



# NO BELT TO WHITE BELT BASICS

## **Stances**

Attention Stance

Defensive Stance

Horse Stance

## **Required Equipment**

Uniform ("Gi") and Notebook (Males must have a groin cup)

## **Knowledge**

School Name- Plus One Defense Systems

Primary Style- Sho Biyn Jiu (First Understand Peace)

Count To Ten in Japanese- Ichi, Ni, San, Shi, Go, Ruku, Sichi, Hachi, Cue, Ju

"Sensei" ("Teacher" in Japanese)

"Kyoshi" ("Sensei's Teacher" in Japanese)

Founder & Head Instructor- Kyoshi Darin Reisler

Lead Instructors- Sensei Christian J. Lundberg, Sensei Travis Johnson

## **Student Statement**

I will develop myself in a positive manner, and I will use what I learn in class constructively and defensively. I will show modesty, courtesy, integrity, self-control, perseverance, and indomitable-spirit.



## NO BELT TO WHITE BELT

### Techniques

1. Jab
2. Cross
3. Front Kick
4. Kick Variations (Lead, Rear)
5. Step Drag Footwork
6. Kneeling Side Fall/Roll
7. Stand-Up On Base


### Combinations

1. Jab, Cross
2. Lead Front Kick, Cross
3. Jab, Rear Front Kick
4. Lead Front Kick, Rear Front Kick


### Forms

1. First Four Basic Stances
2. First Four Moves Of Basic Movement Form
3. Star Block Set


### Self-Defense

1. Delayed Sword
2. Alternating Mace
3. Opposing Sword
4. Deflecting Hammer
5. Captured Twigs




## WHITE BELT TO ADVANCED WHITE BELT

### Techniques

1. Hook Punch
2. Uppercut Punch
3. Vertical Punch
4. Side Kick
5. Round Kick
6. Step-Through Kicks
7. Forward & Rear Step-Through


### Combinations

1. Jab, Cross, Lead Hook Punch, Rear Uppercut
2. Jab, Cross, Step Through Side Kick, Cross, Step-Through Round Kick
3. Lead Hook Punch, Rear Uppercut, Cross, Step-Through Front Kick
4. Lead Uppercut, Rear Hook Punch, Lead Round Kick, Rear Vertical Punch


### Forms

1. Eight Basic Stances
2. Basic Movement Form


### Self-Defense

6. The Grasp
7. Checking The Storm
8. Mace of Aggression
9. Attacking Mace
10. Sword and Hammer


### Knowledge

How To Tie Your Belt  
Sihing ("Older Brother" in Mandarin)  
Sijye ("Older Sister" in Mandarin)



## ADVANCED WHITE BELT TO YELLOW BELT

### Techniques

- |                          |                      |
|--------------------------|----------------------|
| 1. Backfist              | <input type="text"/> |
| 2. Ridge-Hand            | <input type="text"/> |
| 3. Outside Crescent Kick | <input type="text"/> |
| 4. Inside Crescent Kick  | <input type="text"/> |
| 5. Step-Together Kicks   | <input type="text"/> |
| 6. Turn And Cover        | <input type="text"/> |
| 7. Side Cover            | <input type="text"/> |
| 8. Rear Break Fall       | <input type="text"/> |

### Combinations

- |  |                      |
|--|----------------------|
| 1. Jab, Cross, Lead Ridge-Hand, Rear Uppercut  | <input type="text"/> |
| 2. Step-Together Front Kick, Jab, Lead Outside Crescent Kick,<br>Cross, Step Through Side Kick | <input type="text"/> |
| 3. Step-Through Inside Crescent Kick, Lead Backfist, Cross                                     | <input type="text"/> |
| 4. Lead Outside Crescent Kick, Rear Ridge-Hand, Lead Uppercut,<br>Cross, Lead Hook Punch       | <input type="text"/> |

### Forms

- |                                |                      |
|--------------------------------|----------------------|
| 1. First Four Mandarin Stances | <input type="text"/> |
| 2. Kata Di Ichi                | <input type="text"/> |

### Self-Defense

- |                        |                      |
|------------------------|----------------------|
| 11. Clutching Feathers | <input type="text"/> |
| 12. Triggered Salute   | <input type="text"/> |
| 13. The Dance          | <input type="text"/> |
| 14. The Gift           | <input type="text"/> |
| 15. Locking Horns      | <input type="text"/> |

