

SATORI

MARTIAL ARTS



ADULT

TRAINING WORKBOOK

THIS BOOK BELONGS TO:

Welcome to Satori Dojo!

Satori Martial Arts – The Path of Martial Fusion

Founded by Grandmaster Joe Varady in Phoenixville, Pennsylvania, Satori Martial Arts is a modern, integrative system that unites the strengths of traditional and contemporary fighting arts through a process called Martial Fusion. Drawing from Karate, Wing Chun, Boxing, Aikido, and Judo, Satori emphasizes practicality, adaptability, and personal growth.

At its core, Satori Martial Arts seeks satori, a moment of awakening, through disciplined practice, mindful movement, and the continual blending of hard and soft, linear and circular, internal and external principles. Students learn to strike with precision, flow with sensitivity, and control with compassion.

Satori's curriculum develops the complete martial artist: strong in body, sharp in mind, and centered in spirit. Whether for self-defense, fitness, or personal transformation, Martial Fusion offers a path toward awakening, balance, and mastery.

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



Techniques	Training	Testing
Stances ✓ Natural stance X III I ✓ Attention stance X III III ✓ Rectangular stance X III III ✓ Kicking stance X III III ✓ Forward stance X III III ✓ Cat stance X III III ✓ Diagonal stance X I I Hand Techniques ✓ Lunge punch X III I ✓ Reverse punch X I I	Kata and Bunkai ✓ Taikyoku X III I ✓ Kata 2-5 X III I Kumite Blitz attack X I Blocks and Punches Basic blocking with consecutive counterattacks (lower, middle, rising)	Time in Rank ✓ Three months ✓ 24 classes History and Philosophy ✓ History of Cuong Nhu X III ✓ History of Shotokan Karate X ✓ Three-O's Principle X III Code of Ethics: Tenet 1 ✓ Five Firsts for Friendship X III ✓ Five S's for Warm-ups X III ✓ Five A's for Self Defense X III

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

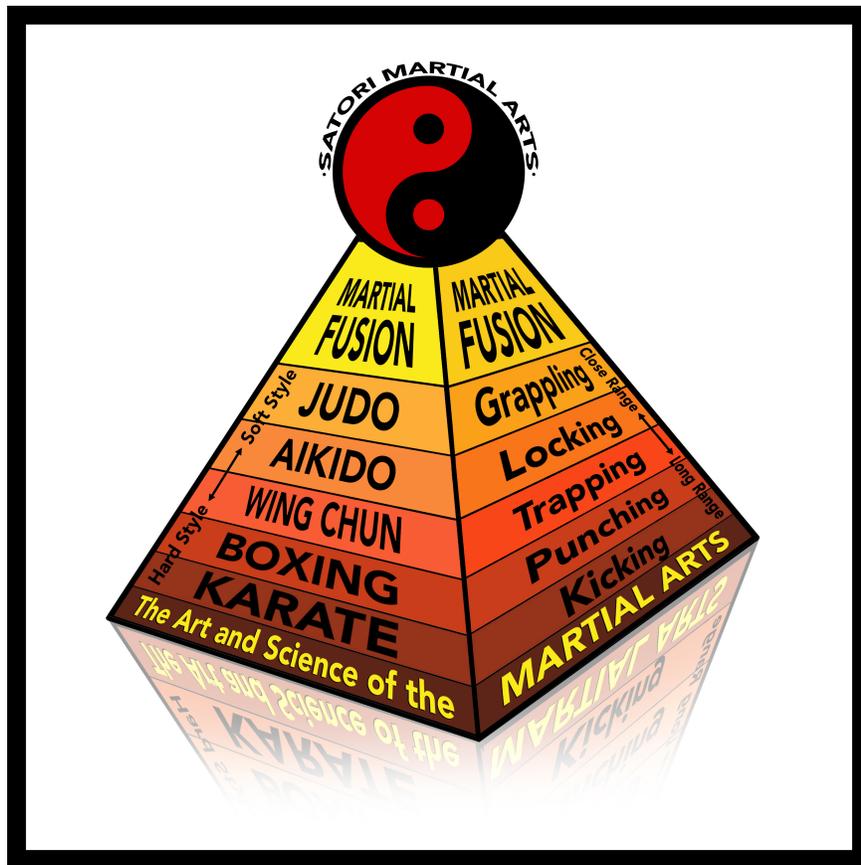
The student must submit prescreening videos for their immediate rank requirements only.

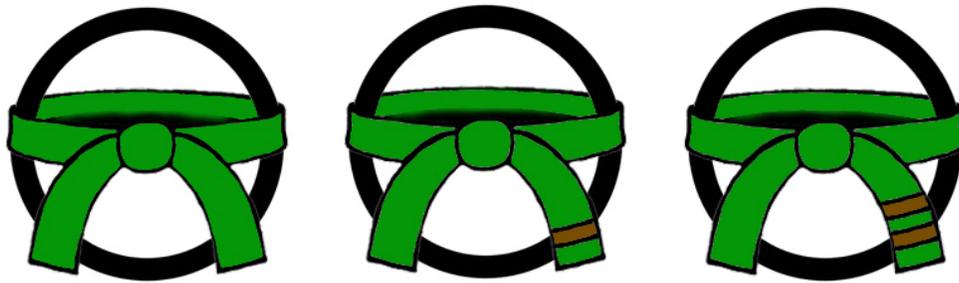
Portfolio

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.

