**Red Belt with Stripe (1st Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 32 Classes & 4 Months Training since Date of Last Test

**Required Score on Test:**

70% - Written; 70% - Physical;

**Required Thesis:**

Minimum of 2 Paragraphs of 4-6 Sentences each

**Other Requirements:**

Student MUST have Red Trim on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Very Low Knife Hand Block - Jumping Spinning (360°) Back Kick

- Very Low Hammer Fist - Jumping Spinning (360°) Crescent Kick

- "U" Punch - Jumping Spinning (360°) RoundHouse Kick

Forms: Weapons:

Bassai Staff Spinning in Front

 Staff Spinning in Rear

Hand One Step Techniques: Foot One Step Techniques:

#21 – Knife Hand Block, Shoulder Grab, Elbow #21 – Palm Block, Front Kick, Spinning Crescent Kick

#22 – Knife Hand Block, Grab & Spin, Back Fist & Side Kick #22 – Palm Block, RoundHouse Kick, Spinning Back Kick

#23 – Double Arm Block, Trap, Roll, Arm Bar, Throw, TD #23 – Palm Block, Jumping Spinning (360°) RoundHouse Kick

Self Defense Techniques: Other Self Defense Techniques:

#21 – Straight Knife Attack Knife Stick Up from Front

#22 – Downward Knife Attack Knife Stick Up from Rear

#23 – Cross Slash Knife Attack Knife Stick Up from Rear

Rolls & Break Falls: Sparring:

None Sparring ability against 3 people