

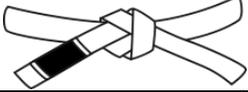
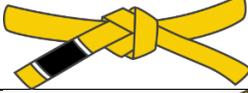
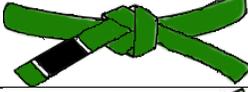
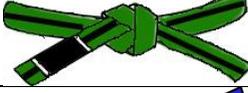
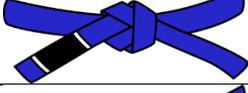
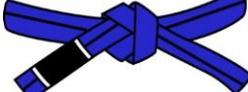
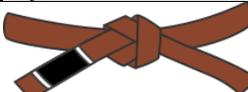


# Penacook School Martial Arts

## Success Journal

This Success Journal belongs to: \_\_\_\_\_

I took my first class at PSMA on: \_\_\_\_/\_\_\_\_/\_\_\_\_

	I was given my white belt on: ____/____/____
	I was promoted to Yellow Belt on: ____/____/____
	I was promoted to Adv Yellow on: ____/____/____
	I was promoted to Green Belt on: ____/____/____
	I was promoted to Adv Green on: ____/____/____
	I was promoted to Blue Belt on: ____/____/____
	I was promoted to Adv Blue on: ____/____/____
	I was promoted to Brown Belt on: ____/____/____
	I was promoted to Adv Brown on: ____/____/____
	I was promoted to Candidate on: ____/____/____
	I was promoted to Midnight/Black on: ____/____/____

*Low self-confidence isn't a life sentence.  
Self-confidence can be learned, practiced, and mastered — just like any other  
skill.  
Once you master it, everything in your life will change for the better.*

# Welcome



Welcome and Thank You for Your Membership and Participation!

I enroll students with the intention of having a long relationship with them and their families, as the most powerful and valuable lessons found in the practice of the martial arts come over time and through constant and never - ending improvement.

My staff and I make ourselves available to assist you in any, and all issues relating to our school, your practice, and just about anything else you might need help and/or assistance with.

The phone number for the dojo is 603-753-4159. My e-mail is [pskarate@msn.com](mailto:pskarate@msn.com). Don't hesitate to call, but always email, phone or write me, if possible, when your questions or concerns are fresh, as issues that aren't addressed in a timely fashion can take on a life of their own, yes? No issue is too small. No concern of yours, trivial. I am (we are) here to serve you.

Please note that we have an extensive on-line campus ([www.penacookkarate.com](http://www.penacookkarate.com)), where we are crafting a sizable library of reports, frequently asked questions, instructional videos, and other student/family resources. You will need a username and password to get in this section, so please email me ASAP and I will send you an email with your login credential.

Now, on a more somber note: My team and I work as advocates to people who need help with bullying issues, confidence, and issues involving personal safety and well-being. If you ever come across someone, anyone, who needs someone to stand up on their behalf --or who is otherwise in need of help --please contact me immediately.

On your recommendation alone, we will offer anyone the best support and assistance we are capable of.

It is my/our philosophy that the people of this community, especially those who need someone to stand up for them, in any way, come first, before our school, before commerce, and before it's too late.

Again, thank you for allowing us to serve you. It's a responsibility we take seriously.

Respect and Honor,

Grandmaster Matt Brown (Kancho Brown)

# **MISSION STATEMENT**

**GREATNESS LIES WITHIN EVERY PERSON,  
WE STRIVE TO HELP EACH PERSON FIND THEIRS**

## **CORE VALUES**

**LOVE - WE ACT FOR THE BENEFIT  
OF OTHERS UNSELFISHLY**

**HONOR- WE WORK HARD TO DO  
WHAT MUST BE DONE,  
FOR OUR FAMILY COMMUNITY AND COUNTRY**

**FAITH - WE BELIEVE IN SOMETHING  
BIGGER THAN OURSELVES**

**COMPASSION - WE EXPRESS OUR FEELINGS  
AND ACTIONS FOR THOSE IN NEED**

**EQUALITY - WE TREAT EVERYONE AS BEING  
EQUALLY VALUABLE**

**TRUTH - WE SPEAK THE TRUTH  
EVEN IF IT MAY BE HARD TO**

**JUSTICE- WE DO WHAT IS RIGHT,  
REGARDLESS OF THE CIRCUMSTANCES**

**EXCELLENCE - WE NEVER SETTLE FOR MEDIOCRE  
ATTITUDES, EFFORTS OR LESS THAN OUR BEST**

**UNITY- WE WORK TOGETHER TO  
FIND GREATNESS WITH OUR FELLOW HUMANS**

**CONSISTENCY- WE INTENSELY AND UNWAVERINGLY  
FOLLOW STEPS TO ACCOMPLISH OUR GOALS**

### What You Can Expect During Your Journey At PSMA

- **News through Email and Social Media:** The main way we communicate with our students is through email so it's very important that we have your current email address ASAP. Please make sure you check your junk/spam filter.

