

## Requirements

### Phase 1

#### Block #1

##### Katas/Forms

- ◆ Form One: Commitment

##### Self Defense Techniques

- ◆ Delayed Sword
- ◆ Alternating Maces
- ◆ Sword of Destruction
- ◆ Deflecting Hammer
- ◆ Captured Twigs

##### Sparring Combinations

- ◆ Combo #1
- ◆ Combo #2
- ◆ Combo #3

##### Blocks

- ◆ Star Block Set
- ◆ Double Star Block Set
- ◆ Single Star Block Set with Punches
- ◆ Moving Star Block Set

##### Additional Requirements

- ◆ How to Tie Belt
- ◆ How to Fold Uniform

##### Fitness

- ◆ 10 Push-ups
- ◆ 10 Sit-ups (Crunches)
- ◆ 15 Mountain Climbers
- ◆ 20 Jumping Jacks

##### School Creed

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively to help myself and fellow man and never to be abusive or offensive.