

## **Belt Requirements**

### **Phase 1 Block #4**

#### **Katas/Forms**

- ◆ Form Four
- ◆ Kick Boxing Set Two

#### **Self Defense**

- ◆ Glancing Salute
- ◆ Five Swords
- ◆ Scraping Hoof
- ◆ Grip of Death
- ◆ Repeating Mace
- ◆ Shielding Hammer
- ◆ Striking Serpent's Head
- ◆ Crashing Wings

#### **Free Style Sparring Patterns**

- ◆ TBA

#### **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 10:9-10  
That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.
2. Romans 10:13  
For, everyone who calls on the name of the Lord will be saved.