

Belt Requirements

Phase 1 Block #3

Katas/Forms/sets

- ◆ Form Three:
- ◆ Master Key Striking Set #1
- ◆ Kickboxing Set One

Self Defense

- ◆ Clutching Feathers
- ◆ Triggered Salute
- ◆ Dance of Death
- ◆ Thrusting Salute
- ◆ Gift of Destruction
- ◆ Locking Horns
- ◆ Evading the Storm
- ◆ Lone Kimono

Free Style Sparring Patterns

- ◆ One
- ◆ Two
- ◆ Three

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. Romans 3:10
As it is written: "There is no one righteous, not even one;
2. Romans 3:23
For all have sinned and fall short of the glory of God,
3. Romans 6:23
For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.