



YOUTH 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.



YOUTH 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, Rear Front Kick

Forms

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

Self-Defense

1. Delayed Sword
2. Alternating Mace
3. Opposing Sword



YOUTH WHITE BELT TO ADVANCED WHITE BELT

Techniques

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

Combinations

1. Lead Hook Punch, Rear Round Kick, Rear Vertical Punch
2. Jab, Cross, Step Through Round Kick

Forms

1. First Four Basic Stances
2. First Four Moves Of Basic Movement Form

Self-Defense

4. Deflecting Hammer
5. Captured Twigs

Knowledge

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



YOUTH ADVANCED WHITE TO YELLOW BELT

Techniques

1. Uppercut Punch
2. Backfist
3. Side Kick
4. Step-Together Kicks
5. Turn And Cover

Combinations

1. Lead Backfist, Cross, Lead Hook Punch, Rear Uppercut
2. Step-Together Front Kick, Cross, Step-Through Side Kick

Forms

1. Eight Basic Stances
2. Basic Movement Form

Self-Defense

6. Wrap Around
7. Lone Kimono
8. Captured Branch

Knowledge

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



YOUTH YELLOW BELT TO ADVANCED YELLOW BELT

Techniques

1. Ridge Hand
2. Outside Crescent Kick
3. Inside Crescent Kick
4. Side Cover
5. Rear Break Fall

Combinations

1. Jab, Lead Outside Crescent Kick, Cross
2. Step-Through Inside Crescent Kick, Lead Backfist, Cross

Forms

1. First Half of Kata Di Ichi

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Self-Defense

9. Checking The Storm
10. Mace of Aggression
11. Sword & Hammer



YOUTH ADVANCED YELLOW BELT TO ORANGE BELT

Techniques

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

Combinations

1. Lead Side Kick, Cross/Palm Heel Strike, Step-Through
Ball-of-the-Foot Round Kick
2. Double Jab, Cross, Lead Uppercut, Step-Together Front Kick

Forms

1. Kata Di Ichi

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Self-Defense

12. Reversed Branch
13. Escaping Branch
14. The Grasp



YOUTH ORANGE BELT TO ADVANCED ORANGE BELT

Techniques

1. Knife-Hand/Chop (Inward, Outward, Downward)
2. Side-Blade Kick
3. Double Kicks
4. Multi-Level Kicks
5. Rising Kick (Snapping and Stretch Rising/Swinging)

Combinations

1. Lead Low-High Front Kick, Step-Through High Round/Low Side-Blade Kick, Lead Backfist
2. Jab, Cross, Rear Rising Kick, Rear Uppercut, Cross

Forms

1. First Four Mandarin Stances
2. First Half of Twenty-One Twigs Form

Self-Defense

15. Clutching Feathers
16. Triggered Salute



YOUTH ADVANCED ORANGE BELT TO GREEN BELT

Techniques

- | | |
|--|----------------------|
| 1. Finger Spear | <input type="text"/> |
| 2. Elbow Strikes (Upward, Inward, Outward, Downward Diagonal
Back High, Back Low) | <input type="text"/> |
| 3. Knee Strikes | <input type="text"/> |
| 4. Rear Roll | <input type="text"/> |

Combinations

- | | |
|--|----------------------|
| 1. Rear Back-High Elbow, Rear Back Side Kick | <input type="text"/> |
| 2. Jab, Cross, Lead Uppercut, Step-Through Downward Elbow,
Lead Outward Elbow | <input type="text"/> |

Forms

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|---------------------------|----------------------|
| 1. Eight Mandarin Stances | <input type="text"/> |
| 2. Twenty-One Twigs Form | <input type="text"/> |

Self-Defense

- | | |
|--------------------|----------------------|
| 17. Attacking Mace | <input type="text"/> |
| 18. The Dance | <input type="text"/> |
| 19. The Gift | <input type="text"/> |



YOUTH GREEN BELT TO ADVANCED GREEN BELT

Techniques

1. Finger Whip
2. Elbow Strikes (Downward Vertical, Thrusting)
3. Spin Side Kick
4. Jump Front Kick (Pumping)
5. Standing Side Break Fall

Combinations

1. Lead Jump Front Kick, Step Through Side Kick,
Jump Lead Side Kick
2. Jab, Cross, Rear Side Kick, Spin Side Kick, Cross

