



# BLACK BELT (SHODAN-HO)

## Flying Kicks

- Flying Front Kick
- Flying Round Kick
- Flying Side Kick
- Jump Spinning Back Kick

## Seiyunchin Kata

## Bo 2

## Bo Kihon Kumite 1-6

- High Block
- Middle Block
- Low Block
- Low Wrap
- Deflection Block
- Parry

## Nunchaku Basics

## Nunchaku Kihon Combinations 1-5

## Kali

- Umbrella Series
- Double vs Single Open Series
- Single Stick Umbrella Blocks

## Black Belt Self-Defense 1-4

- Headlock Escape
- Front Bear Hug Escape
- Rear Bear Hug Escape
- Overhead Takedown

## Grappling (Standing)

- Collar Tie and Elbow Clinch
- Double Collar Tie / "Thai" Clinch
- Cross Arm Drag
- Duck Under Drill to Back Control
- Pummeling
- Arm Drag and Choke
- Shoulder Choke
- Forehead Choke
- Front Body Lock Takedown
- 3 Rear Body Lock Takedowns
- Single Arm Lever
- Headlock Hip Throw
- Step Through Hip Throw

## Grappling (Ground)

- Triangle Choke
- Scissor Sweep from Guard
- Hook Sweep from Guard
- Front Sweep from Guard
- Back Sweep from Guard
- Basic Arm Bar Reversal
- Guard Bull Pass
- Knee Ride Pass (Cross-body to Mount)
- Elbow Mount Escape
- Bump & Slide Mount Escape