

# SATORI

## MARTIAL ARTS



### ADULT

# TRAINING WORKBOOK

THIS BOOK BELONGS TO:

# Welcome to Satori Dojo!

**Over many centuries**, many different styles of martial arts have evolved around the globe, each with its own focus and methods of fighting. Some emphasize grappling, while others concentrate on striking or joint locking, and still others focus on the use of weaponry. O Sensei **Ngo Dong**, the founder of **Cuong Nhu**, studied several martial arts styles and recognized early on in his career that each had strengths and weaknesses and that no one style was superior to any other. He concluded that a well-rounded martial artist must be exposed to many styles of fighting, pioneering this understanding three decades before the emergence of **mixed martial arts**.

**Joe Varady** joined Cuong Nhu in 1987 and earned his black belt in 1990. He founded Satori Dojo, non-profit organization, in 1994. After more than three decades of experience training, teaching, and listening to student feedback, Master Joe, a professional teacher with a Master's degree in education, redesigned and updated **Satori Dojo's** curriculum and teaching methods. Each piece of the curriculum was carefully chosen because it added practicality and functionality to the overall system. The result is a methodologically sound formula for creating a new generation of proficient and well-rounded martial artists.

**Let's get started...**



## **Walking the Path**

Satori Dojo students train to master a martial arts curriculum of progressively more sophisticated and more challenging techniques and concepts. The path to black belt can be daunting, to say the least. However, every journey begins with a single step and a slow and steady pace wins the race. This manual will serve as your guide, providing you with the requirements for your next rank as well as checklists to aid in organizing and recording your training.

It takes discipline and dedication to find the time, energy, and motivation to train. To get the most out of your martial arts training, you need to commit to the following:

- 1) Attend class regularly.**
- 2) Complete your Home Study Checklist.**

First, attend class regularly and apply yourself 100% during each class. Good attendance and consistent effort on your part will help create a solid foundation upon which all your future lessons will be based. Record when you train and for how long, including a short description of what you practiced.

For example: "**Tues 3/7**: 90min. Pinan 4, Tambo 1, Judo foot sweeps"

Next, practice regularly to complete the Home Study Checklist for your next rank. Simply watch the videos and read the required material. The videos can be found on Satori Dojo's YouTube channel, and all material on the recommended reading list is available from either the e-library on the website or our physical library at the dojo.

**Let your instructors know specifically what material you have not been taught or need help with so that they may assist you.**



***"Vision without action is a dream soon forgotten."***  
- O Sensei Ngo Dong, Founder of Cuong Nhu Martial Arts



## Satori Dojo Adult Curriculum One Green Stripe



<p><b>Techniques</b></p> <p><b>Stances</b></p> <ul style="list-style-type: none"> <li>✓ Natural stance X III I</li> <li>✓ Attention stance X III III</li> <li>✓ Rectangular stance X III III</li> <li>✓ Kicking stance X III III</li> <li>✓ Forward stance X III III</li> <li>✓ Cat stance X III III</li> <li>✓ Diagonal stance X I I</li> </ul> <p><b>Hand Techniques</b></p> <ul style="list-style-type: none"> <li>✓ Lunge punch X III I</li> <li>✓ Reverse punch X I I</li> </ul>	<p><b>Training</b></p> <p><b>Kata and Bunkai</b></p> <ul style="list-style-type: none"> <li>✓ Taikyoku X III I</li> <li>✓ Kata 2-5 X III I</li> </ul> <p><b>Kumite</b></p> <p>Blitz attack X I</p> <p><b>Blocks and Punches</b></p> <p>Basic blocking with consecutive counterattacks (lower, middle, rising)</p>	<p><b>Testing</b></p> <p><b>Time in Rank</b></p> <ul style="list-style-type: none"> <li>✓ Three months</li> <li>✓ 24 classes</li> </ul> <p><b>History and Philosophy</b></p> <ul style="list-style-type: none"> <li>✓ History of Cuong Nhu X III</li> <li>✓ History of Shotokan Karate X</li> <li>✓ Three-O's Principle X III</li> <li>Code of Ethics: Tenet 1</li> <li>✓ Five Firsts for Friendship X III</li> <li>✓ Five S's for Warm-ups X III</li> <li>✓ Five A's for Self Defense X III</li> </ul>
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### Tracking Your Progress

At the time of testing, you will be responsible for knowing and being able to perform all of the requirements for your new rank. To help you prepare, use your requirement page as checklist to keep track of your training. In this way, you and your instructor will know at a glance what requirements have been covered, and what material requires further attention. You will be ready to test when your requirement list starts to look like the one pictured below.

Once you have been formally taught a technique, check it. Once you have read about a technique, mark it with an X. Each time you practice on your own, add a tally.

### SWAT Sheets

Standardized workouts and tests, or SWAT Sheets, are designed to provide a concrete and systematic, yet flexible, framework for effective instruction, training, and testing. Each workout is tailored specifically to include all of the requirements for each rank.



The goal is to be able to complete the SWAT sheet in a single workout. Obviously, this will not always be the case, especially during the early phases of training for a new rank. However, after several months of consistent instruction and practice, you should be proficient at all the exercises on the SWAT Sheet.

**SWAT sheets are cumulative.** Therefore, students are responsible for and instructors may draw from any SWAT Sheets for your current rank and below.

## **Home Study Checklists**

While much of your training occurs in the dojo during normal class times with the help of instructors and assistant instructors, there are other aspects of your training that you are responsible to do on your own. The Home Study Checklist is an important part of your martial arts training at Satori Dojo because it not only guides your training, but it allows you to keep track of them as well.

## **Videos and Practice**

Watching Satori Dojo's instructional videos (available on our YouTube channel) is like taking class, but at your own pace, where ever and whenever you want. Of course, it is essential that you practice what is presented in each video on your own until you feel comfortable performing the material. Record when you watch the video or practice on your Home Study Checklist. Note that there are columns marked for review at future ranks. You should leave these columns blank for now, as you will come back to review these videos in preparation for future tests.

## **Required Reading**

Reading manuals and books compliments your understanding of both your immediate training and of the martial arts in general. Writing a book review will help you to process what you've read. All material on the recommended reading list is available from either the e-library on the website or our physical library at the dojo.

## **Essay**

For some ranks, you are required to write an essay designed to help you reflect on your training. Instructors can help you with brainstorming a topic and editing your essay. Give yourself time to rewrite and revise well before your due date.

## **History and Philosophy**

Studying martial arts history provides you with a greater perspective of the evolution of the martial arts. We also study Martial Arts Philosophy. The concepts are presented as short lists to make them easy to memorize, however, each contains valuable wisdom concerning everything from training to interpersonal relationships to personal happiness. Making a set of "philosophy flashcards" can help you study. When you are ready to take the test, print and complete your cumulative written exam (available on the website) and give it to your instructor to be graded. Exams are due at least two weeks before the test.

## **Training Summary Sheet**

Your Training Summary Sheet reflects your training efforts and growth since your last promotion. Think of it as your martial arts resume. Show that you have fulfilled the requirements for your next rank. Use the sample provided on the next page as a template to create your own Training Summary Sheet.



# SAMPLE TRAINING SUMMARY SHEET

**Andrea Hilborn**  
One Brown Stripe Candidate  
Satori Dojo, Phoenixville, PA  
(All info since last promotion)



**Age:** 46  
**Date of Birth:** 1/16/70  
**Current Rank:** Green Belt

**Last Promotion:** 12/05/2014  
**Test Date:** 4/9/2016  
**Time in Rank:** 16 Months



## Number of Workouts

**Requirement for rank:** 24  
**Number of workouts:** 42

(Workouts average at least 90 minutes per session)



## Noteworthy Activities

- Assisted with the 2015 Satori Dojo In-house tournament
- Participated in the 2015 Dogwood Parade
- Attended IATC 2015
- Performed in self defense demo at the Phoenixville Kiwanis Children's Plaza
- Assisted Sensei Kathy with the Women's Self Defense class at NASA
- Completed P90-X workout program
- Helped develop the Satori Dojo Kick-or-Treat event
- Participated and ranked second in the Taiji Fencing Tournament
- Currently participate in Modern Gladiatorial Arts classes, Saturdays 4-6pm.

## **Seminars Attended:**

- 12/5/2014 Aikido with Sensei David Killian
- 3/15/2015 Hapkido with Guru Perry Zmugg
- 5/27/2015 Sparring with Sensei Joe Montague
- 10/15/2015 Push hand drills and High intensity interval training with Master John Kay



## Martial Arts Reading Log

Date	Title (author)	Pages	Book Report
3/2015	The Gift of Fear (Gavin De Becker)	384	Yes



## Rank History

Rank	Date
Start Date	06/2013
One Green Stripe	10/10/2013
Two Green Stripes	04/5/2014
Green Belt	12/06/2014

## **Prescreening Video Requirements**

Starting at Green Belt, when you feel you are ready, record and submit a video of you performing some of the requirement for your rank to your instructors for review. Use the column marked **PSV** (Prescreening Videos) on the left side of the Home Study Checklist. Present yourself in a professional manner (Satori gear or clean gi, video framed well, no distractions, etc.). When you have successfully completed the video prescreening requirement for your rank, you should be ready to test.

### **White Belt to Green Belt**

Before a student earns their green belt, they are not required to complete any prescreening video requirements. However, since there is still much to be gained from watching one's performance, students are encouraged to video themselves practicing the requirements for their next rank, if only for personal review.

### **1 Brown Stripe to Brown Belt**

The student must submit prescreening videos for their immediate rank requirements only.

### **1 Black Stripe**

The student must submit prescreening videos for their immediate rank requirements as well as a cumulative review of the entire curriculum up to Green Belt.

### **2 Black Stripes**

The student must submit prescreening videos for their immediate rank requirements as well as a cumulative review of the entire curriculum from 1 Brown Stripe to Brown Belt.

### **Black Belt**

The student must submit prescreening videos for their immediate rank requirements only.

### **Shodan, Nidan, Sandan**

The student must submit prescreening videos for their immediate rank requirements only.

### **Yondan: Master**

In addition to their immediate rank requirements, for the rank of Master, the candidate must submit prescreening videos for the entire curriculum from 1 Green Stripe to Shodan.

