



BLACK BELT

5 year programme

Introduction

The School of Martial Arts does not belong to any specific style or does not belong to any particular affiliation. Karate is a Japanese art that comprises of seventy-five percent hand techniques and twenty-five percent leg techniques. Tae kwon do is Korean art which consists of seventy-five percent leg and twenty-five percent hand movements, Judo is the art of throwing and falling, Aikido is the art of joint locking, manipulation and breaking, Kubodo is the art of weapons and so on.

What we teach in the school of martial arts is a compilation of all these techniques. We strongly believe in using both hand and legs equally.

Throwing and falling, joint locking and breaking is also a very vital knowledge when it comes to defense. Kubodo is also part of the training.

Curriculum

White Belt - 4 Months

- Warm up exercises
- Flexibility exercises
- Push up palm & knuckle
- 6 varieties of punches in riding stance.
- 5 variety of kicks.
- 2 variety of knees.
- Basic street self defense.
- Adapted Akido 15 variety of arm locks.
- Combat training.

Jr. Yellow Belt - 8 Months

- Fitness combination excercises - 1
- Pokes hand movements.
- Palm heel thrust hand movements.
- Back fist hand movements.
- Elbows.

- 9 variety of high straight kicks.
- Basic 6 variety of bending kicks.
- Shadow boxing for hand sparring
- Wall punches.
- Hand sparring lessons.
- Akido 5 variety of lock combinations.
- Akido - 5 variety of throws.

Sr. Yellow Belt - 6 Months

- Fitness combination exercise - 2
- knife and chops.
- Block and punches.
- Rapid straight high kicks
- 6 variety of Bending kicks in Half & Full turn.
- Wall double punches.
- Free Karate full contact sparring.
- 5 variety of Akido neck locks.
- Tai Sabaki movement

Orange Belt - 6 Months

- Fitness combination exercise -3
- Back Fist & elbows
- Block and double punch

- Fitness combination exercise -3
- 6 variety of Rapid Bending kicks
- Turning kicks lessons - Chair workout
- Wall punches
- Free hand sparring
- Boxing lessons
- Leg sparring lessons 4 types
- BJJ forms 3 types of controls
- 5 variety of neck locks
- Sticky hand.

Green Belt - 6 Months

- Fitness combination exercise 1,2 & 3
- Boxing competitions
- 4 variety of turning kicks
- Stationary kicks
- Double kicks , low and high kick
- Triple kicks
- Jumping inner crescent kicks
- Four direction kicks
- Leg sparring
- Kick boxing lessons
- BJJ

Blue Belt - 6 Months

- Master Combination of kick Boxing
- Kick boxing competitions
- Knee and Elbow fighting
- 18 variety of jumping kicks
- 9 variety of jumping turning kicks
- Boxing competitions
- Kick boxing lessons
- BJJ competitions
- Forms

Brown III Belt - 6 Months

- Master Combination of Muay Thai
- Kick boxing competitions
- Boxing Competitions
- BJJ Competitions
- MMA Competitions
- Boxing competitions
- Forms
- Weapon - Long Stick
- Weapon - Nunchakku

Brown II Belt - 6 Months

- Kick boxing competitions
- Boxing Competitions
- BJJ Competitions
- MMA Competitions
- Muay Thai Competitions
- Boxing competitions
- Forms
- Weapon - Single short stick
- Weapon - Double Short Stick

Brown I Belt - 6 Months

- Revision of all Techniques
- Creation of a Form to be presented during the black belt ceremony
- Preparation for the black belt ceremony.

Black Belt Ceremony

A black belt ceremony will be hosted by honoring the important guests, awarding certificates & mementos. Following this will be a 80 minutes demonstration of several techniques.