

# Family Martial Arts & Fitness Studios



YELLOW	ORANGE	PURPLE
<b>DM's</b> 6, 7	<b>DM's</b> 2, 3	<b>DM's</b> 4, 5, 18
<b>PUNCHES / STRIKES</b> Front Two Knuckle Back Two Knuckle Thrust Punch Hammer Fist Knife Hand (shuto)	<b>PUNCHES / STRIKES</b> Rolling Elbows Rolling Knife Hands Cross hand Hammer Corkscrew Back fist Rising Sun Fist Upper Cut Side Hammer	<b>PUNCHES / STRIKES</b> Palm Heel Chicken Wrist Reverse hammer Forearm Cross hand Shuto Back fist
<b>KICKS</b> Front Ball Front Instep Rising Knee Side Kick	<b>KICKS</b> Back Kick Roundhouse Knee	<b>KICKS</b> Side Thrust Crescent Front Thrust
<b>STANCES</b> Front Position, Half moon, Flamingo, Cat Chambered Hands Horse (Riding and Broken)	<b>STANCES</b> Exploring the Side Fighting Horse Stance T-Stance	<b>STANCES</b> -Hi Back Stance -Low Back Stance
<b>FORMS</b> -Short 1	<b>FORMS</b> #1 Pinan	<b>FORMS</b> #2 Pinan #1 Kata
<b>KEMPO'S</b> High Low, Heavy Hammer	<b>KEMPO'S</b> Dropping Elbow, Swinging Hamer	<b>KEMPO'S</b> Double Striker, Driving Chops
<b>CHIN NA TECHNIQUES &amp; JUJITSU</b> -1 Finger Bow w/ counter variations -3 Wrist Escapes	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b> -Back Turning Palm -Elbow and Shoulder Locks	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b> -Reverse Wrist & lock variations
<b>BLOCKING</b> 8 Point blocking	<b>BLOCKING</b> 8 Point w/ Counters	<b>BLOCKING</b> 10 Point blocking
<b>SWEEPS &amp; TAKEDOWNS</b> -Leg Hock (forward and Backward)	<b>SWEEPS &amp; TAKEDOWNS</b> -Shoulder Twist, -Arm Sweep Leg -Backward Grabbing Pull	<b>SWEEPS &amp; TAKEDOWNS</b>
<b>BREAK FALLS &amp; ROLLS</b> -Backward -Side -Front -Front Roll	<b>BREAK FALLS &amp; ROLLS</b> -2nd position -Shoulder Roll Left -Shoulder Roll Right -Walking Rolls	<b>BREAK FALLS &amp; ROLLS</b> -Standing forward roll to a side break fall
<b>KUMITE &amp; AWARENESS</b> -Learning to move -Free Blocking Drill	<b>KUMITE &amp; AWARENESS</b> -Moving Bag Drills (1-5 Count) -Low / High Combinations	<b>KUMITE &amp; AWARENESS</b> -Lateral & Diagonal Combinations -Crane Balance Drill, Defend against thrown objects
<b>GROUND FIGHTING</b> -Ground Positioning Against a Standing Opponent. -Mount Position -Guard Position -Side control	<b>GROUND FIGHTING</b> -Entering to take down -3 take downs from a standing position	<b>GROUND FIGHTING</b> -Back Control applying the headlock -Passing the Guard -Escape from the mount Position -Back Control -2 Arm Bars from Mount
<b>SCRIPTURES</b> Romans 3:23, Romans 5:8, Romans 6:23, Romans 8:1-2, Romans 10:9	<b>SCRIPTURES</b> Galatians 5:19-26	<b>SCRIPTURES</b> 2 Peter 3:9, Galatians 2:20, 1 Peter 3:18, Ephesians 2:8-9, Titus 3:5, John 1:12
<b>REQUIRED READING</b> -Stretching by <i>Bob Anderson</i>	<b>REQUIRED READING</b> -Living The Martial Way by <i>Morgan Forrest</i>	<b>REQUIRED READING</b> -Martial Arts, The Christian Way By <i>Wendy Williamson</i>