### **Godan and Above**

The student must submit prescreening videos for their immediate rank requirements only.

## **Portfolio**

One of the culminating activities before your test is to assemble all the materials we've discussed to compile a portfolio demonstrating your readiness to test. Include copies of your Home Study Checklist, Training Log, Training Summary Sheet, graded exams, essay, book report, etc. and submit them to your instructors for their review at least two weeks before the proposed test date.

## **Testing Procedures**

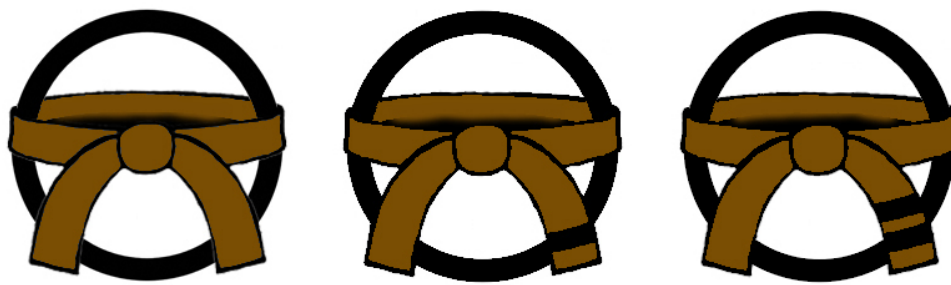
Your test will be based on, but not limited to, the SWAT sheet for the rank you are testing. As mentioned, SWAT sheets are cumulative, so an instructor may draw on previous sheets from lower ranks. This means that, if you've come to class and done your homework, you should know everything that will be asked of you ahead of time. The goal is to help **you** be as prepared and confident as possible in order to set you up for **SUCCESS!**







# Adult Curriculum





# Adult Curriculum

## One Green Stripe



### Techniques

#### Stances

Natural stance  
Attention stance  
Rectangular stance  
Kicking stance  
Forward stance  
Cat stance  
Diagonal stance

#### Hand Techniques

Lunge punch  
Reverse punch  
Tiger claw  
Inner chop  
Jab/Cross  
Vertical punch  
Downward elbow

#### Blocking Techniques

Lower block  
Inner middle block  
Rising block  
Pak sao (slapping hand)

#### Leg Techniques

Upward knee strike  
Front snap kick  
Front thrust kick

#### Footwork

Stepping (adv./retreating)  
Return (reverse direction)

#### Matwork

Forward roll  
Uki goshi  
Low side drop

### Training

#### Kata and Bunkai

Taikyoku  
Kata 2-5

#### Kumite

Blitz attack

#### Blocks and Punches

Lower, middle, rising  
Consecutive counters

#### Self Defense

Tiger Claw

#### Judo

Uki goshi  
Low side drop

#### Boxing

Jab / Cross

#### Traditional

##### Wing Chun

Pak sao drills  
Centerline principles

#### Progressive

##### Wing Chun

Pak Sao / Da

#### Stamina

5 Burpees  
20 Palm push-ups

### Testing

#### Time in Rank

Three months  
20 classes

#### History and Philosophy

Three-O's Principle  
5 Firsts for Friendship  
5 A's for Self Defense  
Code of Ethics: Tenet 1  
History of Cuong Nhu  
History of Shotokan

#### Written Exam

Due 2 weeks before test

#### Prescreening Videos

Optional

#### Training Summary

Due 2 weeks  
before test date



1. **Philosophy:** Three-O's Principle
2. **Stamina:** Punches and blocks in rectangular stance (up to 100)
3. **Combo 1:** Lunge w/chop or block, shift to rectangular w/punch
4. **Kata and Bunkai:** Taikyoku (Kata 1)
5. **Self-Defense:** Tiger claw
  
6. **Warm-down/Philosophy:** Code of Ethics: Tenet 1
7. **Stamina:** 5 Burpees
8. **Mat Work:** Forward roll, uki goshi, low side drop
9. **Boxing:** Jab and cross
10. **Traditional Wing Chun:** Pak sao drills
  
11. **History:** Cuong Nhu
12. **Stamina:** 20 palm push-ups
13. **Kata and Bunkai:** Kata 2
14. **Combo 2:** Cat stance w/middle block, diagonal w/lower block, front snap kick, land back in forward stance w/reverse punch
15. **Progressive Wing Chun:** Pak sao/Da
  
16. **Philosophy:** 5 Firsts for Friendship
17. **Stamina:** Lunging punches, chops, front kicks, & blocks (up to 100)
18. **Kumite:** Blitz Attack
19. **Combo 3:** Diagonal stance w/block, shift to forward stance w/rev. punch, rear leg kick, land in forward stance w/inner chop
20. **Blocks and Punches:** Lower, middle, rising w/consecutive counters
  
21. **Philosophy:** 5 A's for Self Defense
22. **Kata:** Kata 3 & 4
23. **Stance drill:** Cat, diagonal, forward w/hands on hips
24. **Kata:** Kata 5 (Machine Gun Kata), Modified Kata
25. **History:** Shotokan Karate





# Home Study Checklist for One Green Stripe



<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
	<u>1 Gr.</u>	<u>2 Gr.</u>	<u>Gr.</u>	<u>1 Gr.</u>	<u>2 Gr.</u>	<u>Gr.</u>
<u>PSV</u>						
Stances	_____	_____	_____	_____	_____	_____
Hand Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
___ Boxing	_____	_____	_____	_____	_____	_____
___ Traditional Wing Chun	_____	_____	_____	_____	_____	_____
___ Progressive Wing Chun	_____	_____	_____	_____	_____	_____
___ Blocks and Punches	_____	_____	_____	_____	_____	_____
___ Judo	_____	_____	_____	_____	_____	_____
___ Kata 1	_____	_____	_____	_____	_____	_____
___ Kata 2	_____	_____	_____	_____	_____	_____
___ Kata 3	_____	_____	_____	_____	_____	_____
___ Kata 4	_____	_____	_____	_____	_____	_____
___ Kata 5	_____	_____	_____	_____	_____	_____
___ Kumite	_____	_____	_____	_____	_____	_____
___ Self Defense	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

### History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

### Reading

White Belt Training Manual Pgs. 1-51 \_\_\_\_\_

Best Karate: Comprehensive, Vol. 1 \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



# Adult Curriculum

## Two Green Stripes



### Techniques

#### Stances

Side stance  
Back stance

#### Hand Techniques

Backfist strike  
Spearhand thrust  
Outer horizontal chop  
Hook  
Uppercut

#### Blocking Techniques

Knifehand block  
Outer block  
Reinforced middle block  
X-block  
Bong sao  
Tan sao

#### Leg Techniques

Stamping kick  
Side thrust kick  
Back thrust kick  
Roundhouse knee strike  
Roundhouse kick

#### Footwork

Shuffle  
Crossover  
Hopping

#### Matwork

Backdrop  
Backward roll

### Training

#### Kata and Bunkai

Pinan 1  
Pinan 2

#### Kumite

Load and explode

#### Blocks and Punches

Up to knifehand block  
Simultaneous counters

#### Self Defense

Stamping kick

#### Boxing

Hook / Uppercut

#### Traditional

##### Wing Chun

Bong sao / Tan sao

#### Progressive

##### Wing Chun

Bong sao / Lap sao

#### Stamina

10 Burpees  
20 Palm push-ups  
20 Knuckle push-ups

### Testing

#### Time in Rank

Four months  
25 classes

#### History and

##### Philosophy

5 Steps to Health  
5 R's for Self Defense  
5 S's for Warm-ups  
Code of Ethics: Tenet 2  
History of Boxing

#### Written Exam

Due 2 weeks before test

**Prescreening Videos**

Optional

**Training Summary**

Due 1 week before test



**Two Green Stripes**

1. **Warm-up/Philosophy:** 5 S's for Warm-ups
2. **Stamina:** Punches and blocks in rectangular stance (up to 150)
3. **Combo 1:** Jab, cross, front kick, roundhouse kick
4. **Kata and Bunkai:** Pinan 1
5. **Self Defense:** Stamping kick
  
6. **Philosophy:** Code of Ethics: Tenet 2
7. **Stamina:** 10 Burpees
8. **Mat Work:** Backdrop, Backward roll
9. **Combo 2:** Shuffle in side stance w/outer block, hop side thrust kick, land in forward stance w/lead hand backfist and reverse punch
10. **Traditional Wing Chun:** Bong sao/ Tan sao



- 11. History:** Boxing
- 12. Stamina:** 20 palm push-ups
- 13. Kata and Bunkai:** Pinan 2
- 14. Combo 3:** Back stance w/knifehand block, shift to forward stance  
w/reverse punch, back kick, cross in front roundhouse kick
- 15. Progressive Wing Chun:** Bong / Lap
  
- 16. Philosophy:** 5 R's for Self Defense
- 17. Stamina:** Lunging punches, chops, kicks, and blocks (up to 100)
- 18. Kumite:** Load and explode
- 19. Combo 4:** Modern guard, backfist, roundhouse kick, side kick
- 20. Blocks and Punches:** Up to knifehand w/simultaneous counters
  
- 21. Stamina:** Lunging punches, chops, front kicks, and blocks (up to 150)
- 22. Kicking Drill:** Front snap kick, side thrust kick, back thrust kick
- 23. Combo 5:** Forward stance w/lower X-block, back stance  
w/reinforced block, side thrust kick, land in forward stance  
w/simultaneous block and reverse punch
- 24. Boxing:** Hook / Uppercut
- 25. Warm-down/Philosophy:** 5 Steps to Health





# Home Study Checklist for Two Green Stripes



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>2 Gr.</u>	<u>Gr.</u>	<u>1 Br.</u>	<u>2 Gr.</u>	<u>Gr.</u>	<u>1 Br.</u>
	Stances	_____	_____	_____	_____	_____	_____
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
___	Boxing	_____	_____	_____	_____	_____	_____
___	Traditional Wing Chun	_____	_____	_____	_____	_____	_____
___	Progressive Wing Chun	_____	_____	_____	_____	_____	_____
___	Blocks and Punches	_____	_____	_____	_____	_____	_____
___	Judo	_____	_____	_____	_____	_____	_____
___	Pinan 1	_____	_____	_____	_____	_____	_____
___	Pinan 2	_____	_____	_____	_____	_____	_____
___	Kumite	_____	_____	_____	_____	_____	_____
___	Self Defense	_____	_____	_____	_____	_____	_____
	Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