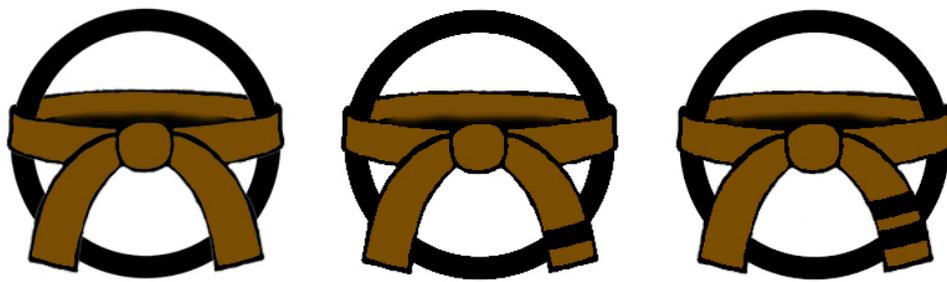
Testing Procedures

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. **Stamina:** 5 Burpees
2. **Stamina:** Punches and blocks in rectangular stance (up to 100)
3. **Stance drill:** Cat, diagonal, forward w/hands on hips
4. **Kata and Bunkai:** Taikyoku (Kata 1)
5. **Self-Defense:** Tiger claw

6. **Philosophy:** Code of Ethics: Tenet 1, Three-O's Principle
7. **Combo 1:** Lunge w/chop or block, shift to rectangular w/punch
8. **Mat Work:** Forward roll, uki goshi, low side drop
9. **Boxing:** Jab and cross
10. **Traditional Wing Chun:** Pak sao drills

11. **History:** Shotokan Karate
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 and Bunkai:** Kata 3 & 4
23. **History:** Cuong Nhu
24. **Kata:** Kata 5 (Machine Gun Kata), Modified Kata
25. **Randori:** Kata applications



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



1. **Stamina:** 10 Burpees
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. **Traditional Wing Chun:** Bong sao/ Tan sao

6. **Philosophy:** Code of Ethics: Tenet 2/5 S's for Warm-ups
7. **Blocks and Punches:** Up to knifehand w/simultaneous counters
8. **Mat Work:** Backdrop, Backward roll
9. **Combo 2:** Outer block/side stance, hop side thrust kick,
land in forward stance w/lead hand backfist and reverse punch
10. **Stamina:** 20 palm push-ups

11. **History:** Boxing
12. **Boxing:** Hook / Uppercut
13. **Stamina:** Lunging punches, chops, front kicks, and blocks (up to 150)
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 sao/Lap sao

16. **Philosophy:** 5 R's for Self Defense
17. **Self Defense:** Stamping kick set
18. **Kata and Bunkai:** Pinan 2
19. **Combo 4:** Modern guard, backfist, roundhouse kick, side kick
20. **Kumite:** Load and explode

21. **Progressive Wing Chun:** Rolling backhands drill
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. **Philosophy:** 5 Steps to Health
25. **Randori:** Pinan 1 and Pinan 2 apps



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



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. **Stamina:** 15 Burpees
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. **Mat Work:** Front drop and Front tumble breakfall
6. **Philosophy:** Code of Ethics: Tenets 3/7 Main Styles of Influence
7. **Elbow Drill:** Elbow Kata
8. **Self Defense:** Elbow set
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, front/roundhouse kicks
20. **Blocks and Punches:** Double blocking (up to elbow)
21. **Boxing:** Basic defense (blocking and the clinch)
22. **Tambo:** Yang grip basics
23. **Kicking:** Front snap kick, roundhouse kick, sliding side thrust kick
24. **Randori:** Karate, Boxing, Wing Chun, or Tambo
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. **Stamina:** 15 Burpees
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. **Philosophy:** Code of Ethics: Tenet 4, 5 Sources of Power
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

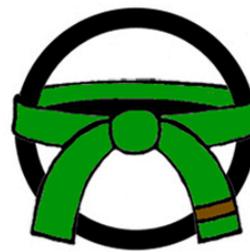
11. **History:** Judo
12. **Judo:** Foot sweeps and pins
13. **Tambo:** Yin grip basics
14. **Kicking:** Jumping and flying front kick, flying roundhouse kick
15. **Stamina:** 20 Palm push-ups

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. **Stamina:** 20 Fingertip push-ups
23. **Wing Chun:** Hubud into footsweeps and pins
24. **Bo:** Basic Kobudo
25. **Randori:** Karate, Boxing, Wing Chun, Tambo, or Bo



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

S.W.A.T.

