



# Falcon 1 Defense

## F1 Culture Points

- 1) Look, Listen, Learn – 3 Ls
- 2) Strive for Constant Growth. Begin with the end in mind. Growth mentality (not yet).  
Never give up or quit - Persevere
- 3) Choose to be the best at what you do
- 4) Be a positive Vessel - filled with virtue
- 5) Be a leader in action and character. We influence others by our words and actions
- 6) Be Proactive, Vigilant (see truth of situation, danger far off, solve problem before it gets bigger)
- 7) Respond, don't react – think about best response, don't react with negative emotion
- 8) Be a Defender! Defend not just ourselves, family, friends but also your character/integrity. Defend right choices and virtuous behavior.



# **Falcon 1 Defense**

## **7 Core Concepts of Self Defense**

- 1) ADVANCED AWARENESS**
- 2) EVASIVE MOVEMENTS**
- 3) DEFUSE THE SITUATION**
- 4) FLOW LIKE WATER**
- 5) BE UNPREDICTABLE**
- 6) ATTACK WEAK SPOTS**
- 7) HUNT, DON'T BE HUNTED**



# Falcon 1 Defense

## SELF DEFENSE LIST

- 1) Wrist grab pull away Orange
- 2) Two hand choke/Push turn Orange
- 3) Bear hug front arms free Orange Advanced
- 4) Bear hug Arms pinned Orange Advanced
- 5) Shoulder straight across Yellow
- 6) Shoulder criss cross Yellow Advanced
- 7) Palm Circle roundhouse Blue
- 8) Grab Twist Heel thrust Knee strike Blue Advanced
- 9) Wrist grab straight across (Bridge) Green
- 10) Wrist grab criss cross (clock) Green Advanced
- 11) Full Nelson Escape Purple
- 12) X Block Step behind trip Purple Advanced
- 13) Take down defense single/double frame & throw down Brown I
- 14) Bear hug arms free behind Brown II
- 15) Bear hug arms pinned behind Brown II
- 16) 2 hand shoulder grab from behind Brown III
- 17) Rear choke/shield Black
- 18) Rear Choke Escape Black
- 19) Over Shoulder Throw Black Lv. 2



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO ORANGE BELT

### I. Basics

#### *Kicks*

1. Snap kick
2. Side kick
3. Roundhouse

#### *Hand Techniques*

1. High Block
2. Middle Block
3. Low Block
4. Lunge punch
5. Reverse punch

### II. Character Concepts

- Be Attentive: 3 Ls (Look, Listen, Learn)
- What comes out of a bullies mouth? "AIR!"
- Learn to walk away. What do we say to a bully? "Have a nice day and see you tomorrow"

### III. Self Defense

#### Wrist grab pull away

look for where thumb and fingers come together, pull hard that way with single or both hands. Run or attack when free. Attention getter groin kick recommended before pull

#### Two hand grab escape / Push turn

- 1) Enemy grabs shoulders
- 2) Punch to solar plexus, turn sideways to create distance
- 3) circle block with leading arm, grab wrist
- 4) sidekick to body

**IV. Dojo Kata** – Must be able to follow along with Instructor and know the form of each technique

**Watch:** <https://youtu.be/iB8EXkbN2EI>

Or search youtube for "Falcon 1 Dojo Kata"

### V. Board Breaking

Front Snap Kick (attitude, focus, eye contact, proper contact with foot)

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO ORANGE BELT ADVANCED (Black stripe)

### **I. Basics – in addition to improving all previous basics from lower levels**

#### *Kicks*

1. Jump Kick
2. Grab, Knee strike

#### *Hand Techniques*

1. Back fist
2. High Lunge
3. Reverse High Lunge
4. Backfist Reverse Combo

### **II. Character Concepts**

- What is the C word of Karate? Choose! We may not control all things that happen to us but we can control how we respond to those events.
- Make Every Day Special!
- Hard day – Easy Day: even when something is hard, don't give up! If somebody tells you it's too hard or you can't do it, Say "I can!"

### **III. Self Defense**

Bear hug (front), arms free: <https://youtu.be/CP1JinbEDoY>

grab, pinch, twist, 2 knee strikes, 2 elbows, grab and finish opponent with knee strike to body or head

Bear hug (front), arms pinned: <https://youtu.be/UwocXDIQ248>

grab, pinch, twist, 2 knee strikes, uppercut to their chin and back fist, two palm strikes, finish opponent with knee strike to body or head.

