Guard.

13) Universal Block (Deceptive Panther)

Attacker – Right leg roundhouse kick, while you are in a right leg forward sparring stance.

Defender

- While in a fighting stance, slide left foot around to 4 o'clock as universal blocks kick.
- Right lunge side kick to attacker's supporting leg.
- Land forward into right hammer fist, followed by left hammer fist to back of neck, shifting into twist stance.
- Lifting back knuckle to jaw as left hand checks.
- Right back/scoop heel kick to attacker's jaw.
- Guard.

14) Hands of Force

Attacker – Double shoulder grab far away.

Defender

- Step to the right into horse stance as right chop to throat, left hand in guarding position.
- Step to 10 o'clock with your right foot, as right slicing eye rake followed by left dragon palm to throat.
- Pivot left foot back and around to 10 o'clock as right inward block to first attacker.
- Right front kick to first attacker landing forward.
- Left rear crossover into right back kick to second attacker.
- Right double cross-out facing first attacker.
- Spin sweep to first attacker.
- Guard.

15) Tiger Stretch

Attacker – Double wrist grab from the sides.

Defender

- Right counter grab as right rear crossover toward left.
- Right sidekick to right attacker.
- Land in a right front crossover towards left opponent.
- Left knee kick to back of left attacker's right leg.
- Left sidekick to attacker's left knee.
- Land into left front crossover toward right opponent as right back knuckle strike as you turn clockwise.
- Left right chicken wheel kick to left attacker.
- Land forward into right stiff arm back knuckle to left attacker jaw.
- Left back kick to right attacker.
- Double cross out to 11 o'clock.

- Guard.

16) Bear Hug and Punch

Attacker – Rear bear hug and front right punch.

Defender

- Right inward block to attacker's right punch while your right front kick to the attacker's groin.
- Land your right kicking leg to the right side landing into a square horse stance.
- X hands up and perform the technique the “Circling Elbows” on the rear attacker.
- After your right hammer fist to rear attacker, left front crossover toward front attacker.
- Right side kick to any available target on first attacker.
- Without dropping your right kicking leg, right front kick to rear attacker to any available target.
- Cross out.
- Guard.

17) Double Wrap Around

Attacker – Double shoulder grab close.

Defender

- Step back right, wrap around with both arms as you step forward with right double upper cuts breaking arms, double hammer fist to stomach.
- Step back, bring arms around smashing attacker’s heads together.
- Chicken knee to face.
- Step back and clear.
- Right left then left hinge kick to legs.
- Cover out.
- Guard.

18) Double Rams

Attacker – Right straight punch from the front and rear attackers.

Defender

- Step forward left as you left inward and right outward block.
- Whip through with a hammer fist to face of front attacker, step forward right and pivot to face of rear attacker as you left chop front attacker’s ribs.
- Parry and waiter hand check, right front kick to rear attacker, landing into the “Five Swords”.
- Pivot into left twist stance, facing front person as right front kick to front attacker, landing into left back kick to rear attacker.
- Double cross out to 3 o’clock.
- Guard.

19) Reverse Hammer Lock

Attacker – Right hammer lock.

Defender

- Pin attacker’s hand by pressing it to your spine.
- Step with your right foot to 10 o’clock into a horse stance pulling attacker’s arm out straight.
- Left elbow to attacker’s left elbow.
- Left hammer fist to attacker’s groin.

- Left side kick to attacker's left knee into a right spin rear kick.
- Cover out.
- Guard.

20) Diving Hawk

Attacker – Right hammer lock.

Defender

- Step back left.
- Left elbow to face.
- Double step back as you twist attacker's arms.
- Right, left chicken kick.
- Land into "Crossing Talon" left forearm to attacker's arm.
- Left side elbow to temple.
- Downward elbow to spine.
- Right knee to face.
- Left rear kick then right spinning rear kick.
- Guard.

21) AmeriKick Sword

Attacker – Strikes/cuts.

Defender

- Beginner level 1 strikes are executed from a ready stance.
- Feet shoulder width apart with knees slightly bent and sword in front with the tip angled towards the front attacker.
- Overhead half cut.
- Overhead full cut.
- Diagonal cut right.
- Diagonal cut left.
- Horizontal cut right.
- Horizontal cut left.
- Thrust.

Junior BLACK Belt Katas

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10) AmeriKick Sword Kata 1 (With Bladed Sword)

- Attention stance.
- Sword in left hand on the left hip.
- Step forward with right foot as right spear hand to angle.
- Right tension ridge hand and grab sword.
- Right draw cut with the sword while left hand chops to the left side.

- Half cut while in a ready stance.
- Step forward with your left foot and right horizontal cut.
- Step forward with your right foot and left downward diagonal cut.
- Forward thrust finishing in a forward bow stance.
- Left foot steps forward into a twirl full cut.
- Left foot steps back, reverse bow, with an angled block.
- Right foot steps back, horse stance, with a right low block.
- Left foot steps back, horse stance, with a left high block.
- Right foot steps back to a ready stance, square horse stance and half cut.
- Figure eight.
- Right foot steps forward with a left horizontal cut.
- Right thrust.
- Right foot steps back into a reverse bow with an angled block.
- Left reverse diagonal upward cut.
- Right horizontal cut while dropping to the left knee.
- Twirl into half cut returning to a ready stance, square horse.
- Sheath the sword.
- Bow

Junior BLACK Belt Basics

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- 9) All RED Belt Basics**
- 10) Short #1**
- 11) Long #1**
- 12) Short #2**
- 13) AmeriKick #7**
- 14) Sword Form #1**
- 15) Blocking Set**
- 16) Elbow Set**
- 17) Knee Set**
- 18) Two Person Sword 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.