Standardized Workout and Test



Two Brown Stripes

1. **Stamina:** 15 Burpees
2. **Philosophy:** 8 Sources of Learning/5 D's of a Winner
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. **History:** Aikido
7. **Wing Chun:** Hubud into ude osae
8. **Kicking:** Low spinning footsweeps/Double 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. **Stamina:** 20 Fingertip push-ups
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. **Philosophy:** Code of Ethics: Tenet 5
24. **Bo:** Advanced kobudo drills
25. **Randori:** Karate, Boxing, Wing Chun, Judo, Tambo, or Bo



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



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. **Stamina:** 20 Burpees
2. **Philosophy:** Five Negatives to Avoid in Teaching/Ten Stages of Growth
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 Knuckle push-ups
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. **Randori:** Karate, Boxing, Wing Chun, Judo, Tambo, or Bo



Home Study Checklist for Brown Belt



<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. **Stamina:** 20 Burpees
2. **Philosophy:** 5 C's for Successful Training/5 Fears of Achievement
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 Knuckle push-ups
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. **Randori:** Boxing into Judo/Tambo or Bo



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. **Stamina:** 20 Burpees
2. **Philosophy:** 5 'Tions for Teaching/5 Think Rights
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 Knuckle push-ups
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. **Randori:** Karate, Boxing, Wing Chun, Judo, Tambo, or Bo



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



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. **Stamina:** 25 burpees
2. **Philosophy:** 5 Loves of a Sensei, Foundation for Peak Performance
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:** 20 Knuckle push-ups
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. **Empty Hand Randori:** Karate, Boxing, Wing Chun, Judo, Aikido, mixed
20. **Weapons Randori:** Tambo, Bo, Knife, mixed



Home Study Checklist for Black Belt



<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



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/4th 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

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



KUMITE



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 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.

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
Middle
Rising

Outer
Knifehand
Elbow

Soft lower
Soft middle
Soft rising

Soft Outer
Soft Knifehand
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.



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

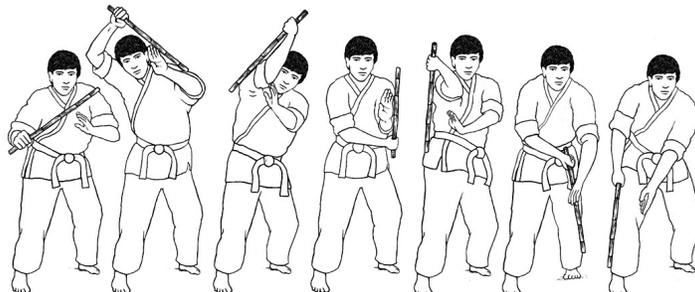
1. Tambo 2 and applications
2. Louie-ta-ta-ta

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



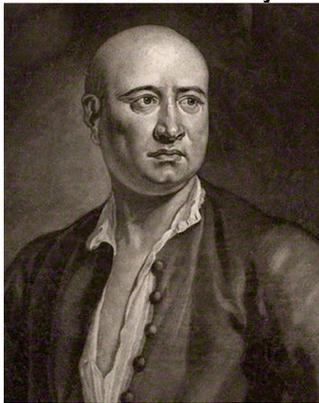
Bodhidharma, Da Mo, Daruma
Shaolin Chuan Fa, China, 520 AD
Little Forest Fist Way



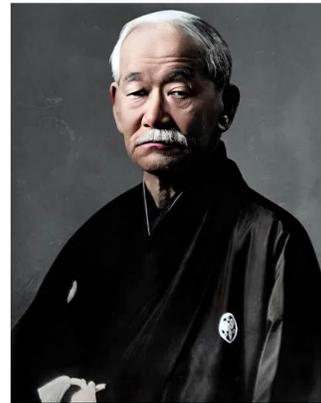
Chang San Feng
Tai Chi Chuan, China 1200s
The Grand Ultimate Fist



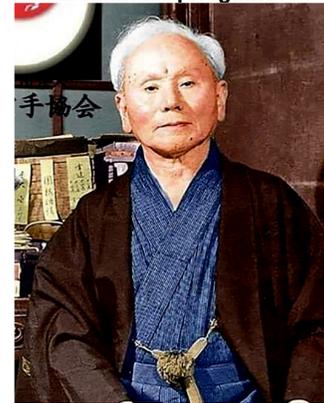
Ng Mui and Yim Wing Chun
Wing Chun, China, Early 1700s
Beautiful Springtime



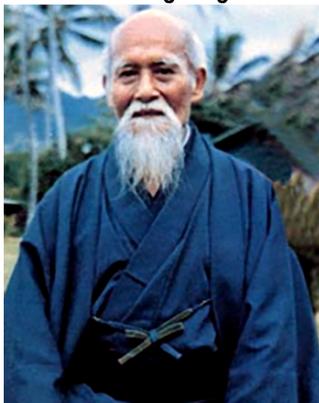
James Figg
Western Boxing, England, 1719
Fist Fighting



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
Otooshi = 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



Satori Dojo **Martial Arts**

Fitness
Confidence
Self-Defense

All Ages
★★★★★
Since 1994!

Satori-Dojo.com **610-933-5519**

G'ANG!
(Train with Great Effort!)