### **IV. Board Breaking**

Front Snap Kick - strong leg (attitude, focus, eye contact, proper contact with foot)

**V. Dojo Kata** – Continue memorizing and practicing Dojo Kata.

**Watch:** <https://youtu.be/iB8EXkbN2EI>

Or search youtube for "Falcon 1 Dojo Kata"

### **VI. Sparring**

The student will be required to spar with other individual opponents. Emphasis will be placed on techniques, control of those techniques, and spirit. A good, competitive attitude is expected.

Core Concept Focus: Advanced Awareness

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

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# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Yellow Belt

### I. Basics - in addition to improving all previous basics from lower levels

#### *Kicks*

1. Angled Snap Kick
2. Forward Angle kick
3. Cross heel Stomp

#### *Hand Techniques*

1. High open hand block, reverse high lunge
2. Middle open hand block, spear hand
3. low open hand, shuto strike

### II. Character Concepts

- Perseverance – Means Never giving up, even when things are hard.

***“A black belt is a white belt who never gave up!”***

- Growth Mindset- Always be learning and growing. If you cannot get something right the first time, do not think you have failed, you just have not got it yet but you will if you keep trying

### III. Self Defense

Shoulder Grab Straight Across - <https://youtu.be/efr4rdo8cOY>

Pin opponents hand to your shoulder across your body, place other hand on enemy's elbow and push over and down to arm bar them. You stand up straight while pushing enemy down, step back with outside leg, kick beside enemy's bend over head

### IV. Board Breaking

Front Snap Kick – weak leg

(attitude, focus, eye contact, proper contact with ball of foot)

**V. Dojo Kata** – Fully Memorized Dojo Kata. Be able to perform it by themselves with proper technique appropriate for their skill level.

**Watch:** <https://youtu.be/iB8EXkbN2EI>

Or search youtube for “Falcon 1 Dojo Kata”

### VI. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on BACKFIST REVERSE, FRONT LEG KICK AWAY, BLOCK SCORE GET AWAY, MOVING IN A CIRCULAR FASHION TO GET BEHIND ENEMY

Core Concept Focus: EVASIVENESS

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Yellow Belt Advanced (Black stripe)

### I. Basics - in addition to improving all previous basics from lower levels

*Kicks*

1. Hook Kick
2. Double Kick (2 kicks in row with same leg)  
can be snap, side or roundhouse

*Hand Techniques*

1. Palm circle block
2. Palm, circle block, reverse punch
3. Ridge hand

### II. Character Concepts

Confidence: Moral and Physical

- Physical Confidence: Belief in your mind and body that you can accomplish what you set your mind to. Ex. Board breaking, scoring touchdown, earning an A on a hard test at school
- Moral Confidence: Knowing the difference in Right and Wrong and having the strength to speak up for what is right even if those around you are doing wrong.

### III. Self Defense

Shoulder Grab Criss Cross

- 1) Pin their hand to your shoulder with your opposite side hand (ex. If they are grabbing with their right hand to your right shoulder, pin across with your left hand)
- 2) Take your right hand up and over their arm to grab their elbow, pull up and rotate their elbow to face the ceiling and pull down on their elbow
- 3) Get into a good seisan stance and kick out next to their head with a right leg snap kick

### IV. Kata: Begin Learning Naihanchi Kata. Can be found on

Youtube:<https://youtu.be/SBnVw8ki9M8>, or by going to falcon1karate website and looking under instructional video Kata tab. Also must know Dojo Kata by themselves.

### V. Board Breaking

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with ball of foot)

### VI. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on BACKFIST REVERSE, FRONT LEG KICK AWAY, BLOCK SCORE GET AWAY, MOVING IN A CIRCULAR FASHION TO GET BEHIND ENEMY

Core Concept Focus: EVASIVE MOVEMENTS

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Blue Belt

### **I. Basics - in addition to improving all previous basics from lower levels**

#### *Kicks*

1. Axe Kick

#### *Hand Techniques*

1. Back fist front hand, ridge hand back hand
2. Back fist front hand, ridge hand same hand

### **II. Character Concepts**

- Discipline: Discipline is the ability to control yourself and your emotions... being able to focus on what's important... control the urge from doing the wrong thing, have enough self control to do the right thing
- Forming good habits: discipline is founded upon good habits. Habits are formed by everyday activities. Begins with simple things like brushing teeth, combing hair, but it should also include moral choices, telling the truth, thinking of others, good work ethic