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BLUE	BLUE W/Green Stripe	GREEN
<b>DM's</b> 8, 9, 12	<b>DM's</b> 15, 10	<b>DM's</b> 11, 14, 26
<b>PUNCHES / STRIKES</b> -Tiger's Claw -Leopard's Paw -Inverted Leopard's Paw -Back Hand -Circular Palm -Hook Punch	<b>PUNCHES / STRIKES</b> -U Punch -Tiger Rakes	<b>PUNCHES / STRIKES</b> -Two-Finger -Spear Hand -Immortal Man -Cranes Beak -Eagle's Talon -Poison Thumb -Snake Bite -Buddha Palm
<b>KICKS</b> -Reverse Crescent -Axe -Rising Front -Stomp -Spinning Back -Roundhouse Ball -Roundhouse Instep	<b>KICKS</b> -Spinning Kick (back & side) -Stepping Stool Kick	<b>KICKS</b> Hook (heel & sole) Hopping Front Hopping Side Scissor (Flying front & back kick)
<b>STANCES</b>	<b>STANCES</b> -Crane Stance	<b>STANCES</b>
<b>FORMS</b> #3 Pinan	<b>FORMS</b> #2 Kata N. Two man Fist Set	<b>FORMS</b> #4 Pinan -S. Two Man Fist Set -Bo Staff Exercises -Bo Staff Form no. 1
<b>KEMPO'S</b> -Flying Dragon -Tiger Rake	<b>KEMPO'S</b> -7 Striker -Spinning Dragon	<b>KEMPO'S</b> -
<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>
<b>BLOCKING</b> -8 Point w/ Twisting (block & strike)	<b>BLOCKING</b> -8 Point w/ Any Counter (kicks, punches, pokes), -Monkey Block -Wing Block	<b>BLOCKING</b>
<b>SWEEPS &amp; TAKEDOWNS</b> -Frontal Grabbing (Pull)	<b>SWEEPS &amp; TAKEDOWNS</b> Tiger Stomp Takedown Crane Throw	<b>SWEEPS &amp; TAKEDOWNS</b>
<b>BREAK FALLS &amp; ROLLS</b> -Dive roll to On Guard Stance -Suicide Roll	<b>BREAK FALLS &amp; ROLLS</b> -Cartwheel 2 & 1 Handed -Tornado Roll	<b>BREAK FALLS &amp; ROLLS</b> -Cartwheel (Aerial)
<b>KUMITE &amp; AWARENESS</b> -Spin Techniques -Ducking	<b>KUMITE &amp; AWARENESS</b> -Timing & Rhythm -Filling the Void	<b>KUMITE &amp; AWARENESS</b> -Against non-edged weapons
<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>
<b>SCRIPTURES</b> Philippians 4:13, Psalm 14:1, Hebrews 4:11-13, 1 John 5:11-12 1 John 1:8-9	<b>SCRIPTURES</b> -Matthew 16:24-25 -James 1:21-26	<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 1&2) -Bible Scripture Study Test (written)
<b>REQUIRED READING</b> -1st half Old Testament	<b>REQUIRED READING</b> -2nd half Old Testament	<b>REQUIRED READING</b> -New Testament

