

RED BELT REQUIREMENTS

RED BELT

1 / 4

Single Kicks (42)

- Front Ball Kick ¹
- Front Heel Kick ²
- Front Thrust Kick ³
- Rising Front Kick ⁴
- Front Blade Kick ⁵
- Rising Front Blade Kick ⁶
- Thrusting Blade Kick ⁷
- Front Toe Kick ⁸
- Front Instep Kick ⁹
- Roundhouse Kick ¹¹
- Vertical Roundhouse Kick ¹³
- Reverse Roundhouse Kick ¹⁵
- Side Thrust Kick (normal or hand-assist) ¹⁶
- Low Side Thrust Kick ¹⁷
- Side Snap Kick ¹⁸
- Back Kick (backward or turning) ²¹
- Hand-Assist Back Kick ²²
- Back Side Kick ²³
- Uppercut Back Kick ²⁴
- Rising Back Kick ²⁵
- Rising Heel Kick ²⁶
- Rising Blade Kick ²⁷
- Stamp Kick ²⁸
- Descending Arch Kick ²⁹
- Shin Kick ³⁰
- Circular Inner-Heel Kick ³¹
- Circular Blade Kick ³²
- Reverse Circular Blade Kick ³³
- Inside Crescent Kick ³⁴
- Outside Crescent Kick ³⁵
- Cutting Crescent Kick ³⁶
- Outside Axe Kick ³⁷
- Inside Axe Kick ³⁸
- Blocking Blade Kick ³⁹
- Inside Hook Kick ⁴¹
- Passing Inside Hook Kick ⁴²
- Hook Kick ⁴³
- Spin Kick ⁴⁴
- Rising Knee Strike ⁴⁶
- Front Knee Strike ⁴⁸
- Roundhouse Knee Strike ⁴⁹
- Side Knee Strike ⁵⁰

Single-Leg Combination Kicks (20)

- 1 R Front Toe Kick
R Roundhouse Kick
- 2 R Front Ball Kick
R Side Kick
- 3 R Front Toe Kick to front
R Side Kick to right
- 4 R Front Kick to front
R Back Kick to rear
- 5 R Inside Crescent Kick
R Front Kick
- 6 R Inside Crescent Kick
R Side Kick
- 7 R Inside Crescent Kick
R Roundhouse Kick
- 8 R Inside Crescent Kick
R Outside Crescent Kick
- 9 R Outside Crescent Kick
R Roundhouse Kick
- 10 R Outside Crescent Kick
R Side Kick
- 11 R Outside Axe Kick
R Front Kick (or Toe Kick)
- 12 R Outside Axe Kick
R Roundhouse Kick
- 13 R Blocking Blade Kick
R Roundhouse Kick
- 14 R Low Side Kick
R High Side Kick
- 15 R Shin Kick
R Side Kick
- 16 R Roundhouse Kick to 45° left
R Side Kick to 45° right
- 17 R Roundhouse Kick
R Hook Kick
- 18 R Circular Blade Kick to knee
R Hook Kick to head
- 19 R Hook Kick
R Roundhouse Kick
- 20 Four R Spin Kicks to
front, right, rear, left

Double-Leg Combination Kicks (10)

- 1 L Front Kick
R Turning Back Kick
- 2 L Roundhouse
R Turning Back Kick
- 3 L Side Kick
R Turning Back Side Kick
- 4 L Roundhouse
R Spin Kick
- 5 L Inside Crescent Kick
R Spin Kick
- 6 L Side Kick
R Spin Kick
- 7 L Front Toe Kick
R Roundhouse
L Turning Back Side Kick
- 8 L Front Kick to front
R Side Kick to right
- 9 L Front Kick to front
R Back Kick to rear
- 10 L Side Kick to left
R Side Kick to right

Ground Kicks (10)

