



## Sandan to Yandan

### Level 1

#### Theme: Sen (Timing)

#### White Stripe Kihon (Basics)/ Drills

- Demonstrate explosive small strikes i.e. 1 inch punch
- Demonstrate aggressive verbal attack & Yakusoku #5

#### Extra Credit

- In grappling, while on bottom, parry and counter/reverse

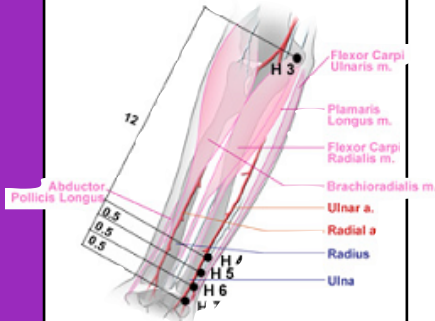
#### Orange Stripe Kata (form)

- Chinto**
- Bunkai a piece of [Pinan Nidan](#) or [Naihanchi Shodan](#)

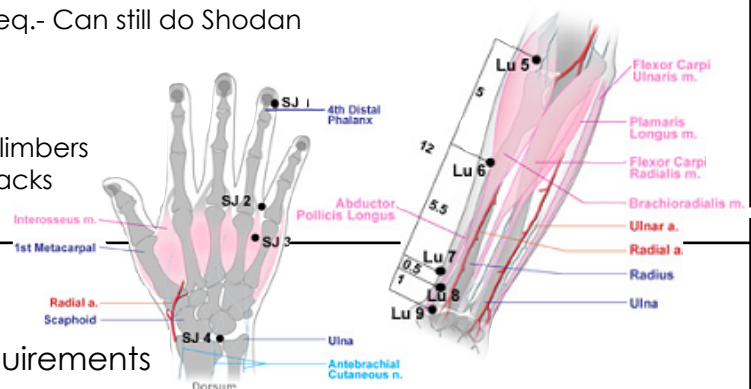
#### Gold Stripe Principles/ Background/ Culture

- Explain Adrenaline Response and how to overcome it
- Demonstrate rotational momentum i.e., Circular motions that pick up momentum

#### Purple Stripe Conditioning/Self Defense/Pressure Points



- Show location of **Heart #6 - H6**
  - **Location:** 1/2 cun up fro the crease of the wrist on the inside of the forearm.
  - **Method:** Push this point against the ulnar bone and towards the hand to weaken the wrist.
- Show location of **Triple Warmer #3 - TW3 or SJ3**
  - **Location:** On the back of the hand about one-third the distance from the knuckles to the wrist, between the bones of the fourth and fifth fingers.
  - **Method:** Push in with the thumb or knuckle.
- Show location of **Lung #8 - LU8**
  - **Location:** 1 cun up from the crease of the wrist on the inside of the forearm, against the radius bone and next to the tendon of the capri ulnaris.
  - **Method:** Push this point against the ulnar bone and towards the hand to weaken the wrist and hand.
- Physical Fitness Req.- Can still do Shodan Requirements of:
  - 1) 50 Push-ups
  - 2) 50 Sit-ups
  - 3) 50 Mountain Climbers
  - 4) 100 Jumping Jacks



#### Nidan to Sandan Level 1 1 Year

- All Level 1 Requirements