White Belt Training Manual Pgs. 53-83 \_\_\_\_\_

Karate: Fundamentals, Vol. 2 \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



# Adult Curriculum Green Belt

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## Techniques

### Stances

Forward parallel stance  
Hook stance  
Inward stance

### Hand Techniques

Outer diagonal chop  
Palm heel strikes  
Fook sao (resting hand)  
Elbow strikes  
    Upward  
    Backward  
    Forward  
    Side  
Roundhouse  
Back roundhouse

### Blocking Techniques

Side elbow block  
Double forearm block  
Sliding block  
Sweeping block

### Leg Techniques

Side snap kick  
Crescent kick  
Shin block  
Deflecting shin block  
Rear leg knee charge

### Footwork

Sliding

### Matwork

Front drop  
Front tumble breakfall

## Training

### Kata and Bunkai

Pinan 3

### Kumite

Rear knee charge  
3 one-minute rounds

### Blocks and Punches

Up to elbow block  
Double blocking

### Self Defense

Elbow set

### Boxing

Basic defense

### Traditional Wing Chun

Siu Nim Tao  
Applications

### Progressive Wing Chun

Fook sao / Da

### Tambo

Yang grip basics

### Stamina

15 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
10 Fingertip push-ups

## Testing

### Time in Rank

Five months  
30 classes

### History and Philosophy

5 P's of Achievers  
5 Alls for Self Defense  
7 Styles of Influence  
Code of Ethics: Tenet 3  
History of Wing Chun

### Written Exam

Due 2 weeks before test

### Prescreening Videos

Rank requirements only

### Training Summary

Due 1 week before test



1. **Warm-up/Philosophy:** 7 Main Styles of Influence
2. **Stamina:** Punches and blocks in rectangular stance (up to 150)
3. **Combo 1:** Side stance w/palm heel block, spin behind back  
roundhouse elbow strike, shift to forward stance with 6 palm heel strikes, finish with roundhouse elbow strike
4. **Kata and Bunkai:** Pinan 3
5. **Self Defense:** Elbow set
  
6. **Philosophy:** Code of Ethics: Tenets 3
7. **Stamina:** 15 Burpees
8. **Mat Work:** Front drop and Front tumble breakfall
9. **Combo 2:** Double forearm block and shin block, side thrust kick,  
roundhouse kick, land with hand techniques
10. **Progressive Wing Chun:** Fook sao / da
  
11. **History:** History of Wing Chun
12. **Kicking:** Side snap kicks and side thrust kicks
13. **Traditional Wing Chun:** Siu Nim Tao and applications
14. **Combo 3:** Deflecting knee block, crescent kick into side thrust kick,  
land with lead hand sliding block and rear hand vertical punch
15. **Kumite:** 3 one-minute rounds
  
16. **Philosophy:** 5 Alls for Self Defense
17. **Stamina:** Lunging punches, chops, kicks, and blocks (up to 150)
18. **Kumite:** Rear knee charge
19. **Combo 4:** Jab, cross, multiple level roundhouse kick
20. **Blocks and Punches:** Double blocking (up to elbow)
  
21. **Boxing:** Basic defense (blocking and the clinch)
22. **Elbow Drill:** Elbow Kata
23. **Kicking:** Front snap kick, roundhouse kick, sliding side thrust kick
24. **Tambo:** Yang grip basics
25. **Warm-down/Philosophy:** 5 P's of Achievers





# Home Study Checklist for Green Belt



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>Gr.</u>	<u>1 Br.</u>	<u>2 Br.</u>	<u>Gr.</u>	<u>1 Br.</u>	<u>2 Br.</u>
	Stances and Footwork	_____	_____	_____	_____	_____	_____
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
___	Boxing	_____	_____	_____	_____	_____	_____
___	Traditional Wing Chun	_____	_____	_____	_____	_____	_____
___	Progressive Wing Chun	_____	_____	_____	_____	_____	_____
___	Blocks and Punches	_____	_____	_____	_____	_____	_____
___	Judo	_____	_____	_____	_____	_____	_____
___	Pinan 3	_____	_____	_____	_____	_____	_____
___	Tambo	_____	_____	_____	_____	_____	_____
___	Kumite	_____	_____	_____	_____	_____	_____
___	Self Defense	_____	_____	_____	_____	_____	_____
	Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

White Belt Training Manual Pgs. 85-105 \_\_\_\_\_

Karate-Do: My Way of Life by Gichin Funakoshi \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



# Adult Curriculum

## One Brown Stripe



### Techniques

#### Stances

X-stance

#### Hand Techniques

Close punch

#### Blocking Techniques

Shovel block

Backhand block

Wedge block

Arrow block

Soft lower block

Soft inner middle block

Soft rising block

#### Leg Techniques

Heel kick

Jump front kick

Flying front kick

Flying roundhouse kick

Foot sweeps:

arch, instep, heel

#### Footwork

Tenkan (turning)

#### Matwork

Kote gaeshi (bent wrist)

Osoto gari (large outer reap)

Kosoto gari (sm. outer reap)

Kesa gatame (scarf hold)

Ouchi gari (big inner reap)

Kouchi gari (sm. inner reap)

Guard position

Yoko shiho gatame

(side 4-corner hold)

Ude garami

(entangled armlock)

### Training

#### Kata and Bunkai

Pinan 4

#### Kumite

High-low-high

3 one-minute rounds

#### Blocks and Punches

Up to soft rising block

Soft style blocking

#### Judo

Foot sweeps and pins

#### Progressive Wing Chun

Hubud

#### Aikido

Kote-gaeshi (wrist twist)

#### Tambo

Yin grip basics

#### Bo

Basic kobudo drills

#### Stamina

15 Burpees

20 Palm push-ups

20 Knuckle push-ups

20 Fingertip push-ups

### Testing

#### Time in Rank

Five months

35 classes

#### History and Philosophy

10 Don'ts for Sparring

5 Sources of Power

Code of Ethics: Tenet 4

History of Judo

#### Written Exam

Due 2 weeks before test

#### Prescreening Videos

Rank requirements only

#### Training Summary Sheet

Due 1 week before test





1. **Warm-up/Philosophy:** 5 Sources of Power
2. **Stamina:** 30 Boxing combinations (jab, cross, hook, uppercut)
3. **Aikido:** Tenkan stepping
4. **Kata and Bunkai:** Pinan 4
5. **Aikido:** Kote-gaeshi (wrist twist) and finishes (gooseneck)
  
6. **Combo:** Z-letter lunge inner chop, round kick, forward reverse punch
7. **Stamina:** 15 Burpees
8. **Kumite:** Footsweeps (arch, instep, heel)
9. **Combo 1:** Sparring stance, soft style lower block, front kick, roundhouse kick, rising block, close punch, uppercut
10. **Progressive Wing Chun:** Hubud
  
11. **History:** Judo
12. **Stamina:** 20 Fingertip push-ups
13. **Tambo:** Yin grip basics
14. **Kicking:** Jumping and flying front kick, flying roundhouse kick
15. **Stamina:** 20 Palm push-ups
  
16. **Philosophy:** 10 Don'ts for Sparring
17. **Kumite:** High-low-high
18. **Kumite:** 3 one-minute rounds
19. **Blocks and Punches:** Soft style blocking
20. **Combo 2:** Side stance w/rear hand shovel block and front hand downward elbow strike, instep sweep, step behind heel kick
  
21. **Blocks and Punches:** Moving with hard and soft style blocking
22. **Judo:** Foot sweeps and pins
23. **Wing Chun:** Hubud into footsweeps and pins
24. **Bo:** Basic Kobudo
25. **Warm-down/Philosophy:** Code of Ethics: Tenet 4





# Home Study Checklist for One Brown Stripe



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>1 Br.</u>	<u>2 Br.</u>	<u>Br.</u>	<u>1 Br.</u>	<u>2 Br.</u>	<u>Br.</u>
	Stances and Footwork	_____	_____	_____	_____	_____	_____
	Blocking Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
_____	Progressive Wing Chun	_____	_____	_____	_____	_____	_____
_____	Blocks and Punches	_____	_____	_____	_____	_____	_____
_____	Pinan 4	_____	_____	_____	_____	_____	_____
_____	Judo	_____	_____	_____	_____	_____	_____
_____	Aikido	_____	_____	_____	_____	_____	_____
_____	Bo	_____	_____	_____	_____	_____	_____
_____	Tambo	_____	_____	_____	_____	_____	_____
_____	Kumite	_____	_____	_____	_____	_____	_____
	Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

Green Belt Training Manual Pgs. 1-36 \_\_\_\_\_

Zen in the Martial Arts by Joe Hyams \_\_\_\_\_

Book Report Yes No

Optional Reading \_\_\_\_\_

Book Report Yes No



# Adult Curriculum

## Two Brown Stripes



### Techniques

#### Stances

Turtle stance  
Serpent stance

#### Hand Techniques

U punch  
Hammerfist strike  
(w/top and bottom fist)  
Ridgehand strike  
(inner/outer)

#### Blocking Techniques

Downward forearm block  
Bottom hammer fist block  
Soft outer block (monkey)  
Soft knifehand block  
(crane)  
Soft elbow block  
Grasping block

#### Leg Techniques

Wheel kick  
Dropping kick  
Flying double front kick  
Low spinning footsweeps

#### Matwork

Ogoshi (large hip throw)  
Side drop  
Ude gatame (armlock)  
Ude hiza gatame  
(knee armlock)  
Ude osae (arm press)  
Ikkyo pin

### Training

#### Kata and Bunkai

Pinan 5

#### Kumite

Alley of Opportunity  
3 one-minute rounds

#### Blocks and Punches

Up to soft elbow block  
Hard double blocking  
with counters

#### Judo

Hip throw and armlocks

#### Traditional Wing Chun

Dan chi sao  
(single arm chi sao)

