

# 1<sup>st</sup> Degree Requirements

## **SELF DEFENSE**

### **Beginner Series**

Circling Arms A & B  
Collapsing Limbs A & B  
Sweeping Arm Hook  
Striking Talon A & B  
Head Lock A & B (both sides)

### **Punch Defense Series**

Four Swords (both sides - hook punch)

### **Push/Pull Series**

Circling Serpent (both sides-1 hand push)  
Grasping Tiger (both sides -1 hand pull)  
Terminator (2 hand push)

### **Weapons Defense Series**

Attacking Spears (knife)  
Evading Thorn A (knife)  
Cold Steel (knife thrust)

### **Two on One Series**

Ricochet  
Circle of Destruction

### **Bear Hug Series**

Smothering Bear A, B, C, D

### **Take Down Defense Series**

Stopping the Bull A, B, C

### **Ground Defense Series**

Springing Scorpion A & B

### **Grappling Series**

Moving the Mountain A & B (escape mount)  
Winding Pass (escape back)  
Tumbling Rock (headlock)  
Pushing the River (escape guard)

## **ARNIS**

Single Stick Skills

- a. Largo Mano (Evade, Meet Counters)
- b. Serrada Counters (X-Marks the Spot)

## **FORMS**

Basic Blocking Set  
Targeting Set # 1  
Striking Set  
Iron Horse  
Retreating Dragon  
Doce Pares Form #1  
4 Basic Positions

## **KICK- BOXING/MUAY THAI SKILLS**

3-Count  
9-Count Blocking  
12-Count

## **SPARRING**

## **FALLING SKILLS**

Front Fall, Back Fall, Side Fall

## **ADDITIONAL REQUIREMENTS**

Ground (bad position)  
Demonstrate How to Tie Your Belt

## **5 AREAS OF TESTING**

Health and Fitness  
Knowledge of Curriculum  
Attendance, Attitude and Protocol  
Spirit and Energy  
Basics and Application

## **Notes:**

- When eligible for 1<sup>st</sup> degree, Black Belt Prep classes will be held at the Carmichael Satori Academy.
- **Gear Requirements: Caged Headgear, Shin Pads, Boxing Gloves, Combat Sword,**

Curriculum Developed from the following styles of Martial Arts:  
Kenpo Karate, Arnis, Serrada-Escrima, Brazillian Jiu Jitsu, Chin Na,  
Doce Pares, Jeet Kun Do, Kosho Ryu, Mixed Martial Arts, Muay Thai,  
Tae Kwon Do, Western Boxing.