

Belt Requirements

Phase 1

Block #2

Katas/Forms/Sets

- ◆ Form Two: Discipline
- ◆ Punching Set #1
- ◆ Punching Set #2
- ◆ Punching Set #3
- ◆ Punching Set #4
- ◆ Punching Set #5

Self Defense

- ◆ Grasp of Death
- ◆ Checking the Storm
- ◆ Mace of Aggression
- ◆ Attacking Mace
- ◆ Sword and Hammer

Blocks

- ◆ Traveling Star Block Set with Punches
- ◆ Reverse Star Block Set

Sparring Combinations

- ◆ Combo #4
- ◆ Combo #5
- ◆ Combo #6

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.

Memory Verses

1. Luke 2:52
And Jesus grew in wisdom and stature,
and in favor with God and Men.
2. John 3:16
“For God so loved the world that He
gave His one and only Son, that
whoever believes in Him shall not
perish but have eternal life.”
3. John 1:12
Yet to all who received Him, to those
who believe in His name, He gave the
right to become children of God