- 1 Drop Front Kick
- 2 Drop Roundhouse Kick
- 3 Drop Side Kick
- 4 Drop Back Kick
- 5 Drop Turning Back Kick
- 6 Drop Axe Kick
- 7 Drop Hook Kick
- 8 Drop Spin Kick
- 9 2-Foot Jump to avoid, Drop Spin Kick
- 10 1-Foot Jump, Drop Spin Kick

Defense Against Punches (40)*Block + Strike (10)*

- 1 Inside Blk, Elbow Combo ²
or Inside Blk, Elbow, step, Turning Elbow
- 2 Semi-Circ Parry, Elbow, Uppercut ³
- 3 2-Hand Grab Parry, Desc Knife Hand ²⁴
- 4 Sweep Parry or Palm Heel strike to TW-11,
Middle Finger Fist to ribs, Inside Elbow ²⁵
or Desc Parry, Ridge Hand to neck
- 5 Inside Blk+trap, Turning Elbow-Forearm combo
- 6 Sliding Blk, Uppercut and Hook Forearm ²⁹
or Rising Blk, Uppercut
- 7 Knife Blk+Strike, Knife Strike, Rising Knee ¹⁵
- 8 Parry, Outside Knife, Desc Palm ^{13 one-hand}
- 9 Two-Hand Blk, Outside Knife, Inside Elbow ¹⁶
- 10 X Blk, Elbow Strike, Back Fist ³⁷

Block + Kick (10)

- 1 Inside Parry, Rising Blk, Shin+Front Thrust Kick ²
- 2 Inside Parry (out), Turning Back Kick, Back Kick ⁴
- 3 Outside Parry (in), Side Kick, Turning Back Kick ⁵
- 4 Outside Parry (out), Roundhouse, Spin Kick ⁶
- 5 Outside Blk (in), Side Snap Kick, Side Thrust Kick ⁸
- 6 Grab Parry, Roundhouse, Inside Axe or Inside Hook ¹¹
- 7 Grab Parry, Side Kick, Low Side Kick ¹²
- 8 Combined Parry, Knee Strike, Side Kick ¹³
- 9 Grab Parry, Inside Crescent, Side Kick ¹⁵
- 10 Grab Parry, Outside Crescent, Roundhouse ¹⁶

Block + Hold (10)

- 1 Forearm Arm Bar ²
- 2 Drop Bent-Arm Lock ⁸
- 3 Outward Wrist Lock ⁹
- 4 Outside-Lift Shoulder Lock ¹⁰
- 5 Two-Hand Shoulder Lock ¹²
- 6 Outside Twisting Arm Lock ¹⁶
- 7 Inside Twisting Arm Lock ¹⁷
- 8 Arm Trap Choke ¹⁸
- 9 Rear Naked Choke ¹⁹
- 10 Front Naked Choke ²⁰

Block + Throw (10)

- 1 Inside Shoulder Throw ¹
- 2 Outside Shoulder Throw ³
- 3 Head Hip Throw ⁷
- 4 Outside Hip Throw ⁸
- 5 Foot-Plant Throw ¹⁰
- 6 Outer Reap Throw ¹³
- 7 Inner Reap Throw ¹⁴
- 8 Scissor Throw ¹⁷
- 9 Rear Drop Throw ¹⁸
- 10 Two-Hand Reap Throw ²⁰

Defense Against Kicks (14)*Block + Strike (10)*

(using hand strikes and kicks)

- 1 F: Raking Back Fist, Back Fist, Punch solar ²
- 2 F: X blk, Rising Front Kick, Low Side Kick ⁸
- 3 S: Hook Block, Inside Elbow thigh, Back Fist ¹¹
- 4 S: Scoop Blk, Side Kick, lift leg + throw ¹⁵
- 5 R: Two-Hand Wrap, Spear to groin, Stamp ¹⁷
- 6 R: Wrap, Outer Forearm, pull head, Rising Knee ¹⁹
- 7 H: Two-Hand Wrap, Knee to thigh, Roundhouse ²⁵
- 8 H: Drop Spin Kick, kneeling Roundhouse ²⁹
- 9 A: Rising Blk, Hook Punch, Desc Arch Kick ³¹
- 10 K: Inside Leg Blk, Stamp, head butt, rising knee ³²