### **III. Self Defense**

Evade/Flow Kick - Palm Circle Roundhouse <https://youtu.be/WPosEG3b1RQ>

1. Enemy lunge punch
2. Palm across with front hand and circle block with you opposite hand
3. Lean to backside and roundhouse to body

### **IV. Kata: Continue Learning Naihanchi Kata. Can be found on**

Youtube:<https://youtu.be/SBnVw8ki9M8>, or by going to falcon1karate website and looking under instructional video Kata tab.

### **V. Board Breaking**

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with heel of foot)

### **VI. Sparring**

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG SWEEPS, GOING TO BACKSIDE OF OPPONENT, SIMULTANEOUS BLOCK AND COUNTERATTACK (BLOCK PUNCH OR BLOCK KICK)

Core Concept Focus: DEFUSE DANGEROUS SITUATIONS

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Instructor signature

\_\_\_\_\_  
Date





# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Blue Belt Advanced (Black Stripe)

### **I. Basics - in addition to improving all previous basics from lower levels**

#### *Kicks*

1. Back Kick

#### *Hand Techniques*

1. Seiuchin stance punches (1 to 5 punches)
2. high, middle, low block and 5 punches
3. palm block 2 hammer fist, one side, one head

### **II. Character Concepts**

- Goal Setting: get into a habit of visualizing what you want to accomplish. Write it down and look at it every day to work towards accomplishing it. Plan out short term goals that will help you accomplish the long term
  - Long term goals: May take you years and a lot of dedication to accomplish. Examples: earning black belt, eagle scout, college degree.
  - Short term goals: smaller, easier to accomplish goals that are stepping stones to the long term. Examples: earning your next belt rank, earning an A on your next school test.

### **III. Self Defense**

Grab Twist, Heel thrust, Knee Strike (Bunkai for part of Dojo Kata)

<https://youtu.be/3 WnJR-9vuc>

1. Opponent reaches out with both hands to grab your neck or shoulders
2. You reach out with both of your hands and grab the insides of their arms and you twist them out and push up, locking their elbows
3. Heel thrust to their solar plexus
4. Grab their head and pull down to knee strike

**IV. Kata:** Continue Learning Naihanchi Kata. Should be able to lead Instructor thru each of the 6 movements on their own. Can be found on Youtube:<https://youtu.be/SBnVw8ki9M8>, or by going to falcon1karate website and looking under instructional video Kata tab. Dojo Kata required as well

### **V. Board Breaking**

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with heel of foot)

### **VI. Sparring**

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG SWEEPS, GOING TO BACKSIDE OF OPPONENT, SIMULTANEOUS BLOCK AND COUNTERATTACK (BLOCK PUNCH OR BLOCK KICK)

Core Concept Focus: DEFUSE DANGEROUS SITUATIONS

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Green Belt

### I. Basics - in addition to improving all previous basics from lower levels

#### *Kicks*

1. Defensive/retreating side kick  
use sidekick to stop advancing opponent

#### *Hand Techniques*

1. Palm Strike
2. Elbow Strikes (side, upper, top down)
3. Circle block, grab, elbow strike

### II. Character Concepts

Work Ethic: Do not count on things being given to you in your life. Things that are worth having require hard work and dedication. You must earn them, not demand them; black belt, family, education. Get out of bed every day asking yourself "how can I make myself better today?"

### III. Self Defense

Wrist Grab Straight Across - <https://youtu.be/kd14jLhji7A>

Hand on top, push up like a bridge, push their hand up making their fingers point towards the ceiling, place your two thumbs on the back of their hand and perform a wrist lock by pressing your thumbs towards the opponent, follow up with a snap kick

**IV. Kata:** Fully memorized Naihanchi Kata. Able to perform by themselves. Can be found on Youtube: [Youtube:https://youtu.be/SBnVw8ki9M8](https://youtu.be/SBnVw8ki9M8), or by going to falcon1karate website and looking under instructional video Kata tab. Dojo kata also required

### V. Board Breaking

Side Kick Weak Leg

(attitude, focus, eye contact, proper contact with heel of foot)

### VI. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG/ARM SWEEPS, GOING TO BACKSIDE OF OPPONENT, DEFLECTING ATTACKS

Core Concept Focus: Flow Like Water

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Green Belt Advanced (Black Stripe)

### **I. Basics - in addition to improving all previous basics from lower level**

#### *Kicks*

1. Flip kick  
(snap kick turn roundhouse)
2. Hook Kick Roundhouse (same leg)

#### *Hand Techniques*

1. Backward Fall
2. Safe stand up from fall

### **II. Character Concepts**

Honor: showing those around you that you are trustworthy, loyal, respectful, and morally upright in your actions. You have a reputation that others want to follow.

