



# JUNIOR 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  
Counting in Japanese- Ichi (1), Ni (2), San (3)

## **Student Statement**

I will develop myself in a positive manner, and I will use what I learn in class constructively and defensively.



## JUNIOR NO BELT TO WHITE BELT

### Techniques

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


### Combinations

1. Jab, Cross

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### Forms

1. Mau Bu, Gong Bu
2. Ping Choi, Gua Choi
3. Star Block Set


### Self-Defense

1. Wrap Around
2. Parting Wings




## JUNIOR WHITE BELT TO YELLOW STRIPE

### Techniques

1. Double Jab
2. Vertical Punch
3. Round Kick
4. Step Drag Footwork


### Combinations

1. Double Jab, Rear Front Kick

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### Forms

1. Tsa Bu
2. Chao Choi


### Self-Defense

3. Lone Kimono
4. Captured Branch


### Knowledge

How To Tie Your Belt

Primary Style- Sho Biyn Jiu (First Understand Peace)

Counting In Japanese- Shi (4), Go (5)



## JUNIOR YELLOW STRIPE TO ORANGE STRIPE

### Techniques

1. Backfist
2. Side Kick
3. Step-Through Kicks
4. Kneeling Side Fall/Roll


### Combinations

1. Jab, Cross, Step Through Round Kick

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### Forms

1. Zu Bu
2. Bean Choy


### Self-Defense

5. Reversed Branch
6. Escaping Branch


### Knowledge

"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

Counting In Japanese- Ruku (6), Sichi (7)



## JUNIOR ORANGE STRIPE TO GREEN STRIPE

### Techniques

1. Hammer-Fist (Inward, Outward, Downward)
2. Palm Heel Strike
3. Step-Together Kicks
4. Forward & Rear Step-Through

  
  
  

### Combinations

1. Lead Palm Heel Strike, Step-Together Front Kick

### Forms

1. Pu Bu
2. Huen Choi

  

### Self-Defense

7. Sword & Hammer

### Knowledge

Counting In Japanese- Hachi (8), Cue (9), Ju (10)



## JUNIOR GREEN STRIPE TO BLUE STRIPE

### Techniques

1. Hook Punch
2. Knifehand/Chop (Inward, Outward, Downward)
3. Turn And Cover
4. Stand-Up On Base


### Combinations

1. Jab, Cross, Lead Hook Punch

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### Forms

1. Ding Bu, Zeay Bu
2. Shun Chun Choi, De Huen Choi


### Self-Defense

8. Delayed Sword
9. Alternating Mace


### Knowledge

Siying ("Older Brother" in Mandarin)  
Sijye ("Older Sister" in Mandarin)



## JUNIOR BLUE STRIPE TO PURPLE STRIPE

### Techniques

1. Outside Crescent Kick
2. Side Cover
3. Rear Break Fall

  
  

### Combinations

1. Jab, Lead Outside Crescent Kick, Cross

### Forms

1. Eight Basic Stances
2. Basic Movement Form

  

### Self-Defense

10. Opposing Sword



## JUNIOR PURPLE STRIPE TO BROWN STRIPE

### Techniques

1. Ridge Hand
2. Inside Crescent Kick

  

### Combinations

1. Step-Through Inside Crescent Kick, Lead Ridge Hand

### Forms

1. First Four Moves Of Kata Di Ichi

### Self-Defense

11. Deflecting Hammer





## JUNIOR BROWN STRIPE TO BLACK STRIPE

### Techniques

1. Uppercut Punch
2. Forward Roll From Knees

  

### Combinations

1. Lead Inward Hammer-Fist, Rear Palm Heel Strike,  
Step-Through Front Kick

### Forms

1. First Half of Kata Di Ichi

### Self-Defense

12. Captured Twigs



## **JUNIOR BLACK STRIPE TO YELLOW BELT**

### **Techniques**

1. All Prior

### **Combinations**

1. Lead Backfist, Cross, Lead Hook Punch, Rear Uppercut

### **Forms**

1. All Prior
2. Kata Di Ichi

### **Self-Defense**

13. All Prior

### **Knowledge**

Primary Accrediting Body- United Martial Arts Alliance International (UMAII)

Secondary Accrediting Body- International Kenpo Karate Society (IKKS)