



# American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

## Adult **Black/White Stripe** Requirements

### 1st White Tip

<b>Self Defense:</b> <input type="checkbox"/> #1 Shoulder Grab (Front) <input type="checkbox"/> #2 Shoulder Grab (Front) <input type="checkbox"/> #3 Shoulder Grab (Front) <input type="checkbox"/> #1 Shoulder Grab (Rear) <input type="checkbox"/> #1 Shoulder Grab (Side)	<b>Two Hand Lapel: (ICHF)</b> <input type="checkbox"/> #5 – Wrist Trap <input type="checkbox"/> #6 – Reach over – Throat Grab	<b>Sparring:</b> <input type="checkbox"/> 1 <sup>st</sup> Round Sparring - Kicking & Punching  <b>Belt Grab (palm Up): (ICHF)</b> <input type="checkbox"/> #3 – Elbow Break - Throw <input type="checkbox"/> #4 – Wrist Twist Takedown
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Minimum of 16 classes and 2 months. **Tip date:** \_\_ / \_\_ / \_\_ **By:** \_\_\_\_\_

### 2nd White Tip

<b>Full Nelson: (ICHF)</b> <input type="checkbox"/> #3 – Finger Peel <input type="checkbox"/> #4 – Head Throw <input type="checkbox"/> #5 – Step Behind Throw	<b>Yudo Sul (Throwing)</b> <input type="checkbox"/> 5 <sup>th</sup> Directional Throw  <b>Hostile Handshake: (ICHF)</b> <input type="checkbox"/> #3 – Elbow Break <input type="checkbox"/> #4 – 360 Takedown	<b>Self Defense:</b> <input type="checkbox"/> 3 Rear Grabs  <b>Sparring:</b> <input type="checkbox"/> 2nd Round Sparring – Standing Grappling
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Minimum of 32 classes and 4 months. **Tip date:** \_\_ / \_\_ / \_\_ **By:** \_\_\_\_\_

### 3rd White Tip

<b>Self Defense:</b> <input type="checkbox"/> 5 Seated Techniques  <b>Rear Bearhug: (ICHF)</b> <input type="checkbox"/> #1 – Finger Break <input type="checkbox"/> #2 – Full Peel <input type="checkbox"/> #3 – Fingers Entwined	<b>Self Defense: (Kicking Defenses)</b> <input type="checkbox"/> 3 Roundhouse Kick  <b>1 Hand Hairpull: (ICHF)</b> <input type="checkbox"/> #1 – Arm in Elbow Takedown <input type="checkbox"/> #2 – Step Under – Center Lock <input type="checkbox"/> #3 – Arm Bar <input type="checkbox"/> #4 – Throat Grab	<b>Knee Striking:</b> <input type="checkbox"/> Conventional <input type="checkbox"/> Combative  <b>Sparring:</b> <input type="checkbox"/> 2nd Round Sparring – Ground Grappling
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Minimum of 48 classes and 6 months. **Tip date:** \_\_ / \_\_ / \_\_ **By:** \_\_\_\_\_

### 4th White Tip

<b>Vocabulary: (Thesis)</b> <input type="checkbox"/> 1 Page History of Hapkido  <b>Ground grappling:</b> <input type="checkbox"/> Go Behinds <input type="checkbox"/> Setting Hooks <input type="checkbox"/> Choke from back	<b>Self Defense:</b> <input type="checkbox"/> #1 Bear Hug (Side) <input type="checkbox"/> #2 Bear Hug (Side) <input type="checkbox"/> #1 Bat (Top Down) <input type="checkbox"/> #2 Bat (Top Down) <input type="checkbox"/> #1 Bat (Side)	<b>Self Defense:</b> <input type="checkbox"/> Create a Self Defense routine – Using 5 – 8 Throwing Techniques
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Minimum of 64 classes and 8 months. **Tip date:** \_\_ / \_\_ / \_\_ **By:** \_\_\_\_\_

### Red Tip

- Review & pre-test of all the above requirements
- Exam fee: \$55.00 includes belt and certificate
- Minimum of 64 classes and 8 months.



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## Self Defense

### Shoulder Grab Techniques

1. Front (1 hand) - Pin hand to shoulder, Pivot upper body, Break opponents wrist
2. Front (1 hand) - Inside crossing forearm block, Back knuckle strike to face
3. Front (2 hands) - Double upper break, Double knifehand to neck, Knee to face
1. Rear (1 hand) - Pin opponents hand to shoulder, Raise the other hand straight up, Pivot around, Break elbow, Knifehand to neck
1. Side (1 hand) - Grab opponents sleeve, Pull down, Step in and Body Drop

### Bear Hug Techniques

1. Side (over arms) - Groin strike, Grasp opponents arm, Turn hip in, 1 arm shoulder throw
2. Side (over arms) - Strike to groin, Grab opponent, Block with leg, Pull over leg

### Bat Techniques

1. Top down - Step in block, Major outer Reap
2. Top down - X block, Irish whip
1. From side - Double arm inside block, Body Drop