### **III. Self Defense**

Wrist Grab Criss Cross - <https://youtu.be/efr4rdo8cOY>

Hand on top of their hand, circle your hand towards the back of their elbow, step towards their elbow with your other arm and perform an arm bar, push down, and elbow their temple (no contact in class)

### **IV. Kata**

Begin memorizing the first half of Wansu Kata (up to the fireman carry and dump). Can be found on Youtube at: <https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website under training videos. Dojo and Naihanchi kata also required.

### **V. Board Breaking**

Side Kick Weak Leg

(attitude, focus, eye contact, proper contact with heel of foot)

### **VI. Sparring**

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG/ARM SWEEPS, GOING TO BACKSIDE OF OPPONENT, DEFLECTING ATTACKS

Core Concept Focus: Flow Like Water

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Instructor signature

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# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Purple Belt

### I. Basics - in addition to improving all previous basics from lower levels

#### *Kicks*

1. Inside Crescent Kick
2. 3 Level roundhouse (low, middle, high)

#### *Hand Techniques*

- 1) sideways roll slap
- 2) sideways roll stand up

### Character Concepts

Humility – freedom from arrogance or selfishness. Putting other people first...Being courteous..... not thinking that you are better or more important than someone else; not bragging about yourself.

### III. Self Defense

#### Full Nelson Escape

1. Opponent grabs you from behind in full nelson grip
2. Stomp on the foot (next to foot in class)
3. Drop all of your weight down into seiuchin stance and drop arms down hard to side
4. Grab one of their hands after it is broken off and spin out to the outside into a wrist lock
5. Snap kick to the head

### IV. Kata

Begin memorizing the first half of Wansu Kata (up to the fireman carry and dump). Can be found on Youtube at: <https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website under training videos.

### V. Board Breaking

- Roundhouse – strong leg  
(attitude, focus, eye contact, proper contact with ball of foot)
- Palm strike - strong hand

### VI. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on UNPREDICTABILITY. USE OF FAKES, EXPERIMENT WITH DIFFERENT MOVES NOT USUALLY USED, WEAK SIDE ARM AND LEGS

Core Concept Focus: BE UNPREDICTABLE

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Purple Belt Advanced (Black Stripe)

### I. Basics - in addition to improving all previous basics from lower levels

#### *Kicks*

1. Attacking/Advancing Side Kick

### II. Character Concepts

Grateful – Being thankful for the good things in your life. Not to be a complainer or selfish. We all have many things to be thankful for and it is good to reflect on these things daily; like our family, our home, our education, coaches, teachers. Be grateful for what you have and to those who work hard to make sure you have these important things. Say “thank you” often.

### III. Self Defense

#### X Block Step behind trip

1. Opponent steps toward you with right foot and swings their right hand punching or grabbing at you
2. Step back right foot to seisan stance and X block, step behind enemy’s leading foot with your right foot
3. Use your right hand to circle their hand down to enemy’s groin.
4. Raise you right hand to their throat and trip them over your right leg as you bend into seiuchin stance, knees bent deep.
5. After they land keep knees bent and back straight, chop to throat with your left hand and punch solar plexus

### IV. Kata

Begin memorizing the second half of Wansu Kata (from fireman carry to the finish). Can be found on Youtube at: <https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website under training videos. Dojo and Naihanchi Required

### V. Board Breaking

- Roundhouse – strong leg  
(attitude, focus, eye contact, proper contact with ball of foot)
- Palm strike - strong hand

### VI. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on UNPREDICTABILITY. USE OF FAKES, EXPERIMENT WITH DIFFERENT MOVES NOT USUALLY USED, WEAK SIDE ARM AND LEGS

Core Concept Focus: BE UNPREDICTABLE

Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Brown Belt I

### I. Basics - in addition to improving all previous basics from lower levels

#### *Kicks*

1. Sliding Side Kick
2. 4 Way Kick (front snap, side kick, roundhouse, back kick)

### II. Character Concepts

•Accountability – take responsibility for your actions, positive or negative. When you do well, you should feel proud of your accomplishments, but when you make a mistake or bad decision, do not blame others. Own up to the mistake and devote your self to improvement so as to not make same mistake again.