Block + Throw (4)

- 1 F: Inside Hook Throw ¹
- 2 F: Outside Hook Throw ²
- 3 F: Inside Shin-Press Throw ⁵
- 4 S: Outside Shin-Press Throw ⁶

F = Front Kick

S = Side Kick

R = Roundhouse

H = Hook or Spin Kick

A = Axe Kick

K = Knee Strike

DEFENSE AGAINST HOLDS (88)

Knowledge of "Leading" Principles

Basic Escapes (14)

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape
- 9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

Against Wrist Grab (31)*Opposite Wrist Grab (8)*

- 1 Bent-Arm Wrist Lock ¹
- 2 Straight-Arm Wrist Lock ²
- 3 Elbow Arm Bar ³
- 4 Forearm Arm Bar ⁴
- 5 Outward Wrist Lock ⁷
- 6 Bent-Wrist Hammer Lock ¹⁰
- 7 Outside Twisting Arm Lock ¹⁵
- 8 Inside Twisting Arm Lock ¹⁶

Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²
- 3 Passing Forearm Arm Bar ³
- 4 Inner-Elbow Arm Bar ⁴
- 5 Outward Wrist Lock ⁵
- 6 Elevated Wrist Lock ⁶

False Handshake (4)

- 1 Outward Wrist Lock ¹
- 2 360° Outward Wrist Lock ²
- 3 Shoulder Arm Bar + Palm Lock ³
- 4 Outside Twisting Arm Lock ⁴

Double Grab to 1 Wrist (6)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²
- 3 Outside Shoulder Wheel ³
- 4 Wrist-Lock Push Throw ⁴
- 5 Bent-Arm Wrist Lock (held high) ⁹
- 6 Twin-Arm Shoulder Throw (held high) ¹⁰

Double Grab to Both Wrists (7)

- 1 Low Clash + Knife Hand Strike ¹
- 2 High Clash + Rising Knee Strike ²
- 3 Side Knee Strike Throw ³
- 4 Kick Combo to Inner Knees ⁴
- 5 Elbow Strike + Leg Trap Throw ⁵
- 6 Near Shoulder Throw (with arm bar) ⁶
- 7 Cross-Arm Shoulder Throw ¹⁷

Against Clothing Grab (16)*Sleeve Grab (4)*

- 1 Chin Strike + Outer Reap Throw ¹
- 2 Bent-Arm Wrist Lock (clamp) ³
- 3 Sword Arm Bar ⁵
- 4 Bent-Arm Wrist Lock ⁷

Collar Grab (2)

- 1 Forearm Arm Bar ⁹
- 2 Two-Hand Arm Bar ¹⁰

Lapel Grab (4)

- 1 Bent-Arm Wrist Lock (trap) ¹³
- 2 Elbow Arm Bar ¹⁵
- 3 Twist-Lift Shoulder Lock (twisted grab) ¹⁷
- 4 Wrist Shoulder Throw (twisted grab) ¹⁸

Belt Grab (4)

- 1 dn: Nerves, Thumb Lock, Back Fist ²¹
- 2 dn: Clapping Forearm Arm Bar ²²
- 3 up: Nerve Press + Thumb Lock ²⁵
- 4 up: Clapping Shoulder Lock ²⁶

dn = palm down up = palm up

Side Grab (2)

- 1 Forearm Wrapping Throw ²⁹
- 2 Head Hip Throw ³²

Against Chest Push (6)*One-Hand Push (4)*

- 1 Side Wrist Lock + Leg Arm Bar ¹
- 2 Rotary Throw ²
- 3 Swinging Outward Wrist Lock ³
- 4 One-Finger Lock ⁴

Two-Hand Push (2)