#### Aikido

Ude osae (arm turn)  
Pins and finishes

#### Tambo

Tambo 1 and applications

#### Bo

Advanced kobudo drills

#### Stamina

15 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
10 One-arm push-ups

### Testing

#### Time in Rank

Five months  
40 classes

#### History and Philosophy

5 D's of a Winner  
8 Sources of Learning  
Code of Ethics: Tenet 5  
History of Aikido

#### Written Exam

Due 2 weeks before test

#### Prescreening Videos

Rank requirements only

#### Training Summary Sheet

Due 1 week before test



1. **Warm-up/Philosophy:** 5 D's of a Winner
2. **Stamina:** 20 Fingertip push-ups
3. **Combo 1:** Forward stance w/bottom hammerfist block, step through with inner and outer ridgehand strikes
4. **Kata and Bunkai:** Pinan 5
5. **Aikido:** Ude osae (arm pin), with pins and finishes
6. **Wing Chun:** Hubud into ude osae
7. **Stamina:** 15 Burpees
8. **Kicking:** Low spinning footsweeps
9. **Combo 2:** Crescent kick into wheel kick, land in diagonal stance w/bottom hammerfist strike, drop to turtle stance w/front hand sliding block and rear hand spearhand strike
10. **Traditional Wing Chun:** Dan chi sao (single arm chi sao)
11. **History:** Aikido
12. **Stamina:** 10/10 One-armed push-ups
13. **Tambo:** Tambo 1 and applications
14. **Combo 3:** Flying double front kick, land in forward stance with grasping block and hook punches
15. **Kumite:** 3 one-minute rounds
16. **Philosophy:** 8 Sources of Learning
17. **Stamina:** 20 Palm push-ups
18. **Kumite:** Alley of opportunity
19. **Combo 4:** Heel kick, roundhouse kick, land w/downward forearm block, bottom hammerfist strike (same hand), uppercut punch
20. **Blocks and Punches:** Double blocking w/counters, up to soft elbow
21. **Kicking:** Dropping kicks
22. **Judo:** Hip throw and armlocks
23. **Kicking:** Double low spinning footsweeps

**24. Bo:** Advanced kobudo drills

**25. Warm-down/Philosophy:** Code of Ethics: Tenet 5





# Home Study Checklist for Two Brown Stripes



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>2 Br.</u>	<u>Br.</u>	<u>1Blk.</u>	<u>2 Br.</u>	<u>Br.</u>	<u>1Blk.</u>
	Stances	_____	_____	_____	_____	_____	_____
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Blocking Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
___	Traditional Wing Chun	_____	_____	_____	_____	_____	_____
___	Blocks and Punches	_____	_____	_____	_____	_____	_____
___	Pinan 5	_____	_____	_____	_____	_____	_____
___	Judo	_____	_____	_____	_____	_____	_____
___	Aikido	_____	_____	_____	_____	_____	_____
___	Bo	_____	_____	_____	_____	_____	_____
___	Tambo	_____	_____	_____	_____	_____	_____
___	Kumite	_____	_____	_____	_____	_____	_____
	Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History	_____	_____	_____	_____
Study Martial Arts Philosophy	_____	_____	_____	_____

## Reading

Green Belt Training Manual Pgs. 39-64 \_\_\_\_\_

Tao of Jeet Kune Do by Bruce Lee \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No





# Adult Curriculum Brown Belt

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## Techniques

### Hand Techniques

Tiger mouth strike

### Blocking Techniques

Chicken head block

(upward ridgehand)

Palm corner block (ox jaw)

Circular chop block

### Leg Techniques

Reverse crescent kick

Inside roundhouse kick

Axe kick (inside/outside)

Jump back side kick

Flying side kick

Flying front/round kick

### Matwork

Seoi-nage (shoulder throw)

Yoko-otoshi (side drop)

Tani-otoshi (valley drop)

Mount position

Juji-jime (cross choke)

Juji-gatame (cross armlock)

## Training

### Kata and Bunkai

Jutte

### Kumite

Broken rhythm

3 two-minute rounds

### Self Defense

Tambo defense

### Judo

Mount and finish

### Boxing

Evasion

### Traditional Wing Chun

Double arm chi sao

### Tambo

Tambo vs. tambo disarms

Tres-tres

### Bo

Basic middle grip

Bo 1 and applications

### Stamina

20 Burpees

20 Palm push-ups

20 Knuckle push-ups

20 Fingertip push-ups

10 One arm push-ups

### Board Breaking

One set by weight

## Testing

### Time in Rank

Five months

45 classes

### Public Speaking

Two minutes in class

### Essay

Two pages typed.

Brief bio, reasons for training and related life experiences.

Due 2 weeks before test

### History and Philosophy

5 Negatives in Teaching

10 Stages of Growth

History of Shaolin Chuan Fa

### Written Exam

Due 2 weeks before test

### Prescreening Videos

Rank requirements only

### Training Summary Sheet

Due 1 week before test

# S.W.A.T.

Standardized Workout and Test



1. **Warm-up/Philosophy:** Five Negatives to Avoid in Teaching
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Inside roundhouse kick, roundhouse kick, land with bottom hammerfist, ridgehand, uppercut
4. **Kata and Bunkai:** Jutte
5. **Self Defense:** Empty hand tambo defense
  
6. **Kicking:** Jump back-side kick
7. **Stamina:** 20 Burpees
8. **Judo:** Mount and finish
9. **Combo 2:** Reverse crescent, roundhouse, flying front/roundhouse
10. **Traditional Wing Chun:** Double arm chi sao
  
11. **History:** Shaolin Chuan Fa
12. **Stamina:** 10/10 One-arm push-ups
13. **Bo:** Bo 1 and applications (basic middle grip)
14. **Combo 3:** Front kick, hop ax kick, land with hand techniques
15. **Kumite:** 3 two-minute rounds
  
16. **Boxing:** Controlled sparring with one or two partners
17. **Stamina:** 20 Fingertip push-ups
18. **Kumite:** Broken rhythm
19. **Combo 4:** Top hammerfist, bottom hammerfist, reverse crescent kick, front thrust kick, inner chop, axe kick
20. **Board Breaking:** One set by weight
  
21. **Kicking:** Flying front/round kick
22. **Boxing:** Evasion
23. **Kicking:** Flying side kicks
24. **Tambo:** Tambo vs. tambo disarms/Tres tres
25. **Warm-down/Philosophy:** Ten Stages of Growth





# Home Study Checklist for Brown Belt

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<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>Br.</u>	<u>1Blk.</u>	<u>2Blk.</u>	<u>Br.</u>	<u>1Blk.</u>	<u>2Blk.</u>
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
___	Traditional Wing Chun	_____	_____	_____	_____	_____	_____
___	Jutte	_____	_____	_____	_____	_____	_____
___	Judo	_____	_____	_____	_____	_____	_____
___	Bo	_____	_____	_____	_____	_____	_____
___	Boxing	_____	_____	_____	_____	_____	_____
	Board Breaking	_____	_____	_____	_____	_____	_____
___	Self Defense	_____	_____	_____	_____	_____	_____
___	Tambo	_____	_____	_____	_____	_____	_____
___	Kumite	_____	_____	_____	_____	_____	_____
	Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

Green Belt Training Manual Pgs. 67-92 \_\_\_\_\_

Mind, Body, and Sport by John Douillard \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



# Adult Curriculum

## One Black Stripe



### Techniques

#### Hand Techniques

Bent wrist strikes  
Roundhouse punch  
Looping ridgehand  
Rising punch

#### Blocking Techniques

Bent wrist blocks  
Palm push to elbow

#### Leg Techniques

Reverse dropping kick  
Spinning reverse  
    crescent kick

#### Matwork

Shiho nage  
    (four direction throw)

### Training

#### Kata and Bunkai

Empi  
Tension form

#### Kumite

Electric shock  
3 two-minute rounds

#### Aikido

Shiho nage  
    (four direction throw)

#### Bo

Advanced middle grip  
Bo 2 and applications

#### Stamina

20 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
10 One arm push-ups

#### Board Breaking

Two sets by weight

### Testing

#### Time in Rank

Six months  
50 classes

#### Leadership

Assistant teaching:  
    4 months

#### History and Philosophy

5 Fears of Achievement  
5 C's for Successful Training  
History of Tai Chi Chuan

#### Written Exam

Due 2 weeks before test

#### Prescreening Videos

Rank requirements  
White to Green

#### Training Summary Sheet

Due 1 week before test

# S.W.A.T.

**Standardized Workout and Test**



1. **Warm-up/Philosophy:** 5 Fears of Achievement
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Bent wrist strikes and Bent wrist blocks moving in forward parallel stance
4. **Kata and Bunkai:** Empi/Tension Form
5. **Aikido:** Shiho-nage (four direction throw)
  
6. **Wing Chun:** Randori (controlled sparring with one or more partners)
7. **Stamina:** 20 Burpees
8. **Kicking:** Reverse dropping kick
9. **Combo 2:** U-punch/rising punch into judo throw
10. **Kicking:** Spin reverse crescent kick
  
11. **History:** Tai Chi Chuan
12. **Stamina:** 10/10 One-arm push-ups
13. **Bo:** Bo 2 and applications (advanced middle grip)
14. **Combo 3:** Palm push to elbow, roundhouse elbow strike, inner chop, looping ridgehand strike
15. **Kumite:** 3 two-minute rounds
  
16. **Judo:** Randori (controlled sparring with one or more partners)
17. **Stamina:** 20 Fingertip push-ups
18. **Kumite:** Electric shock
19. **Board Breaking:** Two sets by weight
20. **Warm-down/Philosophy:** 5 C's for Successful Training





# Home Study Checklist for One Black Stripe



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>1Blk.</u>	<u>2Blk.</u>	<u>Blk.</u>	<u>1Blk.</u>	<u>2Blk.</u>	<u>Blk.</u>
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Blocking Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
_____	Kata: Tension Form	_____	_____	_____	_____	_____	_____
_____	Kata: Empi	_____	_____	_____	_____	_____	_____
_____	Aikido	_____	_____	_____	_____	_____	_____
_____	Bo: Adv. Middle Grip	_____	_____	_____	_____	_____	_____
_____	Bo 2	_____	_____	_____	_____	_____	_____
_____	Kumite	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