### Knowledge

Primary Accrediting Body- United Martial Arts Alliance International (UMAII)  
Secondary Accrediting Body- International Kenpo Karate Society (IKKS)



## YELLOW BELT TO ADVANCED YELLOW BELT

### Techniques

1. Hammer-Fist (Inward, Outward, Downward)
2. Palm Heel Strike
3. Double Punches
4. Side-Blade Kick
5. Ball-of-the-Foot Round Kick
6. Forward Roll From Knees


### Combinations

1. Lead Inward/Outward Hammer-Fist, Rear Palm Heel Strike, Step-Through Side-Blade Kick
2. Lead Palm Heel Strike, Rear Vertical Punch, Lead Inward Hammer-Fist, Rear Inward Hammer-Fist/Backfist
3. Lead Side-Blade Kick, Cross/Palm Heel Strike, Step-Through Ball-of-the-Foot Round Kick
4. Double Jab, Cross, Lead Uppercut, Step-Together Front Kick


### Forms

1. Eight Mandarin Stances
2. Twenty-One Twigs Form


### Self-Defense

16. Lone Kimono
17. Glancing Salute
18. Five Swords
19. Avalanche
20. The Grip




## ADVANCED YELLOW BELT TO ORANGE BELT

### Techniques

1. Knife-Hand/Chop (Inward, Outward, Downward)
2. Finger Spear
3. Double Kicks
4. Multi-Level Kicks
5. Rising Kick (Snapping and Stretch Rising/Swinging)
6. Rear Roll


### Combinations

1. Lead Low-High Front Kick, Step-Through High Round/  
Low Side-Blade Kick, Lead Backfist
2. Lead Finger Spear, Step-Through Side Kick, Lead  
Outward Chop/Inward Chop/Finger Spear
3. Jab, Cross, Rear Rising Kick, Rear Uppercut, Cross
4. Lead Low Side-Blade/High Outside Crescent Kick,  
Step-Through Round/Side Kick, Jab


### Forms

1. Basic Mantis Block Set
2. Basic Stance Form


### Self-Defense

21. Crossing Talon
22. Shielding Hammer
23. Thrusting Salute
24. Striking Whip
25. Locked Wing




## ORANGE BELT TO ADVANCED ORANGE BELT

### Techniques

1. Elbow Strikes (Upward, Inward, Outward, Downward Diagonal, Back High, Back Low)
2. Knee Strikes
3. Standing Side Break Fall

### Combinations

1. Lead Hook Punch, Rear Upward Elbow, Step-Through Knee, Lead Inward Elbow
2. Rear Back-High Elbow, Rear Back Side Kick
3. Lead Inward Elbow, Rear Knee, Step-Through Low-High Front Kick
4. Jab, Cross, Lead Uppercut, Step-Through Downward Diagonal Elbow, Lead Outward Elbow

### Forms

1. Kata Di Ni

### Self-Defense

26. Obscure Wing
27. Reversing Mace
28. Buckling Branch
29. Thrusting Prongs
30. Twisted Twig



## ADVANCED ORANGE BELT TO GREEN BELT

### Techniques

- |   |                      |
|---|----------------------|
| 1. Finger Whip                                  | <input type="text"/> |
| 2. Elbow Strikes (Downward Vertical, Thrusting) | <input type="text"/> |
| 3. Spin Side Kick                               | <input type="text"/> |
| 4. Jump Front Kick (Pumping)                    | <input type="text"/> |
| 5. Jump Side Kick (Standing or Running)         | <input type="text"/> |
| 6. Forward Roll From Standing                   | <input type="text"/> |

### Combinations

- |  |                      |
|--|----------------------|
| 1. Jab, Cross, Rear Side Kick, Spin Side Kick, Cross   | <input type="text"/> |
| 2. Lead Jump Front Kick, Step Through Side Kick,<br>Jump Lead Side Kick, Lead Downward Hammer-Fist,<br>Lead Back-High Elbow/Finger Whip, Cross, Step-Through<br>Front Kick | <input type="text"/> |
| 3. Jab, Cross, Step-Through Side Kick, Step-Through Spin<br>Side Kick, Rear Ridge-Hand   | <input type="text"/> |
| 4. Lead Hook Punch, Rear Vertical Punch, Step-Through Knee,<br>Lead Jump Front Kick  | <input type="text"/> |

### Forms

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|-------------------------------|----------------------|
| 1. Encompassing Branches Form | <input type="text"/> |
|-------------------------------|----------------------|