Forms

1. First Half of the Basic Mantis Block Set
2. First Half of Basic Stance Form

Self-Defense

20. Locking Horns
21. Glancing Salute



YOUTH ADVANCED GREEN BELT TO BLUE BELT

Techniques

1. Inward Palm Strike
2. Chicken Kick
3. Jump Side Kick (Standing or Running)
4. Forward Roll From Standing

Combinations

1. Jab, Cross, Step-Through Side Kick, Step-Through Spin Side Kick, Rear Ridge-Hand
2. Jab, Lead Inward Palm/Backfist, Rear Palm Heel Strike, Rear Rising Kick, Rear Downward Vertical Elbow

Forms

1. Basic Mantis Block Set
2. Basic Stance Form

Self-Defense

22. Five Swords
23. The Grip
24. Avalanche



YOUTH BLUE BELT TO ADVANCED BLUE BELT

Techniques

1. Panther Strike
2. Axe Kick
3. Hook Kick
4. Spin Crescent Kick

Combinations

1. Rear Chicken Kick, Rear Back Side Kick, Step-Together Hook Kick
2. Lead Ridgehand, Spin Crescent Kick, Cross, Step-Through Axe Kick

Forms

1. Kata Di Ni

Self-Defense

25. Crossing Talon
26. Shielding Hammer



YOUTH ADVANCED BLUE BELT TO PURPLE BELT

Techniques

1. Mantis Wrist Strike

2. Knuckle Strikes (Curled & Whipping)

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/Mantis Wrist Strike, Rear Palm Heel Strike, Double Forward Step-Through, Dual Vertical Punch

Forms

1. First Half of Encompassing Branches Form

Self-Defense

27. Thrusting Salute

28. Striking Whip

29. Locked Wing



YOUTH PURPLE BELT TO ADVANCED PURPLE BELT

Techniques

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

Combinations

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|---|----------------------|
| 1. Jab, Cross, Lead Hook Punch, Step-Through Spinning Hook
Kick, Lead Backfist | <input type="text"/> |
| 2. Jab, Lead Ridgehand, Step-Through Spinning Axe Kick | <input type="text"/> |

Forms

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

Self-Defense

- | | |
|--------------------|----------------------|
| 30. Obscure Wing | <input type="text"/> |
| 31. Reversing Mace | <input type="text"/> |



YOUTH ADVANCED PURPLE BELT TO BROWN 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 Diagonal Elbow/Backfist and Lead Outward Palm
2. Jab, Rear Palm Heel Strike, Lead Inward Palm, Spinning Axe Kick

Forms

1. Seven Kicks Form

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Self-Defense

32. Buckling Branch
33. Thrusting Prongs
34. Twisted Twig

Assistant Instruction

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

Required Equipment

Brazilian Jiu-Jitsu Gi



YOUTH BROWN BELT TO ADVANCED BROWN BELT

Techniques

1. Clothesline/Forearm Strike
2. Head Butt
3. Switch Kicks
4. Butterfly Kick
5. Tornado Kick
6. Jump Front Kick (No Pump)
7. 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

Forms

1. Kata Di San

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Self-Defense

35. Obscure Sword
36. Repeating Mace

Assistant Instruction

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

Sparring

Required Equipment: All point sparring or continuous sparring gear



YOUTH ADVANCED BROWN BELT TO YOUTH BLACK BELT

Techniques

1. Spinning Backfist
2. Spinning Elbow
3. Dual Front Kick (Optional)
4. Flying Knee
5. Fan Arms Stretch
6. Figure Four Lock (Kahemakatori)

Combinations

1. Double Jab, Spinning Backfist
2. Jab, Lead Outward Elbow, Cross, Rear Outward Elbow, Dual Front Kick (Optional)

Forms

1. Right Hand Stick Kuen

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Self-Defense

36. All Prior
37. Raining Claw
38. Crashing Wings
39. Twirling Wings
40. Defend Against Gauntlet
42. Defend Against Simultaneous Multiple Attackers

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 or Point Sparring And Two Rounds Of Ground Work



Youth Black Belt to Adult 1st Degree or Youth 2nd Degree Black Belt

Techniques and Teaching

1. All Prior
2. Candidate must continue individualized studies per agreed goals
3. Minimum Of 100 Teaching Hours Since 1st Degree Grading
4. Candidate must be 16 years of age to be promoted to Adult 1st Degree, otherwise they will be promoted to Youth 2nd Degree

Combinations

1. Candidate Must Complete All Combinations Requirements Listed on the Adult Curriculum

Forms

1. Candidate Must Complete All Forms Requirements Listed on the Adult Curriculum

Self Defense

43. Candidate Must Complete All Self Defense Requirements Listed On The Adult Curriculum
44. Defend Against Gauntlet
45. Defend Against Simultaneous Multiple Attackers
47. Defend Against Spontaneous Weapon Attacks

Sparring

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