Brown Belt Training Manual Pgs. 1-36 \_\_\_\_\_

Shotokan's Secret by Bruce Clayton \_\_\_\_\_

**Book Report**                      Yes                      No

Optional Reading \_\_\_\_\_

**Book Report**                      Yes                      No





# Adult Curriculum

## Two Black Stripes



### Techniques

#### Hand Techniques

Bearhand strike  
Bearhand knuckle strike  
Thumb strike  
Thumb knuckle strike  
Forefinger knuckle strike  
Middle knuckle strike  
One-finger strike  
Two-finger strike

#### Blocking Techniques

Funnel block

#### Leg Techniques

Serpent kick  
Flying front / side kick  
Flying front / heel kick

#### Matwork

Juji nage  
(crossed arm throw)

### Training

#### Kata and Bunkai

Chinte  
Fighting Form (first half)

#### Kumite

Dynamic blindspot  
3 two-minute rounds

#### Aikido

Juji nage  
(crossed arm throw)

#### Tambo

Tambo 2  
Applications  
Louie-ta-ta-tas

#### Bo

Extended grip  
Bo 3 and applications

#### Stamina

20 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
10 One arm push-ups

#### Board Breaking

Three sets by weight

### Testing

#### Time in Rank

Six months  
55 classes

#### Leadership

Assistant teaching:  
6 months

#### History and Philosophy

5 Think Rights  
5 Controls for Self Defense  
5 'Tions for Teaching  
History of Vovinam

#### Written Exam

Due 2 weeks before test

#### Prescreening Videos

Rank requirements  
1 Brown to Brown Belt

#### Training Summary Sheet

Due 1 week before test

# S.W.A.T.

Standardized Workout and Test



1. **Warm-up/Philosophy:** 5 'Tions for Teaching
2. **Stamina:** 20 Knuckle push-ups
3. **Striking drill:** Thumb, fore-knuckle, and middle-knuckle striking
4. **Kata and Bunkai:** Chinte
5. **Aikido:** Juji nage (crossed arm throw)
  
6. **Philosophy:** 5 Controls for Self Defense
7. **Stamina:** 20 Burpees
8. **Tambo:** Tres-tres and Louie Ta-ta-ta
9. **Kicking:** Serpent kick, flying front/heel, flying front/side
10. **Tambo:** Tambo 2 and applications
  
11. **History:** Vovinam
12. **Stamina:** 10/10 One-arm push-ups
13. **Bo:** Extended grip, Bo 3 and applications
14. **Striking drill:** Spearhand, bear-knuckle, forefist, wrist
15. **Kumite:** 3 two-minute rounds
  
16. **Stamina:** 20 Fingertip push-ups
17. **Kumite:** Dynamic blindspot
18. **Kata:** Fighting Form (first half)
19. **Board Breaking:** Three sets by weight
20. **Warm-down/Philosophy:** 5 Think Rights





# Home Study Checklist for Two Black Stripes



<u>PSV</u>	<u>Video</u>	<u>Dates Watched</u>			<u>Dates Practiced</u>		
		<u>2Blk.</u>	<u>Blk.</u>	<u>Sho.</u>	<u>2Blk.</u>	<u>Blk.</u>	<u>Sho.</u>
	Hand Techniques	_____	_____	_____	_____	_____	_____
	Blocking Techniques	_____	_____	_____	_____	_____	_____
	Leg Techniques	_____	_____	_____	_____	_____	_____
___	Kata: Chinte	_____	_____	_____	_____	_____	_____
___	Aikido	_____	_____	_____	_____	_____	_____
___	Tambo 2	_____	_____	_____	_____	_____	_____
___	Tambo: Louie Tatatas	_____	_____	_____	_____	_____	_____
___	Bo: Extended Grip	_____	_____	_____	_____	_____	_____
___	Bo 3	_____	_____	_____	_____	_____	_____
___	Kumite	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

**Brown Belt Training Manual** Pgs. 37-60 \_\_\_\_\_

**Best Judo** by Isao Inokuma \_\_\_\_\_

**Book Report**            Yes            No

**Optional Reading** \_\_\_\_\_

**Book Report**            Yes            No



# Adult Curriculum

## Black Belt

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### Techniques

#### Hand Techniques

Scissors punch  
Inner forearm strike  
Outer forearm strike

#### Blocking Techniques

Punching blocks  
(high, middle, low)

#### Leg Techniques

Butterfly kicks:  
Rev. crescent / crescent  
Rev. crescent / round

#### Footwork

Irimi

#### Matwork

Tomoe-nage  
(circular throw)  
Tai-otoshi (body drop)  
Harai-goshi (hip sweep)

### Training

#### Kata and Bunkai

Fighting Form

#### Self Defense

Knife defense

#### Judo

Advanced throws

#### Boxing

Strategy and tactics

#### Progressive Wing Chun

Hubud (advanced)

#### Aikido

Kokyo nage  
Irimi nage

#### Stamina

25 burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
10 One arm push-ups

#### Tambo

Tambo vs. bo disarms

#### Kumite

3 two-minute rounds

#### Demonstration

Randori (karate, boxing,  
wing chun, judo, aikido,  
weapons, mixed)

#### Board Breaking

Four sets by weight

### Testing

#### Time in Rank

Six months  
60 classes

#### Public Speaking

Three minutes in class

#### Leadership

Assistant teaching

#### Essay

Two pages typed  
Brief bio, personal  
growth, reflections on past,  
analysis of the present,  
visions for the future.  
Due 3 weeks before test.

#### History and Philosophy

5 Loves of a Sensei  
Foundation for  
Peak Performance  
Code of Ethics  
Philosophy  
Martial Arts History

#### Written Exam

Due 3 weeks before test

#### Prescreening Videos

Rank requirements only

#### Black Belt Portfolio

Due 2 weeks before test



1. **Warm-up/Philosophy:** 5 Loves of a Sensei
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Inner and outer forearm strikes (hard over-the-neck)
4. **Kata:** Fighting form, Tension form
5. **Judo:** Advanced throws
  
6. **Boxing:** Strategy and tactics
7. **Stamina:** 25 burpees
8. **Self Defense:** Knife defense
9. **Combo 2:** Wheel kick, land in forward stance with scissor punch
10. **Blocks and Punches:** Double blocking w/counters, up to soft elbow
  
11. **Aikido:** Over-the-neck throw (kokyo nage and irimi nage)
12. **Stamina:** 10/10 One-arm push-ups
13. **Weapons:** Tambo disarms against the bo (lever, hook, pop)
14. **Combo 3:** Punching blocks (high, middle, low)
15. **Kumite:** 3 two-minute rounds (weapons, kumite, randori, newaza)
  
16. **Progressive Wing Chun:** Hubud (advanced)
17. **Stamina:** 20 Fingertip push-ups
18. **Board Breaking:** Four sets by weight
19. **Randori:** (karate, boxing, wing chun, judo, aikido, weapons, mixed)
20. **Warm-Down/Philosophy:** Foundation for Peak Performance





# Home Study Checklist for Black Belt

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<u>PSV</u>	<u>Video</u>	<u>Watched</u>		<u>Practiced</u>	
		<u>Blk.</u>	<u>Sho.</u>	<u>Blk.</u>	<u>Sho.</u>
	Hand Techniques	_____	_____	_____	_____
	Blocking Techniques	_____	_____	_____	_____
_____	Boxing	_____	_____	_____	_____
_____	Progressive Wing Chun	_____	_____	_____	_____
_____	Kata: Fighting Form	_____	_____	_____	_____
_____	Judo	_____	_____	_____	_____
_____	Aikido	_____	_____	_____	_____
_____	Tambo vs. Bo	_____	_____	_____	_____
_____	Self Defense	_____	_____	_____	_____
_____	Blocks and Punches	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Martial Arts Philosophy \_\_\_\_\_

## Reading

Brown Belt Training Manual Pgs. 62-86 \_\_\_\_\_

Living the Martial Way by Forrest Morgan \_\_\_\_\_

**Book Report**                      Yes                      No

Optional Reading \_\_\_\_\_

**Book Report**                      Yes                      No





# Dan Rank Requirements

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## Shodan/First Degree

### **Time in Rank**

- Six months, 72 classes

### **Kata**

- Nhu 1 and applications

### **Weapon**

- Katana: Mizu no Bokken and applications

### **Randori**

- Empty-hand styles: Karate, Boxing, Judo, Aikido, Wing Chun, Tai Chi Chuan
- Weapons: Tambo, Bo, Knife, Katana
- Satori Randori

## Nidan and Above

### **Time in Rank**

- 1 year as Shodan; 2 years as Nidan; 3 years as Sandan; 4 years as Yondan; etc.

### **Kata (chose one)**

- Animal form (Tiger, Snake, Crane, Monkey)

### **Weapon (chose one)**

- Kama, Sai, Tonfa, Satori No Bo, Spear, Three sectional staff, Nunchaku, Eskrima, Etc.

### **Randori**

- Empty-hand styles: Karate, Boxing, Judo, Aikido, Wing Chun, Ta i Chi Chuan, Vovinam
- Weapons: Tambo, Bo, Knife, Weapon of choice (see above)
- Satori Randori

## Yondan/4<sup>th</sup> Degree: *Master*

### **Prescreening Video Requirement**

- Candidate must video the entire curriculum from 1 Green Stripe to Shodan.