### Self-Defense

- |                    |                      |
|--------------------|----------------------|
| 31. Obscure Sword  | <input type="text"/> |
| 32. Repeating Mace | <input type="text"/> |
| 33. Raining Claw   | <input type="text"/> |
| 34. Crashing Wings | <input type="text"/> |
| 35. Twirling Wings | <input type="text"/> |





## GREEN BELT TO ADVANCED GREEN BELT

### Techniques

1. Inward Palm Strike
2. Chicken Kick
3. Axe Kick
4. Hook Kick
5. Spin Crescent Kick


### Combinations

1. Lead Axe Kick, Step-Through Hook Kick, Lead Backfist, Rear Palm Heel Strike
2. Lead Ridge-Hand, Spin Crescent Kick, Cross, Step-Through Axe Kick
3. Rear Chicken Kick, Rear Back Side Kick, Step-Together Hook Kick
4. Jab, Lead Inward Palm/Backfist, Rear Palm Heel Strike, Rear Rising Kick, Rear Downward Vertical Elbow


### Forms

1. Seven Kicks Form

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### Self-Defense

36. Snapping Twig
37. Leaping Crane
38. Swinging Pendulum
39. Crushing Hammer
40. Captured Leaves




## ADVANCED GREEN BELT TO BLUE BELT

### Techniques

1. Mantis Wrist Strike
2. Panther Strike
3. Dual Hand Strikes
4. Twist Kick
5. Front Break Fall


### Combinations

1. Double Jab, Rear Twist Kick, Rear Uppercut, Dual Palm Heel Strike
2. Lead Inward Hammer-Fist/Wrist Strike, Rear Palm Heel Strike, Double Forward Step-Through, Dual Vertical Punch
3. Jab, Cross, Rear Wrist Strike, Lead Jump Front Kick, Lead Panther Strike, Rear Panther Strike
4. Lead Inward Elbow, Rear Vertical Punch, Rear Uppercut, Dual Palm Heel, Shun-Chun-Choi


### Forms

1. Kata Di San

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### Self-Defense

41. Evading The Storm
42. Charging Ram
43. Parting Wings
44. Thundering Hammers
45. Squeezing The Peach




## BLUE BELT TO ADVANCED BLUE BELT

### Techniques

- |   |                      |
|---|----------------------|
| 1. Knuckle Strikes (Curled & Whipping)  | <input type="text"/> |
| 2. Spinning Hook Kick   | <input type="text"/> |
| 3. Spinning Axe Kick  | <input type="text"/> |
| 4. Basic Wrist Locks (Outside Wrist Flex/Kotogeyesh,<br>Standard Straight Wrist Flex) | <input type="text"/> |
| 5. Basic Wrist Releases (Same Side, Cross,<br>Double/Two-On One, Dual)                | <input type="text"/> |

### Combinations

- |   |                      |
|---|----------------------|
| 1. Lead Leg Hook Kick, Step-Through Round Kick, Step-Through<br>Spinning Hook Kick, Cross, Lead Inward Palm | <input type="text"/> |
| 2. Jab, Cross, Lead Hook Punch, Step-Through Spinning Hook<br>Kick, Lead Backfist                           | <input type="text"/> |
| 3. Jab, Lead Ridge-Hand, Step-Through Spinning Axe Kick   | <input type="text"/> |
| 4. Double Jab, Cross, Lead Hook Punch, Rear Upward Elbow,<br>Lead Inward Elbow, Spinning Axe Kick           | <input type="text"/> |

### Forms

- |                             |                      |
|-----------------------------|----------------------|
| 1. Small Circular Fist Form | <input type="text"/> |
|-----------------------------|----------------------|

### Self-Defense

- |                       |                      |
|-----------------------|----------------------|
| 46. Circling Wing     | <input type="text"/> |
| 47. Calming The Storm | <input type="text"/> |
| 48. Darting Mace      | <input type="text"/> |
| 49. Hooking Wings     | <input type="text"/> |
| 50. Shield And Sword  | <input type="text"/> |



## ADVANCED BLUE BELT TO PURPLE BELT

### Techniques

1. Ground Work: Escape From Mount (e.g. Bridging Escape or Elbow Escape)
2. Ground Work: Offense From Guard (e.g. Kimura or Armbar)
3. Arm Bar Takedown (From a Punch)
4. Ogoshi (From Rondori Position)
5. Osotogari (From Rondori Position)