### III. Self Defense

Take Down/Grab Defense: Single/Double Frame – opponent leans over for a take down attempt. Single frame: make front arm into a L shape with bent elbow and push it into their shoulder or collar bone area with a solid frame of your whole body, strong stance to stop them. Double frame is same idea but you use both arms in the L shape if your body is more straight on and keep them at distance. Follow by hooking their head and using elbow or knee strikes

Double Frame/Double High Block throw variant – after you double frame their arms, grab their gi top with both hands, step across their body with one foot so your back is facing them and rotate your hips and shoulders forward and down to throw them over your hip

### IV. Kata

Begin memorizing and performing all of Wansu Kata. Can be found on Youtube at: <https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website under training videos. Dojo and Naihanchi Kata also required.

### V. Board Breaking

- Roundhouse – weak leg  
(attitude, focus, eye contact, proper contact with ball of foot)
- Palm strike - weak hand

### VI. Sparring

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: Attack weak spots

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Brown Belt II

### **I. Basics - in addition to improving all previous basics from lower levels**

*Kicks*

1. Spinning Hook kick

### **II. Character Concepts**

•Role Model – Embody the virtues and behaviors that others should want to follow.

Remember that people are always watching your behavior and how you treat others. Let them see honorable behavior. You will attract other individuals who value virtue like you do and that will make good friends and mentors. It will help you recognize negative behavior and avoid it.

### **III. Self Defense**

Bear Hug Behind Arms Free

Attention getter (stomp enemy foot, strike groin – slap leg in class), elbow back to enemy head one arm, elbow back other arm, turn your whole body around to face them, palm strike to head both hands, grab their shoulders and knee strike

Bear Hug Behind Arms Pinned

Attention getter (stomp enemy foot, strike groin – slap leg in class), step to side wide and sink into seiuchin stance while extending both arms out forcefully in front. This pushes enemy's arms up breaking their grip, elbow backwards to their groin or solar plexus

### **IV. Kata**

Begin memorizing and performing all of Wansu Kata. Can be found on Youtube at:

<https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website.

Dojo and Naihanchi required

### **V. Board Breaking**

-Jump Kick – strong leg

(attitude, focus, eye contact, proper contact with ball of foot)

-Palm strike

### **VI. Sparring**

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: Attack weak spots

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

\_\_\_\_\_  
Date



# Falcon 1 Defense

## REQUIREMENTS FOR PROMOTION TO Brown Belt III

### I. Basics - in addition to improving all previous basics from lower levels

1. Double Kick

### II. Character Concepts

•Friendship – Be a friend someone would want to have. Treat them like you would want to be treated. Be encouraging to them and be ready to help them when they ask. Be forgiving of other’s faults and understand that all of us make mistakes, do and say things we would later wish we had not.

### III. Self Defense

2 hand shoulder grab from behind – raise up one arm above your head and quickly turn towards enemy, either breaking their grip, they let go so you are free to escape or reengage or they continue to grip your shirt. In that case wrap your arm over theirs and lift creating pressure on their elbows. Begin to deliver knee strikes, groin kicks or strike them in the head or body with free hand until you can escape.

### IV. Board Breaking

-Jump Kick – strong leg

(attitude, focus, eye contact, proper contact with ball of foot)

-Palm strike

### V. Sparring

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: Attack weak spots

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

\_\_\_\_\_  
Date





# Falcon 1 Defense

## **REQUIREMENTS FOR PROMOTION TO** **Black Belt**

### **I. Basics - in addition to improving all previous basics from lower levels**

#### *Kicks*

1. Leg Sweep take down: Grab opponent and leg sweeps, inside and outside – grip partner and work to unbalance them by using your foot to sweep their foot out from under them

### **II. Character Concepts**

•Leadership – Become someone other want to follow and be like, not because they are forced to by your power or seniority, but because of your character and ability. Lead by example of your actions, not just by your words. Your behavior must match what you promote or others will see you as a fake and not follow you. Be courageous, honest, and respectful with your dealings with others, and do not look down upon those who you lead. They are who will support you and help you accomplish your goals. If you do not have loyal support, you are not a leader.