# The 12 Standard Progressions

## **Kata and Bunkai**

1. Taikyoku/Kata 2-5
2. Pinan 1/Pinan 2
3. Pinan 3
4. Pinan 4
5. Pinan 5
6. Jutte
7. Empi/Tension Form
8. Chinte/Fighting Form

## **Blocks and Punches**

1. Consecutive counterattacks
2. Simultaneous counterattacks
3. Double blocking
4. Soft style blocking
5. Double blocking with counters

## **Judo**

1. Uki-goshi and low side drop
2. Foot sweeps and pins
3. Hip throw and armlocks
4. Mount and finish
5. Advanced throws

## **Traditional Wing Chun**

1. Pak sao drills
2. Bong sao/Tan sao
3. Siu Nim Tao
4. Single arm chi sao
5. Double arm chi sao

## **Tambo**

1. Yang grip basics
2. Yin grip basics
3. Tambo 1 and applications
4. Disarms/Tres tres
5. Tambo 2 and apps/Louie Tatata

## **Aikido**

1. Kote gaeshi (wrist turn)
2. Ude osae (arm pin)
3. Shiho nage (four direction throw)
4. Juji nage (crossed arm throw)
5. Kokyo nage/Irimi nage (over neck)

## **Kumite**

1. Blitz attack
2. Load and explode
3. Rear leg charge
4. High-low-high
5. Alley of opportunity
6. Broken rhythm: bounce & pause
7. Electric shock
8. Dynamic blindspot

## **Self Defense**

1. Tiger claw
2. Stamping kick
3. Elbow set
4. Tambo defense
5. Knife defense

## **Boxing**

1. Jab/cross
2. Hook/uppercut
3. Basic Defense
4. Evasion
5. Strategy and Tactics

## **Progressive Wing Chun**

1. Pak sao/Da
2. Bong sao/Lap sao
3. Fook sao/Da
4. Hubud (empty hand)
5. Hubud (advanced/weapons)

## **Bo**

1. Basic kobudo
2. Advanced kobudo
3. Basic middle grip/Bo 1
4. Advanced middle grip/Bo 2
5. Extended grip/Bo 3

## **Stamina**

1. Five burpees
2. Ten burpees
3. Fifteen burpees
4. Twenty burpees
5. Twenty-five burpees

# The Curriculum

## Map

Karate free sparring, known as jiyu-kumite, is one of the most important segments of karate training. It teaches you how to apply the basic techniques and elements of the

Progression \ Rank	1 Gr.	2 Gr.	Green	1 Br.	2 Br.	Brown	1 Bl.	2 Bl.	Black
Kata & Bunkai	1	2	3	4	5	6	7	8	~
Kumite	1	2	3	4	5	6	7	8	~
Blocks & Punches	1	2	3	4	5	~	~	~	~
Self Defense	1	2	3	~	~	4	~	~	5
Judo	1	~	~	2	3	4	~	~	5
Boxing	1	2	3	~	~	4	~	~	5
Traditional WC	1	2	3	~	4	5	~	~	~
Progressive WC	1	2	3	4	~	~	~	~	5
Aikido	~	~	~	1	2	~	3	4	5
Tambo	~	~	1	2	3	4	~	5	~
Bo	~	~	~	1	2	3	4	5	~
Stamina	1	2	3	~	~	4	~	~	5
<i>Total Per Rank</i>	9	8	9	8	8	9	4	5	6

art in a dynamic situation. However, karate sparring is about much more than winning or losing. Sparring aims to develop and improve your karate skills, such as timing, distancing, and control, while at the same time helping your partner improve as well. However, to be successful at kumite you will need more than just good technique. You will need to employ effective strategies and tactics that will enable your techniques to score.



# KUMITE



## **Level I: Blitz Attack**

## **One Green Stripe**

Overwhelm your opponent with a quick barrage of powerful punches and kicks.

## **Level II: Load and Explode**

## **Two Green Stripes**

Deceive your opponent with a false retreat before springing back with a surprise attack!

## **Level III: Rear Leg Charge**

## **Green Belt**

Surprise your opponent with a leaping charge and straight blast of vertical punches.

## **Level IV: High-Low-High**

## **One Brown Stripe**

Make your opponent scramble to keep up with your effortless attacks.

## **Level V: Alley of Opportunity**

## **Two Brown Stripes**

Scoring with kicks has never been easier than when you sneak them up the Alley of Opportunity!

## **Level VI: Broken Rhythm**

## **Brown Belt**

Confound your opponent by continuously changing the timing of your techniques.

## **Level VII: Electric Shock**

## **One Black Stripe**

Shock your opponent with blindingly fast, electrifying counterattacks.

## **Level VIII: Dynamic Blind Spot**

## **Two Back Stripes**

When you use the dynamic blind spot, your opponent will never see what hit him!



# Blocks and Punches



Blocks and punches is a great drill for training reaction time, focus, timing, conditioning, distancing, structure, and so much more!

## The Blocks

Lower	Outer	Soft lower	Soft Outer
Middle	Knifehand	Soft middle	Soft Knifehand
Rising	Elbow	Soft rising	Soft Elbow

## The Progression

### Level I: Basic Blocking

Basic blocking with consecutive counterattacks  
Lower block, middle block, and rising block

### One Green Stripe

### Level II: Simultaneous Counterattacks

Basic blocking with simultaneous counterattacks  
Add outer block and knifehand block

### Two Green Stripes

### Level III: Double Blocking

Add elbow block

### Green Belt

### Level IV: Soft Style Blocking

Soft lower, soft middle, and soft rising block

### One Brown Stripe

### Level V: Double Blocking with Counters

Double blocking with counterattacks (hard style blocks)  
Soft style blocking  
Add soft outer, soft knifehand, and soft elbow block

### Two Brown Stripes

### Level VI: Add Movement

Perform each block advancing and retreating. Use forward and back stances when performing the hard style blocks. Use hook stance when performing the soft style blocks.

### Black Belt



**JUDO**



**Level I: Uki goshi and Low side drop**

Uki goshi (floating hip throw)  
Low side drop

**One Green Stripe**

**Level II: Foot Sweeps and Pins**

Osoto gari (large outer reap)  
Kosoto gari (small outer reap)  
Kesa gatame (scarf hold)  
Ouchi gari (large inner reap)  
Kouchi gari (small inner reap)  
Guard position  
Yoko shiho gatame (side 4-corner hold)  
Ude garami (entangled armlock)

**One Brown Stripe**

**Level III: Hip Throw and Armlocks**

Ogoshi (large hip throw)  
Side drop  
Ude gatame (armlock)  
Ude hiza gatame (knee armlock)

**Two Brown Stripes**

**Level IV: Mount and Finish**

Seoi nage (shoulder throw)  
Yoko otoshi (side drop)  
Tani otoshi (valley drop)  
Mount position  
Juji jime (cross choke)  
Juji gatame (cross armlock)

**Brown Belt**

**Level V: Advanced Throws**

Tomoe nage (circular throw)  
Tai otoshi (body drop)  
Harai goshi (hip sweep)

**Black Belt**

**Level VI: Randori and Grappling**

**Recommended Reading:**

The Satori Dojo Judo PDF, available on our website.



# BOXING



## Level I: Jab/Cross

## One Green Stripe

1. Crouch  
Hands up, elbows in, knees bent, feet shoulder width, on balls of feet
2. Footwork  
Advancing, Retreating  
Circling Left and Right
3. The Jab  
Double/Triple jab
4. The Cross/Straight Right  
Jab/Cross/Jab, Jab/Jab/Cross

## Level II: Hook/Uppercut

## Two Green Stripes

1. The Hook  
Jab/Hook  
Hook to body/Hook to head
2. Uppercut  
Jab/Jab/Uppercut
3. Basic combination (Jab, Cross, Hook, Uppercut)

## Level III: Basic Defense

## Green Belt

1. Defense against the jab  
Catch, Catch and return, Parry and cross
2. Defense against the cross  
Shoulder block (roll and cover), Stop jab (jamming)
3. Defenses against the hook  
Forearm/elbow block, Ducking
4. Defense against the uppercut  
Roll and cover, Inside parry (brushing away/lower block)

## Level IV: Evasion

## Brown Belt

1. Ducking, Bobbing and weaving, Slipping
2. Intermediate Combination  
Jab/Fade/Jab/Cross/Hook to head/Hook to body

## Level V: Strategy and Tactics

## Black Belt

1. Outside game, Inside game, Timing, Drawing, Feinting, Programming
2. Advanced Combo  
Jab/Fade/Jab/Cross/Slip/Hooks to body/Hook to head

## Level VI: Sparring and Randori

## Recommended Reading:

Championship Boxing by Jack Dempsey (available in the Satori Dojo E-Library)



# ~TRADITIONAL~ WING CHUN



## Level I: Pak Sao Drills

## One Green Stripe

1. Cross hand pak sao (develops proper structure and alignment).
2. Cross hand vertical punches (teaches centerline control).
3. Pak sao against vertical punches (alternating).
4. Pak sao against vertical punches (consecutive).

## Level II: Tan Sao/Bong Sao Drills

## Two Green Stripes

### Tan Sao

1. Start with drill #2 above, then open hand for tan sao.
2. Progress from alternating tan sao to consecutive tan sao.
3. Pak sao (same side), tan sao (opposite side) with one arm.

### Bong Sao

1. Develop proper structure and alignment by testing and leaning.
2. Bong sao defense against same side vertical punches (3-D, no rusty gate).
3. Bong sao to defend against cross hand vertical punches (consecutive).
4. Bong sao (same side) then tan sao (opposite side) with one arm.

## Level III: Sil Lim Tao: *Little Idea Form*

## Green Belt

1. See video for kata and applications.

## Level IV: Single Arm Traditional Chi Sao

## Two Brown Stripes

1. Solo - Bong sao / tan sao to air. Add pak sao.
2. Solo - Fook sao / jut sao to air. Add da (punch).
3. Partners - A does #1 above, B does #2 above, repeat. Develop flow.
4. Gate #1: Partner's jut sao is too hard, huen sao circle around into jut sao.
5. Gate #2: Partner's tan sao is too hard, huen sao circle into tan sao.

## Level V: Double Arm Traditional Chi Sao

## Brown Belt

1. Solo - single arm: bong sao / tan sao to air.
2. Partners - single arm: fook sao covers opponent's bong sao / tan sao.
3. Solo - double arm: bong sao / tan sao to air with other hand in fook sao.
4. Partners - double arm: fook sao covers opponent's bong sao / tan sao.
5. Alternating: Execute 3 repetitions of poon sao then tan strikes to ribs.
6. Chi Sao: Execute 3 repetitions of poon sao then strive for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking", not wrestling, shoving, or boxing. Kicking is allowed only if at least one hand is in contact with the opponent's arm.