### Combinations

1. Lead Jump Front Kick, Rear Downward Elbow/Backfist and Lead Outward Palm
2. Lead Finger Spear, Rear Palm Heel Strike, Rear Front Kick, Spin Side Kick, Cross
3. Lead Finger Whip, Cross, Step-Through Low/High Front Kick, Lead Wrist Strike
4. Jab, Rear Palm Heel Strike, Lead Inward Palm, Spinning Axe Kick


### Forms

1. Kata Di Shi

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### Self-Defense

51. Twin Kimono
52. Obstructing The Storm
53. Spiraling Twig
54. Gift In Return
55. Release Of Compulsion


### Required Equipment

Brazilian Jiu-Jitsu Gi



## PURPLE BELT TO ADVANCED PURPLE BELT

### Techniques

1. Ground Work: Passing The Guard (e.g. Knee Slide, Single/Double Leg)
2. Ground Work: Sweep From The Guard (e.g. Scissor Sweep, Bump Sweep)
3. Butterfly Kick
4. Tornado Kick
5. Head Butt
6. Ippon Seo Nage (From Rondori Position)

### Combinations

1. Butterfly Kick, Step-Through Spin Crescent, Cross, Lead Hook Punch, Rear Palm Heel Strike, Ogoshi
2. Tornado Kick, Spin Side Kick, Rear Twist Kick, Osotogari
3. Lead Low Front/High Round Kick, Step-Through Spin Hook Kick, Cross, Lead Inward Palm/Wrist Strike
4. Butterfly Kick, Tornado Kick, Step-Through Spin Axe Kick, Lead Wrist Strike and Rear Palm Heel

### Forms

1. Little Open Gate Form

### Self-Defense

56. The Sleeper
57. Flight To Freedom
58. Crossing Twigs
59. Begging Hands
60. Thrusting Wedge



## ADVANCED PURPLE BELT TO BROWN BELT

### Techniques

1. Ground Work: Submission From Side Control (e.g. Americana, Straight Armbar, Kimura)
2. Ground Work: Mata Leao From Back
3. Clothesline/Forearm Strike
4. Sweeps (Front and Reverse)
5. Switch Kicks
6. Jump Front Kick (No Pump)
7. Figure Four Lock (Kahemakatori)


### Combinations

1. Jab, Cross, Rear Hook Punch/Wrist Strike/Upward Forearm Strike, Ippon Seo Nage
2. Lead Side-Blade/Outside Crescent Kick, Step-Through Round/Side Kick, Lead Backfist, Cross
3. Lead Inward Hammer-Fist, Rear Inward/Outward Elbow Step-Through Knee, Lead Inward/Outward Elbow, Ippon Seo Nage
4. Step-Through Jump Front Kick, Lead Finger Spear/Wrist Strike, Rear Step-Through, Lead Inward Palm/Outward Hammer-Fist/Inward Hammer-Fist/Wrist Strike, Rear Palm Heel Strike


### Forms

1. Kata Di Go
2. Right Hand Stick


### Self-Defense

61. Flashing Wings
62. Hugging Pendulum
63. Avalanche "B"
64. Entangled Wing
65. Defying The Storm


### Assistant Instruction

**\*\*Student Must Complete A Minimum of 20 Hours of Assistant Teaching\*\***



## BROWN BELT TO ADVANCED BROWN BELT

### Techniques

- |                               |                      |
|-------------------------------|----------------------|
| 1. Spinning Backfist          | <input type="text"/> |
| 2. Dual Front Kick (Optional) | <input type="text"/> |
| 3. Flying Knee                | <input type="text"/> |
| 4. Fan Arms Stretch           | <input type="text"/> |

### Combinations

- |  |                      |
|--|----------------------|
| 1. Double Jab, Spinning Backfist   | <input type="text"/> |
| 2. Jab, Lead Outward Elbow, Cross, Rear Outward Elbow,<br>Dual Front Kick (Optional) | <input type="text"/> |
| 3. Jab, Cross, Lead Uppercut, Double Forward Step-Through<br>Butterfly Kick          | <input type="text"/> |
| 4. Jab, Rear Palm Heel, Lead Inward Palm, Spinning Backfist                          | <input type="text"/> |

### Forms

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|-----------------|----------------------|
| 1. Canon Kuen   | <input type="text"/> |
| 2. Kata Di Ruku | <input type="text"/> |