### **III. Self Defense**

#### Rear choke hold/shield

circle their arm out of the way, step behind enemy and use same hand that circled down to put enemy into choke hold. Wrap arm around their throat and push opposite hand into the small of their back to bend them off balance. You can then either choke out or use them as shield.

#### Rear choke escape

Stomp their foot, slap their groin, tuck your chin into the crook of their elbow. One hand grabs their wrist and the other pushes up on their elbow as you slide your head out. Spin to the outside and put them into an arm lock. Kick to the head.



# Falcon 1 Defense

## **REQUIREMENTS FOR PROMOTION TO Black Belt (cont.)**

### **IV. Kata**

Perform all of Wansu Kata by themselves with power and precision of technique. Loud Kiai. Can be found on Youtube at: <https://youtu.be/Ky364wQE8xs> or search Wansu Kata – Falcon 1 Karate or at our website. Dojo kata and Naihanchi also required.

### **IV. Board Breaking**

-Back Kick

(attitude, focus, eye contact, proper contact with heel of foot)

-Palm strike weak hand

-any previous board breaking technique instructor chooses

-Circle board break – multiple boards placed around you and you must find them quickly and break with appropriate kick or palm technique.

### **V. Sparring**

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on FINISHING THE FIGHT (TAKE DOWN OR CHOKE), PERSEVERE WITH ENDURANCE, ENGAGING MULTIPLE OPPONENTS, STRIKING ENEMY AS EARLY AS POSSIBLE TO KEEP THEM FROM GETTING CLOSE

Core Concept Focus: Hunt, Don't be Hunted

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

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Instructor signature

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Date



# Falcon 1 Defense

## **REQUIREMENTS FOR PROMOTION TO Junior Black Belt Level II**

### **I. Basics - in addition to improving all previous basics from lower levels**

#### *Kicks*

1. Spinning Back Kick
2. Turn roundhouse fake into snap kick

#### *Hand Techniques*

1. Deflecting block to backfist and punch
2. Cat stance elbow (grab from behind defense)

### **II. Character Concepts**

-Completion of Junior Leader Black Belt Certification by showing growth in teaching concepts and ability to lead classes designed by the student

-Recommendations from two community leaders detailing how the student has shown leadership in the community. Can be teacher, coach, religious leader, scout leader, etc. Form included with packet

-A period of 1 year between the earning of Jr. Black Level 1 to allow time for the student to deepen their understanding of what it means to be a black belt as a student and leader. Also this allows time for student to show dedication above and beyond the norm to making karate a part of their daily lives.

### **III. Self Defense**

**Over the shoulder throw:** enemy grabs student from behind around their neck. Student will grab the enemy's arm and bend hard at the waist, sending enemy over their shoulders. Use of a landing pad at the dojo required to provide safety



# Falcon 1 Defense

## **REQUIREMENTS FOR PROMOTION TO Jr Black Belt Level II (cont.)**

### **IV. Kata**

Continue to perfect performance of Dojo, Naihanchi and Wansu katas. Add even more pop, passion and precision to movements. Loud kiai, stern face and strong stance.

Creation of a 30-40 second musical kata to be performed for the class at their LV 2 Test. Kata can be performed empty handed or with a karate weapon (Bo, escrima, nunchuck)

Song clip can be chosen by student and will be played on speaker while performing. The song must be approved by instructor

3 30 min private tutoring sessions with instructor will be included to help fine tune performance before the test date

### **V. Board Breaking**

-Spinning Back Kick

(attitude, focus, eye contact, proper contact with heel of foot)

-Palm strike weak hand

-any previous board breaking technique instructor chooses

-Circle board break may be performed

### **VI. Sparring**

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on FINISHING THE FIGHT (TAKE DOWN OR CHOKE), PERSEVERE WITH ENDURANCE, ENGAGING MULTIPLE OPPONENTS, STRIKING ENEMY AS EARLY AS POSSIBLE TO KEEP THEM FROM GETTING CLOSE

Core Concept Focus: Hunt, Don't be Hunted

**Instructor has certified that \_\_\_\_\_ has shown proficiency in the above areas and is able participate in the next rank test.**

\_\_\_\_\_  
Instructor signature

\_\_\_\_\_  
Date