## Level VI: Free Style Traditional Chi Sao

## Black Belt and Above





# ~Progressive~ WING CHUN



## Level I: Pak Sao Drills

## One Green Stripe

1. **Reference #1:** Opponents cross right hands at wrists.
2. **Man Sao Defense:** Defend with sweeping and sliding blocks.
3. **Lap Sao/Da:** Pull lead hand down with man sao and punch with wu sao.
4. **Speed Drill:** Follow-the-leader with pak sao: single, double, triple, etc.
5. **Pak Sao/Da:** Disengage guard with your wu sao while man sao punches.
6. **Pak Sao/Da x2:** Defender blocks short of centerline, repeat pak sao/da.

## Level II: Lap Sao Drills

## Two Green Stripes

1. **Pak Sao/Lap Sao:** Defender crosses center, counter w/lap sao, backfist.
2. **Bong Sao/Lap Sao 1:** Also called Rolling Backhands drill. Same side.
3. **Bong Sao/Lap Sao 2:** Grab partner's guard with lap sao to switch sides.
4. **Lap Sao/Lap Sao:** Defender blocks #1 above, counter with #3 above.

## Level III: Fook Sao/Da

## Green Belt

1. **Programming:** Pak sao/da twice, then pak sao/hook with cupped hand.
2. **Micro-bumping:** Use the opponent's reaction to your fook sao to punch.
3. **Chain punching:** Continuous flow of punches with trapping.

## Level IV: Hubud

## One Brown Stripe

**Hubud** can be performed using the same concept against attacks coming from many different angles. Variations include the outer chop (described above), vertical chop, inner chop, straight punch (4 step drill), and roundhouse elbow. **Basic:** Partner A throws a right horizontal outer chop; partner B turns into the technique with a left fook sao (hooking block) with the elbow kept down (1). Without breaking the energy flow of the initial attack, partner B's right hand parries the blow over her head with a fook sao to the outside of A's arm as the shoulders turn square (2). Partner B follows-up with a left pak sao (slapping block) checking A's arm as B's body finishes turning to the right. Partner B counterattacks with a right horizontal outer chop as her body turns square (4) and the drill repeats with partner A countering the attack (5&6).

## Level V: Advanced Hubud

## Black Belt

1. **Empty hand:** Six angles: outer, vertical inner, punch, elbow, and stab.  
Add additional techniques such as blocks, traps, strikes, etc.
2. **Weapons:** Add weapons (stick and knife).

## Level VI: Free Style Randori

## Black Belt and Above



# AIKIDO



We derive our joint locking from the art of Aikido. While joint locking should not be your primary objective in a self-defense situation, you should be familiar with the basic ways to twist and lock an opponent's arm should the opportunity present itself. Joint locking also provides you with methods of control without inflicting unnecessary damage.

Practice each technique against the six basic grabs, a chop, and a punch. Utilize movement such as irimi (entering) and tenkan (turning). Incorporate atemi (striking) to stun your opponent before or even during a technique. Finish with a lock or pin. Ukes should begin with minimal resistance, and gradually increase the strength and realism of their attacks.

### **Level I: Kote Gaeshi (wrist twist)**

**One Brown Stripe**

In kote gaeshi you want your opponent's arm bent, therefore begin the technique with a atemi strike such as a quick front snap kick to the groin.

### **Level II: Ude Osae (pressing arm)**

**Two Brown Stripes**

In ude osae you want your opponent's arm straight, therefore a good atemi technique might be a quick tiger strike to the eyes. Collar your opponent's wrist, make a "J hook" to raise your opponent's hand above his shoulder. Take your partner to the ground as smoothly as possible. Follow up with the 5 finishes.

### **Level III: Shiho Nage (four direction throw) One Black Stripe**

In shiho nage you want to pull your opponent's arm, then spin when he pulls back. There are two versions: ura (behind) has four moves, while omote (in front) only has three.

### **Level IV: Juji Nage (crossed arm throw)**

**Two Black Stripes**

When practicing the crossed arm throw, remember that although the technique should be executed strongly, you must also be careful not to injure your partner during practice, so, since uke can't slap out, perform the throw slowly.

### **Level V: Kokyo Nage/Irimi Nage (over neck) Black Belt**

There are two types of over neck throws, yin (kokyo nage) and yang (irimi nage). When performing yin style, face the same direction as your attacker, opposite hips touching, with your over neck hand palm up. When doing yang style, face the opposite direction as your attacker, same side hips touching, with your over neck hand palm down.

### **Level VI: Free Style Randori**

**Black Belt and Above**



# ***Self Defense***



Self-defense is one of the main reasons that people train in the martial arts. However, there are very real differences between practicing kata applications, sparring, and learning practical, street self-defense. Self-defense needs to be proven effective in high stress scenarios, especially against larger, stronger opponents. Each of Satori's five self-defense sets focuses on the application of a different principle or technique. In the end, you should have the skills to defend yourself in a wide variety of real-world situations.

## **Level I: Tiger Claw Set**

## **One Green Stripe**

The tiger claw set is an easily learned combination of four strikes that each has a high probability of success in a variety of situations. These techniques are then linked in such a way that they not only flow naturally into one another, but each builds on the success (or failure) of the previous technique, allowing you to systematically attack your opponent's key bodily systems: visual, circulatory, respiratory and nervous.

## **Level II: Stamping Kick Set**

## **Two Green Stripes**

The stamping kick set uses low kicks to target your attacker's knees and disable his loco motor system. From there you continue through a commanding ten-move technique flow that combines boxing and karate to target your opponent's respiratory, circulatory, and nervous systems in quick succession.

## **Level III: Elbow Set**

## **Green Belt**

This set teaches you how to use some of your most devastating weapons, your elbows, to deliver powerful, bone-rattling blows to your attacker. In addition, you will learn different ways to lock, hyperextend, and even break your opponent's elbows if necessary. As in our previous sets, counterattacks systematically target your attacker's key body systems, reducing his ability and willingness to continue.

## **Level IV: Tambo Defense**

## **Brown Belt**

This set is instrumental in teaching you how to deal with an attacker who is armed with a short weapon. Tambo self-defense teaches you how to avoid the weapon, when and how to close the gap, and finally, how to disarm and finish your attacker.

## **Level V: Knife Defense**

## **Black Belt**

Any encounter with a knife-wielding attacker is about as serious and life threatening as a self-defense situation can be. This level teaches how to increase your odds of survival.

## **Level VI: Personal Defense Readiness (PDR) Black Belt and Above**

Practicing free-form self-defense in reality-based situations.



# Tambo



## Level I: Yang Grip Basics

1. Figure 8s: downward and upward
2. 14 basic strikes: stationary, retreating, and advancing
3. 6 Basic blocks: stationary, retreating, and advancing
4. Four-count sinawali (double tambo): sticks, partner, heavy bag

## Green Belt

## Level II: Yin Grip Basics

1. Figure 8s: downward
2. 14 basic strikes: stationary, retreating, and advancing
3. 6 Basic blocks: stationary, retreating, and advancing
4. Six-count sinawali (double yang): sticks, partner, heavy bag

## One Brown Stripe

## Level III: Tambo 1 and Applications

1. Tambo 1 and applications
2. Tres-tres

## Two Brown Stripes

## Level IV: Tambo vs. Tambo Disarms

1. Long range
  - a. Use basic strikes to target the weapon hand
2. Medium range
  - a. Popping: block, grab, and use a hard style block to disarm
  - b. Hooking: with the butt
3. Close range
  - a. Double end grip: block and ram, scoop and disarm
  - b. Snaking with the free arm

## Brown Belt

## Level V: Tambo 2 and Applications

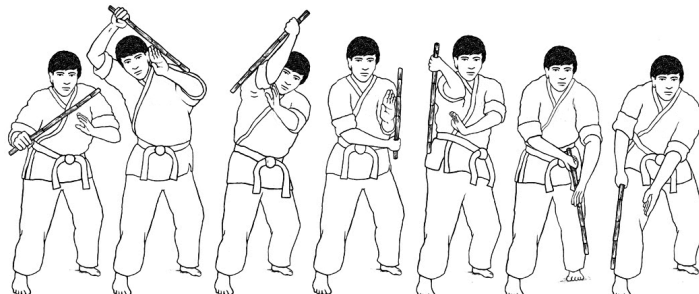
1. Tambo 2 and applications
2. Louie-ta-ta-ta

## Two Black Stripes

## Level VI: Stick Fighting

1. Padded weapons
2. Armored combat
3. Satori No Tambo: kata and applications

## Black Belt and Above





### **Level I: Basic Kobudo**

### **One Brown Stripe**

1. Downward striking (paddle the kayak)
2. Upward striking (backing up the kayak)
3. 2 downward then 2 upward strikes
4. 2 downward strikes then 1 upward strike
5. 2 upward strikes then 1 downward strike
6. Mixed Weapons: Perform with tambo and double tambo

### **Level II: Advanced Kobudo**

### **Two Brown Stripes**

1. 2 downward then 1 middle strike (top)
2. 2 downward then 1 middle strike (bottom)
3. 2 upward strikes then 1 middle strike (top)
4. 2 upward strikes then 1 middle strike (bottom)
5. 3 downward then 2 middle strikes (top and bottom)

### **Level III: Basic Middle Grip/Bo 1**

### **Brown Belt**

1. Figure 8s: downward, upward, and alternating/3 applications
2. The nine basic strikes: stationary, retreating, and advancing
3. Basic blocking: stationary, retreating, and advancing
4. Kata: Bo 1 and applications

### **Level IV: Advanced Middle Grip/Bo 2**

### **One Black Stripe**

1. Striking/disarming blocks (striking lead hand)
2. Double striking
3. Hooking disarms
4. Bo 2 and applications

### **Level V: Extended Grip/Bo 3**

### **Two Black Stripes**

1. Extended grip basic blocks and strikes
2. Extended grip figure 8s, downward and upward (apps, Donga drill)
2. Snap strikes and extended grip striking disarms
3. Fencing with the bo (change, double change, beat, and cutover)
4. Extended grip hooking disarms and locks
5. Bo 3 and applications

### **Level VI: Staff Fighting**

### **Black Belt and Above**

1. Padded weapons
2. Armored combat
3. Satori No Bo: kata and applications



# BOARD BREAKING



Students should demonstrate a new technique for each rank. This will give the student four different techniques to perform for their black belt test. Students should have a back-up technique planned for each set, in case their primary technique does not break. Failure to break any set of boards in the maximum number of trials will result in probation. Students between the ages of 14 and 18 or 40 to 50 may detract one board from each set. Students younger than 14 or older than 50 years of age are not required to break boards.

