

# "SHODAN" 1<sup>ST</sup> DEGREE BLACK BELT MATERIAL

Rank Videos password: \_\_\_\_\_

<b>Kicks of the 4 Tides</b>	Sets 1 – 4 ( <i>both sides</i> )
<b>Shoulder Rolls</b>	Forward & Backward ( <i>both sides</i> ), Walking Shoulder Roll ( <i>strong side</i> )
<b>Shaolin Combinations</b>	# 1 – 30
<b>Kempo Techniques</b>	White, Yellow, Orange, Purple, Blue, Green, Brown, and <b>A, B, C, D, E</b>
<b>Bully Techniques</b>	Push Defense, Tackle Defense
<b>Grab Defense Techniques</b>	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke, Bear Hug, Pro Wrist Grab, Single Jacket Grab, Upright Head Lock, Big Brother Head Lock, Hammer Lock, <b>Advanced Single Wrist Grab, Z-Grip Wrist Grab</b>
<b>Club Techniques</b>	Side # 1, 2, 3, 4, 5 Overhead # 1, 2, 3, 4, 5
<b>Kick Defense Techniques</b>	Deflecting Hammer, Intellectual Departure, <b>Seizing the House</b>
<b>Knife Defense Techniques</b>	Static Threat: Stomach, Overhand Throat, Underhand Throat, Flank, Hostage <b>Moving Threat: Stabbing, Psycho</b>
<b>Kata (Forms)</b>	Kata 1, Stature of the Crane, Kata 4, <b>Plum Tree Blocking System, Circle of the Tiger, Han Tsuki, Two Man Fist Set: East</b>
<b>Kata Skills</b>	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <i>Level 2:</i> Transitions, Timing, Sentencing <i>Level 3:</i> Power, Proper Speed, Intensity, Style, Intention
<b>Character Traits</b>	Humility Embody the 5 Values