



# American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

## Adult **Blue Belt** Requirements

<b>Striking:</b> <input type="checkbox"/> Inside Elbow <input type="checkbox"/> Outside Elbow <input type="checkbox"/> Upper Elbow <input type="checkbox"/> Downward Elbow <input type="checkbox"/> Backward Elbow	<b>Defense Same Side Wrist Grab:</b> <input type="checkbox"/> #16 – Side Center Lock <input type="checkbox"/> #17 – Elbow Lock <input type="checkbox"/> #18 – Hammer Lock <input type="checkbox"/> #19 – Finger Lock <input type="checkbox"/> #20 – Bicep Takedown	<b>Ground Grappling Techniques:</b> <input type="checkbox"/> Scarf Hold-down
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Minimum of 8 classes and 1 month

<b>Self Defense Two Hands on One :</b> <input type="checkbox"/> #1 – Belt Grab <input type="checkbox"/> #2 – SSWG #1 <input type="checkbox"/> #3 – SSWG #5	<b>Yudo Sul (Throwing)</b> <input type="checkbox"/> #8 Stomach Throw <input type="checkbox"/> #9 Body Drop	<b>Self Defense Side Wrist Grab:</b> <input type="checkbox"/> #3 – Neck Throw <input type="checkbox"/> #4 – Bicep Takedown <input type="checkbox"/> #5 – Finger Grab
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Minimum of 16 classes and 2 months

<b>Ground Grappling Techniques:</b> <input type="checkbox"/> Mount <input type="checkbox"/> Guard <input type="checkbox"/> Spider Pin <input type="checkbox"/> Side Mount	<b>Defense Against the Punch</b> <input type="checkbox"/> #3 – 2 <sup>nd</sup> Directional throw <input type="checkbox"/> #4 – Hook Punch takedown	<b>Self Defense:</b> <input type="checkbox"/> #4 Lapel Grab <input type="checkbox"/> #5 Lapel Grab <input type="checkbox"/> #3 Rear Bear Hug <input type="checkbox"/> #4 Rear Bear Hug
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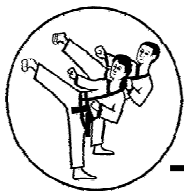
Minimum of 24 classes and 3 months

<b>Vocabulary:</b> <input type="checkbox"/> Korean Vocabulary Hyung - Form An Jae Sa Yol – Sit Down Chuk Kwon – Vertical Punch Dwit Cha Gi – Back Thrust Kick Mook Nyum - Meditation Jok Gi – Kicking Technique Ko Mahn - End Soo Do – Knife Hand Yuk Soo – Ridge Hand Ma Hoon – Forty She Un - Fifty	<b>Breakfalls:</b> <input type="checkbox"/> Jump forward rolling breakfall (Wheel Principle) <input type="checkbox"/> Hand Side Fall (With Partner)  <b>Self Defense Two hand front</b> <input type="checkbox"/> #1 – Back of hand strike <input type="checkbox"/> #2 – Wrist Strikes  <b>Self Defense Two hand back</b> <input type="checkbox"/> #1 – Center lock <input type="checkbox"/> #2 – Step behind takedown	<b>Yudo Sul (Throwing)</b> <input type="checkbox"/> 1 <sup>st</sup> Directional Throw <input type="checkbox"/> 2 <sup>nd</sup> Directional Throw  <b>Introduction to Chokes:</b> <input type="checkbox"/> Front <input type="checkbox"/> Rear
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Minimum of 32 classes and 4 months

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$30.00 includes belt and certificate
- Minimum of 32 classes and 4 months

Exam date: \_\_ / \_\_ / \_\_



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## Defensive from Same Side Wrist Grab

### Technique #16

1. Live Hand
2. Distraction
3. Bring trapped hand up to outside
4. Insert your other hand - Thumb up - and grab opponents wrist
5. Breakaway from grab
6. Bring hand back and grab outside edge of opponents hand - your Thumb up
7. Push opponents elbow up
8. Step across and under - Side Center Lock - Point fingers toward Opponent

### Technique #17

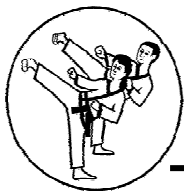
1. Live Hand
2. Distraction
3. Outside Wrist control - thumb inside
4. Trap his hand with your hand
5. Rotate the wrist over - fingers pointing up
6. Step in
7. Bring your elbow down and lock opponents elbow
8. Lock Wrist, Elbow and Shoulder

### Technique #18

1. Live Hand
2. Distraction
3. Push hand out and away from body - Thumb hooking
4. Reach in to elbow - thumb up (go for pressure point)
5. Push arm forward and up
6. Crouch down and go under arm - Under and across
7. Come up behind opponent into hammer lock
8. Slide hand up to control wrist and place other hand on elbow
9. Try to touch opponents fingers to his elbow