## One Set/3 Trials

## Brown Belt

Weight	Sets
Up to 120 lbs	1 set of 1 board
120 lbs to 159 lbs	1 set of 2 boards
160 lbs and above	1 set of 3 boards

## Two Sets/5 Trials

## One Black Stripe

Weight	Sets
Up to 120 lbs	1 set of 1 board/1 set of 2 boards
120 lbs to 159 lbs	2 sets of 2 boards
160 lbs to 189 lbs	1 set 2 boards/1 set 3 boards
190 lbs and up	2 sets 3 boards

## Three Sets/6 Trials

## Two Black Stripes

Weight	Sets
Up to 130 lbs	3 sets of 2 boards
130 lbs to 159 lbs	2 sets 2 boards/1 set 3 boards
160 lbs to 189 lbs	1 set 2 boards/2 sets 3 boards
190 lbs and up	3 sets 3 boards

## Four Sets/7 Trials

## Black Belt

Weight	Sets
Up to 130 lbs	4 sets of 2 boards
130 lbs to 159 lbs	3 sets 2 boards/1 set 3 boards
160 lbs to 189 lbs	2 sets 2 boards/2 sets 3 boards
190 lbs and up	1 set 2 boards/3 sets 3 boards



# History and Philosophy Review



## Martial Arts History



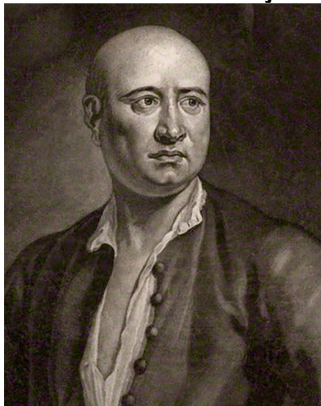
**Bodhidharma, Da Mo, Daruma**  
Shaolin Chuan Fa, China, 520 AD  
Little Forest Fist Way



**Chang San Feng**  
Tai Chi Chuan, China 1200s  
The Grand Ultimate Fist



**Ng Mui and Yim Wing Chun**  
Wing Chun, China, Early 1700s  
Beautiful Springtime



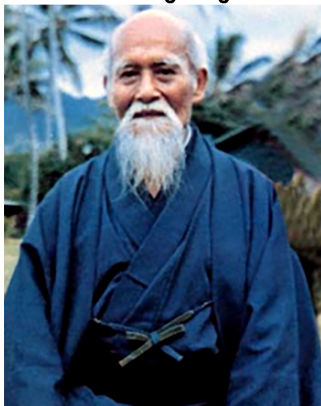
**James Figg**  
Western Boxing, England, 1719  
Fist Fighting



**Jigoro Kano**  
Judo, Japan, 1882  
The Yielding Way



**Gichen Funakoshi**  
Shotokan Karate-Do, Japan, 1922  
Shoto's Way of the Empty Hand



**Morihei Uyeshiba**  
Aikido, Japan, 1938  
Way of Combining Internal Energy



**Nguyen Loc**  
Vovinam, Vietnam, 1946  
Vietnamese Martial Arts



**Dong Ngo**  
Cuong Nhu, Vietnam, 1965  
Hard and Soft Martial Arts

## Code of Ethics

Your conduct as a student of Satori Dojo is a reflection of your learning and should be governed by the principles reflected in the Code of Ethics.

1. **Strive** to improve yourself and serve your community.
2. **Respect** yourself and others.
3. **Save** your martial arts for self-defense.
4. **Commit** to daily, dedicated practice.
5. **Live** a healthy and balanced life.



# Philosophy

## One Green Stripe

### **3 O's Principle**

Open Mind  
Open Heart  
Open Arms

### **5 Firsts for Friendship**

Communicate  
Smile  
Care  
Share  
Forgive

### **5 A's for Self-Defense**

Awareness  
Alertness  
Avoidance  
Anticipation  
Action

## Two Green Stripes

### **5 Steps to Health**

Think  
Eat  
Exercise  
Rest  
Perform

### **5 R's for Self Defense**

Right time  
Right place  
Right techniques  
Right perspective  
Run

### **5 S's for Warm-ups**

Safety  
Slowness  
Self-awareness  
Stretching  
Strengthening

## Green Belt

### **5 P's of Achievers**

Perspective  
Patience  
Perseverance  
Pride in  
accomplishment  
Practice 'til perfect

### **5 Alls for Self Defense**

All angles  
All levels  
All techniques  
All situations  
All people

### **7 Main Styles of Influence**

Shotokan  
Vovinam  
Judo  
Wing Chun  
Aikido  
Tai Chi Chuan  
Boxing

### **One Brown Stripe**

#### **10 Don'ts for Sparring**

Angry  
Fearful  
Tense  
Hurried  
Waste energy  
Overconfident  
Distracted  
Pre-conceived ideas  
Discouraged if you lose  
Afraid of losing

#### **5 Sources of Power**

Mind  
Body  
Spirit  
Soul  
Ki

### **Two Brown Stripes**

#### **5 D's of a Winner**

Direction  
Discipline  
Determination  
Dedication  
Do 'til death

#### **8 Sources of Learning**

Instructors  
Classmates  
Yourself  
Mirrors  
Books and media  
Training equipment  
Tournaments  
Seminars

### **Brown Belt**

#### **10 Stages of Growth**

Nobody  
Learner  
Worker  
Fighter  
Achiever  
Winner  
Teacher  
Leader  
Thinker  
Philosopher  
*Nobody*

#### **5 Negatives to Avoid in Teaching**

Don't ridicule any  
student  
Don't make  
discriminatory  
remarks  
Don't push students  
excessively hard  
Don't show favoritism  
Don't lose your  
composure

## One Black Stripe

### **5 Fears of Achievement**

Hard work  
Failure  
Intimidation or pressure  
Associating with people  
Death

### **5 C's for Successful Training**

Commitment  
Coaching  
Consistency  
Courage  
Conditioning

## Two Black Stripes

### **5 Think Rights**

Think simpler  
Think faster  
Think better  
Think deeper  
Think wiser

### **5 Controls for Self Defense**

Control yourself  
*(fear, anger)*  
Control the area  
*(environmental awareness)*  
Control the attackers  
*(strategy)*  
Control the situation  
Control the consequences

### **5 'Tions of Teaching**

Demonstration  
Simplification  
Explanation  
Repetition  
Correction

## Black Belt

### **5 Loves of a Sensei**

Students  
Sharing  
Teaching  
Martial arts  
Growth

### **Foundation for Peak**

#### **Performance:**

Awareness  
*(be prepared)*  
Belief  
*(in yourself and others)*  
Commitment  
*(to excellence)*  
Dedication  
*(a labor of love)*  
Enlightenment  
*(Satori)*

# Glossary of Terms

## **Cuong Nhu** (*Vietnamese*)

Cuong = Hard  
Nhu = Soft  
Nghiem = Attention  
Chao = Salute  
Nghì = Natural  
Gang = Effort  
Vovinam = Martial Arts  
of Vietnam

## **Karate** (*Japanese*)

Ichi = One  
Ni = Two  
San = Three  
Shi = Four  
Go = Five  
Rokku = Six  
Shichi = Seven  
Hachi = Eight  
Ku = Nine  
Ju = Ten  
Hiki = Pulling  
Te = Hand  
Kiai = Spirit shout  
Gi = Uniform  
Dojo = Training hall  
Gi = Training uniform  
Obe = Belt  
Sensei = Teacher  
Sempai = Senior student  
Uke = Person receiving the  
attack  
Nage = Person performing  
the technique  
Karate = Empty hand  
Shotokan = Whispering  
Pines School  
Taikyoku = First Cause  
Heian = Peaceful Mind  
Pinan = Safe from Harm  
Jutte = Ten Hands  
Empi = Flying Swallow  
Chinte = Unusual Hands

## **Wing Chun** (*Chinese*)

Sil Lim Tao = Little Idea Way  
Sao = Hand/Arm  
Chi = Energy  
Gerk = Legs/Feet  
Bong = Elbow/Wing  
Fook = Hook/Resting  
Man = Seeking  
Wu = Guarding  
Tan = Flat  
Jut = Sinking  
Lap = Pulling  
Pak = Slapping  
Gum = Pinning  
Shaolin Chuan Fa =  
Little Forest Fist Way

## **Aikido** (*Japanese*)

Aikido = The Way of  
Combining Energy  
Kote = Wrist  
Gaeshi = Turn  
Ni = Second  
San = Third  
Hara = Center of the  
body/lower abdomen  
Irimi = Enter  
Tenkan = Turn  
Ude = Arm  
Osae = Press/pin  
Ura = Yin, back  
Omote = Yang, front  
Nage = Throw

## **Judo** (*Japanese*)

Judo = Soft /Yielding Way  
O = Big  
Ko = Small  
Soto = Outside  
Uchi = Inside  
Gari = Reap  
Gatame = Lock/Hold  
Yoko = Side  
Shiho = 4 Direction  
Ude = Arm  
Garamme = Entangled  
Goshi = Hip throw  
Hiza = Knee  
Nage = Throw  
Seoi = Shoulder  
Otoshi = Sacrifice/Drop  
Tani = Valley  
Juji = Cross  
Jime = Choke  
Tomoe = Round/Circular  
Tari = Body  
Harai = Sweep  
Randori = Judo sparring

## Additional Resources

For ease of use, this workbook is abridged.  
More complete documents explaining all aspects of the curriculum are available on the Satori Dojo website under **Resources**.

Additional reading material can be found in our e-Library.  
Check the dropdown menu. The password is ***Enlightenment***

Our full **Video Curriculum** is available for **free**  
on Satori Dojo's **YouTube Channel**.  
Search for  
**Satori Dojo**



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***G'ANG!***  
*(Train with Great Effort!)*