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GREEN w/ Brown Stripe	3rd BROWN	2nd BROWN
<b>DM's</b> 16, 17	<b>DM's</b> 13,	<b>DM's</b> 19, 20
<b>PUNCHES / STRIKES</b> -Spinning Back Fist -Tiger Palm to Groin -Tiger Mouth -Snow Leopard Strike	<b>PUNCHES / STRIKES</b> -Iron Thumb -X-Strike to Throat	<b>PUNCHES / STRIKES</b> -Trigger Finger -Fatal Finger
<b>KICKS</b> -Wheel -Tornado -Flying Side -Axe Kick (reverse and forward)	<b>KICKS</b> -Spinning Hook Kick, Heel Kick (dropping & rising) -Snake Kick	<b>KICKS</b>
<b>STANCES</b> -Cross Stance	<b>STANCES</b>	<b>STANCES</b>
<b>FORMS</b> Stature of the Crane	<b>FORMS</b> #3 Kata #5 Pinan	<b>FORMS</b> #4 Kata
<b>KEMPO'S</b> -Snow Leopard -Flying Knees	<b>KEMPO'S</b> -Gun 1, Gun 2, Gun 3 - Knife 1, Knife 2, Knife 3	<b>KEMPO'S</b> -Gun 4, Gun5 -Knife 4, Knife 5
<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>
<b>BLOCKING</b> -Circling Tiger Bocks -Black Tiger Block -Basic Eagle Block	<b>BLOCKING</b> -Trapping Blocks	<b>BLOCKING</b> -4 Point Blocking -Basic Scissor Block
<b>SWEEPS &amp; TAKEDOWNS</b> -Major Reap -Head Twisting	<b>SWEEPS &amp; TAKEDOWNS</b> -Leg Scissoring Takedown -Tiger Roll Takedown	<b>SWEEPS &amp; TAKEDOWNS</b> -Arm Bar Takedown -Ankle Manipulations -Leopard Tackle
<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>
<b>KUMITE &amp; AWARENESS</b> -Advanced Spinning and Jumping Techniques	<b>KUMITE &amp; AWARENESS</b> -Counter with 2-3 Strikes and a Takedown -Boa (snake) Seizing Drill	<b>KUMITE &amp; AWARENESS</b> -Sticky Hands Drill
<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>
<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 3&4) -Bible Scripture Study Test (written)	<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 5&6) -Bible Scripture Study Test (written)	<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 7&8) -Bible Scripture Study Test (written)
<b>REQUIRED READING</b> -In Search of Kempo By <i>James Mitose</i>	<b>REQUIRED READING</b> -The Spiritual Man By Watchman Nee	<b>REQUIRED READING</b> -The Complete Iron Palm by <i>Brian Gray</i>

# Family Martial Arts & Fitness Studios



1st BROWN	1st BLACK	2nd BLACK
<b>DM's</b> 1, 21	<b>DM's</b> 22, 23, 24, 25  All DM's to this point from left or right side	<b>DM's</b> 27, 29, 30, 40
<b>PUNCHES / STRIKES</b>	<b>PUNCHES / STRIKES</b> Dragon Flick Dragon Poke Dragon Head  Plus: Explore Spinning Applications	<b>PUNCHES / STRIKES</b> Shaolin Long Fist Torque Punch Hansuki Fist
<b>KICKS</b> -Scissors Kick (side), -Inverted Front Kick -Dragon Kicks -Nail Kick	<b>KICKS</b> Explore Spinning Kicks with Defensive Applications	<b>KICKS</b> -Tiger Smash -Double Flying Front Ball
<b>STANCES</b>	<b>STANCES</b> Open Kneel Closed Kneel	<b>STANCES</b>
<b>FORMS</b> #5 Kata -Bo Staff Set /Exercises	<b>FORMS</b> #6 Kata #1 Sai (optional)	<b>FORMS</b> Hansuki
<b>KEMPO'S</b> -	<b>KEMPO'S</b>	<b>KEMPO'S</b> -Revolving Tiger
<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>
<b>BLOCKING</b> -Dropping Elbow -Phoenix Eye -Iron Wall -Dragon hand	<b>BLOCKING</b> -1st half Plum Tree	<b>BLOCKING</b> -2nd Half Plum Tree -Falling Leaf
<b>SWEEPS &amp; TAKEDOWNS</b> -Knocking Down Both Pillars	<b>SWEEPS &amp; TAKEDOWNS</b>	<b>SWEEPS &amp; TAKEDOWNS</b>
<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>
<b>KUMITE &amp; AWARENESS</b> -With Multiple Partners -Dragon Circle	<b>KUMITE &amp; AWARENESS</b> -Kempo Sparring; w/Striking Focus -Against Weapon attacks -Sticky Legs Drill	<b>KUMITE &amp; AWARENESS</b> -Blindfolded -Octagon
<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>
<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 9&10) -Bible Scripture Study Test (written)	<b>SCRIPTURES</b> -Bible Scripture Study Notes (Ch 11&12) -Bible Scripture Study Test (written)	<b>SCRIPTURES</b>
<b>REQUIRED READING</b> -Tao of Jeet Kung Do By Bruce Lee	<b>REQUIRED READING</b> -1- Shaolin Chi Na by: Dr. Yang Jwing Ming -2-Book of Five Rings by: Miyamoto Musashi	<b>REQUIRED READING</b> -Chi Kung By Yang Jwing Ming