### Technique #19

1. Live Hand
2. Distraction
3. Bring elbow towards you and lock elbow to body
4. Come from over the top and secure the wrist
5. Break away with other hand
6. Grab fingers - thumb up
7. Put pressure upwards on the wrist with one hand while bending fingers back towards opponent with the other
8. Bring your elbow up to straighten opponents elbow



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## Technique #20

1. Live Hand
2. Distraction
3. Bring elbow towards you and lock elbow to body
4. Come from over the top and secure wrist
5. Break away with other hand
6. Come back with hand and bring under opponents arm
7. Pin his hand to your body - Center of your body
8. Step in with foot closest to opponent
9. Bring your arm around to hyper-extend or break opponents elbow
10. Takedown

## Self Defense from two hands on one Wrist

### Technique #1

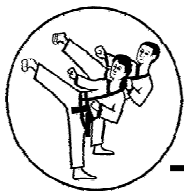
1. Live Hand
2. Distraction
3. Inside to outside Counter Grab
4. Point palm of hand towards opponent - Keep opponents elbow bent
5. Grab Belt
6. Push towards opponent with your hand while
7. Pulling towards you with his belt
8. While stepping into opponent deeply

### Technique #2

1. Live Hand
2. Distraction
3. Bring hand up towards the inside - Palm faces ceiling
4. Reach in and grab opponents hand (as in SSWG #1)
5. Release other hand
6. Grab back of hand
7. Takedown

### Technique #3

1. Live Hand
2. Distraction
3. Rotate hand up and outside to counter grab wrist
4. With other hand counter grab the hand so it can not leave your wrist
5. Grab Wrist/Forearm and press straight down
6. Finish when you get your opponent on the ground



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## Defense against Side Wrist Grab

### Technique #3

1. Live Hand
2. Distraction
3. Reach over and Grab Wrist
4. Break away
5. Elbow Strike to opponents Rib area
6. Reach up and grab opponents neck - from under his neck
7. Step back with leg closest to opponent
8. Take opponent down to ground

### Technique #4

1. Live Hand
2. Distraction
3. Grab the hand with your hand while you bring you trapped hand to your body
4. lock it to your body tight
5. Step forward
6. Bring your upper arm into opponents elbow - Hyper extending or breaking

### Technique #5

1. Live Hand
2. Distraction
3. Bring hand up as you step around towards opponent
4. With you other hand grab opponents wrist - thumb down
5. Twist and break away trapped hand
6. Come back and grab opponents fingers
7. Twist around and take opponent down

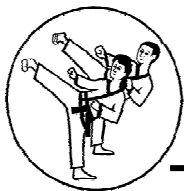
## Defenses against Punch

### Technique #3 - Partner throws a punch

1. Step out of the way
2. Grab over the top of the punch while pivoting with your back to opponent
3. Catch arm
4. Grab hand with other hand
5. Turn back towards opponent
6. Take Down

### Technique #4 - Partner throws round house punch

1. Stepping to the inside
2. Hand closest to opponent traps the hand a the wrist while at the same time
3. Other hand forcibly strikes opponent at the bicep
4. Turn wrist up as you strike down
5. Take opponent to the ground



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## Defense against two hands grabbing two wrists (Front)

### Technique #1

1. Live Hand
2. Distraction
3. Bring one hand palm facing up
4. The other hand make sure palm is facing down
5. Forcibly strike the opponents two hand together
6. Break away with upper hand
7. Elbow opponent to face

### Technique #2

1. Live Hand
2. Distraction
3. Bring both hands around to the outside
4. Keep thumbs on the outside
5. Smash opponents wrists together
6. Trap both hands down while striking opponent in the face

## Defense against two hands grabbing two wrists (Back)

### Technique #1

1. Live Hand
2. Distraction
3. Fake in the opposite direction that you intend to go
4. Step back and under opponent while circling arms
5. Grab wrist for Center Lock

### Technique #2

1. Live Hand
2. Distraction
3. Fake to opposite direction that you intend to go
4. Step back and under
5. Step behind opponent
6. Takedown

## Self Defense

### Lapel Techniques

4. Front (1 hand) - Grab opponents sleeve, Pull into knee, Neck throw
5. Front (1 hand) - Grab opponents sleeve, Knifehand strike to neck, Neck throw

### Bear Hug Techniques

3. Rear (over arms low) - Move hips, strike to groin, Block opponents legs from rear, grab pants legs, Throw over leg
4. Rear (under arms) - Rap on back of hand, Step to side, Drop weight, grasp opponents ankle, Sit down on leg