

Red Belt 1st, 2nd, & 3rd Degree Curriculum

Kicks

Sweep Kick

Jump Split Kick

Jump Double Front Snap Kick

Jump Scissor Kick

Attacks

Go over and review all Blocks/Attacks/and Stances

through these 3 level. Start from the beginning Polish them up.

Stances

One-Steps (These are stepping forward) (See One Step Sheet)

Give 2 per belt level which should be a total of 12

Knife Self-Defense:

1. Straight in
2. Gut Up
3. Slash
4. Cross Slash
5. Over The Top

Kata's-(2 of your style)

Sparring – (Contact Sparring)

Give 2 Kata's over all 3 levels

Start 3 minute rounds with LIGHT contact

Of Red Belt 1st, 2nd, and 3rd Degrees

3 step sparring

This should be Kata's #10 &11

1 step sparring

Self Defense – (Behind Shoulder Grab)

Give students 4 – Behind Shoulder Grab.

Weapons –Kama's

Start on a Kama Kata

Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

Stepping Forward Techniques:

Pick 3 total for each level. When finished with all 3 levels of Red Belt, should have 36 in all.

Go over Student Creed

Dojo Etiquette – (Bowling In/Bowling out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Add on more History and Terminology.