# Family Martial Arts & Fitness Studios



3rd BLACK	4th BLACK	5th BLACK
<b>DM's</b> 31, 32, 33, 34, 35	<b>DM's</b> 36, 37, 38, 39, 60	<b>DM's</b> 41, 42, 43, 44, 45
<b>PUNCHES / STRIKES</b>	<b>PUNCHES / STRIKES</b>	<b>PUNCHES / STRIKES</b> Floating hands of Kung Fu (Complete Set)
<b>KICKS</b>	<b>KICKS</b>	<b>KICKS</b> -Advanced Butterfly Kick
<b>STANCES</b>	<b>STANCES</b>	<b>STANCES</b>
<b>FORMS</b> -Sho Tong Kwok -Nenglis (North and South)	<b>FORMS</b> -Swift Tigers -Invincible Wall -Chinese Broad Sword Form	<b>FORMS</b> -Golden Rooster -Five Dragons Facing Four Winds -Double Daggers Form
<b>KEMPO'S</b> -Knocking The Pillars of the Temple -Snake Whips to Eyes -Iron Butterfly -Snake Drops from Tree -White Crane	<b>KEMPO'S</b> -Spinning Arm Lock -Dragon Flicks to Eyes -Butterfly Spreads its Wings -Short Armed Monkey -Snake Sleeps on Branch	<b>KEMPO'S</b> -Monkey Hangs in Tree -Dragon leaps from clouds -Snapping the Crane's Wing -Leopard Lockout -Falling Pine
<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>	<b>CHIN NA TECHNIQUES &amp; JUJITSU</b>
<b>BLOCKING</b> -Second Half of Plum Tree Blocking System	<b>BLOCKING</b> -Dragon Tree Blocking System, -First half of the Eleven Hands of Buddha	<b>BLOCKING</b> -Eleven Hands of Buddha
<b>SWEEPS &amp; TAKEDOWNS</b>	<b>SWEEPS &amp; TAKEDOWNS</b>	<b>SWEEPS &amp; TAKEDOWNS</b>
<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>	<b>BREAK FALLS &amp; ROLLS</b>
<b>KUMITE &amp; AWARENESS</b> -In-Depth exploration of all Intermediate concepts (Purple, Blue, Blue Stripe)	<b>KUMITE &amp; AWARENESS</b> -In Dept exploration of all Advanced concepts (Green, Green Stripe, Brown 3rd, Brown 2nd, Brown 1st)	<b>KUMITE &amp; AWARENESS</b>
<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>	<b>GROUND FIGHTING</b>
<b>SCRIPTURES</b>	<b>SCRIPTURES</b>	<b>SCRIPTURES</b>
<b>REQUIRED READING</b> -1-Adv. Analysis of Shaolin Chin Na by Dr: yang J. Ming -2-The Art of War by: Sun Tsu	<b>REQUIRED READING</b> -1-The Way of Life according to Lao Tzu (an American version by: W. Bynner)  -2-Dim Mak and Adv Dim Mak by Douglas Y.S. Hsieh	<b>REQUIRED READING &amp; OTHER</b> <u>Journal the Following:</u> -10,000 minutes of Reaction -100,000 repetitions of each block (hand strike & kick) -1,000 Full repetitions of each Blocking System -1,000 Full repetitions of each Form and Weapon Form -1,000 Full repetitions of each Combo and Kempo