



# 1<sup>ST</sup> DEGREE BLACK BELT (SHODAN)



Sanseiru Kata  
Shisochin Kata

Bo 3  
Bo Yakusoku Kumite 1

Nunchaku 1 (Matayoshi no Nunchaku)

Sai Basics  
Sai Kihon Combinations 1-5

Tonfa Basics  
Tonfa Kihon Combinations 1-5

Kali

- Broken & Fluid Strikes
- Angles of Attack
- 10 Basic Strikes
- Cambiada Drill
- Stick-Hand-Head Drill
  - o Double Stick
  - o Single Stick

Black Belt Self-Defense 5-8

- Haymaker Defense 1
- Haymaker Defense 2
- Tackle Defense 1
- Tackle Defense 2

Grappling (Standing)

- Underhook Takedown
- Uchi Mata
- Sprawl to Guillotine Choke
- Inside Leg Reap

Grappling (Ground)

- Knee Ride Arm Bar (Near & Far)
- Front Control Arm Bar
- Headlock Escape to Back
- Knee Through Guard Pass
- Figure-4 Lock from Cross-body
- Figure-4 Lock from Mount
- Figure-4 Lock from Front Control
- Shoulder Lock from Guard
- Lapel Choke from Guard
- Lapel Choke from Mount
- Box Choke from Mount
- Lapel Half Nelson Choke
- Arm Triangle from Headlock

Grappling Flow Drills 1-3

- Flow Drill #1:
  - o Double Leg Takedown
  - o Knee Ride Guard Pass
  - o Knee Ride from Cross-body
  - o Knee Ride Escape
  - o Spin Arm Bar
- Flow Drill #2:
  - o Pummel to Uchi Mata
  - o Cross-body to Front Control
  - o Figure-4 Lock (Near Arm)
  - o Figure-4 Lock (Far Arm)
- Flow Drill #3:
  - o Headlock Hip Throw
  - o Seated Headlock Control
  - o Figure-4 Lock
  - o Headlock Escape to Rear Mount
  - o Rear Naked Choke