### Self-Defense

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|----------------------|----------------------|
| 66. Raking Mace      | <input type="text"/> |
| 67. Swerving Talon   | <input type="text"/> |
| 68. Redirected Claw  | <input type="text"/> |
| 69. Retracted Claw   | <input type="text"/> |
| 70. Teetering Thrust | <input type="text"/> |

### Assistant Instruction

**\*\*Student Must Complete A Minimum of 40 Hours of Assistant Teaching\*\***

### Sparring

**Required Equipment:** All point sparring or continuous sparring gear



## ADVANCED BROWN BELT TO BLACK BELT

### Techniques

1. Spinning Elbow
2. Split Kick (Optional)
3. Corkscrew (Optional)


### Combinations

1. Jab, Lead Hook Punch/Inward Elbow, Spinning Elbow
2. Lead Low Front/High Side Kick, Spinning Hook Kick/Elbow
3. Double Jab, Spinning Elbow
4. Jab, Cross/Forward Step-Through, Spinning Elbow


### Forms

1. Mantis Takes The Peach
2. Flute Kuen


### Self-Defense

71. All Prior
71. Defend Against Gauntlet
72. Defend Against Simultaneous Multiple Attackers
73. Defend Against Spontaneous Weapon Attacks


### Assistant Instruction

**\*\*Student Must Complete A Minimum of 70 Hours of Assistant Teaching And Prepare A Paper On The Meaning And Purpose Of Being A Black Belt\*\***

### Sparring

Student Must Complete Two Rounds Of Light-Continuous Sparring  
And Two Rounds Of Ground Work





# 1<sup>st</sup> Degree Black Belt to 2<sup>nd</sup> Degree Black Belt

## Techniques and Teaching

All Prior

Candidate must continue individualized studies per agreed goals

Minimum Of 200 Teaching Hours Since 1<sup>st</sup> Degree Grading

  
  

## Combinations

1. All Prior

## Forms

1. All Prior

2. Mantis Exits The Cave

3. Unbosomed Flower Kuen

  
  

## Self Defense

74. All Prior

76. Defend Against Gauntlet

77. Defend Against Simultaneous Multiple Attackers

78. Defend Against Spontaneous Weapon Attacks

  
  
  

## Sparring

Student Must Complete Three Rounds Of Light-Continuous Sparring  
And Three Rounds Of Ground Work



## 2<sup>nd</sup> Degree Black Belt to 3<sup>rd</sup> Degree Black Belt

### Techniques and Teaching

All Prior

Candidate must continue individualized studies per agreed goals

Minimum Of 500 Teaching Hours Since 2<sup>nd</sup> Degree Grading

Candidate must be the primary instructor of at least 1 student

### Combinations

1. All Prior

### Forms

1. All Prior

2. Soft Style Form #1

3. 2 Additional Forms

### Self Defense

79. All Prior

80. Defend Against Gauntlet

81. Defend Against Simultaneous Multiple Attackers

82. Defend Against Spontaneous Weapon Attacks

### Sparring

Student Must Complete Four Rounds Of Light-Continuous Sparring  
And Four Rounds Of Ground Work



## 3<sup>rd</sup> Degree Black Belt to 4<sup>th</sup> Degree Black Belt

### Techniques and Teaching

All Prior

Candidate must continue individualized studies per agreed goals

Minimum Of 1000 Teaching Hours Since 3<sup>rd</sup> Degree Grading

Candidate must have at least 15 primary students

  
  
  

### Combinations

1. All Prior

### Forms

1. All Prior

2. 3 Additional Forms

  

### Self Defense

79. All Prior

80. Defend Against Gauntlet

81. Defend Against Simultaneous Multiple Attackers

82. Defend Against Spontaneous Weapon Attacks



## 4<sup>th</sup> Degree Black Belt to 5<sup>th</sup> Degree Black Belt

### Techniques and Teaching

All Prior

Candidate must continue individualized studies per agreed goals

Minimum Of 1000 Teaching Hours Since 4<sup>th</sup> Degree Grading

Candidate needs to have promoted at least one black belt


### Combinations

1. All Prior

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### Forms

1. All Prior

2. 3 Additional Forms


### Self Defense

79. All Prior

80. Defend Against Gauntlet

81. Defend Against Simultaneous Multiple Attackers

82. Defend Against Spontaneous Weapon Attacks