- 1 Twin Outward Wrist Lock ⁹
- 2 Two-Hand Reap Throw ¹⁰

Against Grab from Behind (10)*Double Wrist Grab (2)*

- 1 Elevated Wrist Lock ¹
- 2 Cross Arm Bar ²

Double Sleeve Grab (2)

- 1 Scoop Throw + Spine Break ⁵
- 2 Forearm Arm Bar (clamp) ⁶

Shoulder Grab (4)

- 1 1s: Claw Push-Pull Throw ⁹
- 2 1s: Side Foot-Plant Throw ¹²
- 3 2s: Two Strikes + Outward Wrist Lock ¹⁴
- 4 2s: Uppercut + Wrist Shoulder Throw ¹⁵

1s = one shoulder 2s = both shoulders

Belt Grab (2)

- 1 Elbow Wrap + Fist-Knee Combo ¹⁸
- 2 Spin Arm Bar + Outer Reap ²⁰

Against Bear-Hug (7)*From Front (2)*

- 1 af: Spear Push-Pull Throw ¹
- 2 af: Twin Strike + Twisting Neck Lock ²

From Behind (5)

- 1 af: Nerve Press, Elbow, Inner Reap ⁵
- 2 ap: Nerve Press + Finger Lock ⁷
- 3 ap: Stomp, Pinch, Spear, Back Kick ¹⁰
- 4 ap: Double-Leg Scoop Throw ¹²
- 5 ap: Butt + Buttock Leg-Lock Throw ¹⁴

af = arms free ap = arms pinned

Against Head Holds (4)*Hair Grab (2)*

- 1 Elbow Arm Bar ¹
- 2 Elevated Wrist Lock ²

Full Nelson (2)

- 1 Gouge Eyes, Wrapping Throw ⁶
- 2 Poke Eyes, Stomp, Finger Lock ⁸

KNIFE TECHNIQUES (69)**Basic Knowledge (12)**

- Use of the knife
- Defensive principles

Knife Grips (5)

- 1 Natural Grip
- 2 Sabre Grip
- 3 Hammer Grip
- 4 Reverse Grip
- 5 Ice-Pick Grip

Armed Stances (4)

- 1 Horse Stance
- 2 Back Stance (knife at chest)
- 3 Back Stance (knife at hip)
- 4 Knife in Lead Hand

Unarmed Stances (3)

- 1 Relaxed Horse
- 2 Knife Hands Low
- 3 Knife Hands High

Knife Strikes (10)

- 1 High Straight Stab
- 2 Low Straight Stab
- 3 Inside Stab
- 4 Inside Slash
- 5 Outside Stab
- 6 Outside Slash
- 7 Descending Stab
- 8 Descending Slash
- 9 Rising Stab
- 10 Rising Slash

Knife Combination Strikes (3)

- 1 *Reverse Grip*
Inside Slash
Outside Stab
- 2 *Natural Grip*
Inside Slash
Outside Slash
- 3 *Natural Grip*
Descending Slash
Straight Stab

Unarmed Blocks (20)*High Straight Stab (3)*

- 1 Inside Parry (step inside)
- 2 Inside Parry (step outside)
- 3 Inside Knife Hand Block (step back)

Low Straight Stab (5)

- 4 Low Inside Parry
- 5 Low Outside Parry
- 6 Descending Parry or Knife Hand Block
- 7 Low X Block
- 8 Low Grab Block

Inside Stab or Slash (3)

- 9 Inside Live-Hand Block
- 10 Outside Live-Hand Block
- 11 Twin Live-Hand Block

Outside Stab or Slash (3)

- 12 Inside Live-Hand Block
- 13 Outside Live-Hand Block
- 14 Twin Live-Hand Block

Descending Stab or Slash (6)

- 15 Inside Overhead Parry
- 16 Outside Overhead Parry
- 17 Two-Hand Overhead Parry
- 18 Rising Palm Heel Block
- 19 Rising Block + Rising Palm Heel Block
- 20 High X Block (to elbow)