Social Media (Main Website: <a href="http://www.penacookkarate.com">www.penacookkarate.com</a> )	
 Please join our Active student Group on Facebook:	<a href="https://www.facebook.com/groups/PSMA.Families.Members/">https://www.facebook.com/groups/PSMA.Families.Members/</a>
 PSMA Facebook page:	<a href="https://www.facebook.com/PenacookSchoolMartialArts">https://www.facebook.com/PenacookSchoolMartialArts</a>
 Twitter:	<a href="http://www.twitter.com/PenacookKarate">www.twitter.com/PenacookKarate</a>
 YouTube:	<a href="http://www.youtube.com/PSKarate">www.youtube.com/PSKarate</a>
 Instagram:	<a href="http://www.intsagram.com/PenacookKarate">www.intsagram.com/PenacookKarate</a>

- **MyStudio App:** When you become a member of the dojo, you will need to download our App called MyStudio. You can find this app in either the Apple Store or Google Play Store. Look for the big green "M" symbol. This app not only is how we sign people up, manage their tuition and membership, but also send messages, have curriculum documents and videos, post events and other cool features! Just see a Staff Member for instructions.

- **Belt Exams:** Depending on your belt level, you will be invited to test every 4 months on average (exceptions are at higher ranks, which are longer periods between belts). You will be notified when you are eligible to test, most often through our Front Desk System, which will send you a registration email (test dates are posted on the main announcement board and on the overhead monitors but are subject to change). Under Black Belt test fees are \$25.00 per belt. There are two different options when you test for Black Belt. Option 1 includes a PSMA Certificate in a frame and an embroidered Black Belt for \$120. Option 2 includes all items from option 1 and a hardwood Dillman Karate International Black Belt plaque for \$410.

- **Safety Gear and Equipment:** All students are required to have a pair of open palm gloves when they join PSMA (this is for safety, especially for our junior students). You may purchase these gloves from us or any store (but must be approved by us). Please ask your instructor regarding type and size. These gloves can range anywhere between \$25 and \$45 depending on brand.

Upon reaching Advanced Green Belt (approximately 12 months after you start) you are required to have full safety gear which includes: Gloves, Foot Pads, Mouth piece and Head gear. This equipment can range anywhere between \$125 and \$200.

You may also purchase a personal set of Arnis sticks, which you will use throughout your training. We offer a pair of sticks and a carrying case for \$20. This is NOT required but is highly recommended!

We can get the best price on other items like Training Bags, Targets and other optional items. Just see a Staff Member to help you!

- **Private Lessons:** PSMA offers private lessons and training. Every student is entitled to one free lesson per month. Special membership packages may include more. The cost for additional private lessons is as follows:

- With a Certified PSMA Instructor: \$25 for 30 min/\$40 for an hour
- With Kancho: \$50 for 30 min/\$100 per hour

- **Special Events:** PSMA holds “special training seminars with guest instructors” for teens and adults, “Parent’s Night Out” and other events for our junior students 3-4 times a year.

These events are open to PSMA student and their friends and family and there is a fee associated to each event. Please check the Front Desk for more info.

PSMA also offers fun and safe “Martial Arts and Themed Birthday Parties”. More info is available at the Front Desk.

- **Weapons Sessions:** Often we offer separate training in traditional martial arts weapons. This is NOT a requirement. These are offered as a separate program and are a separate cost, typically \$100 for a 6 – 8 weeks session plus the cost of training equipment. Students earn a certificate of completion and a patch to place on their uniform. These are only offered to our juniors (with parental permission) and adult members

- **Referrals:** The best compliment you can give us is to refer a friend to us. Please feel free to share PSMA with your friends and family. Send us an email and we will send a special certificate to your friend and reward you discounts off your tuition! These rewards are cumulative throughout the lifetime of your membership, so each new member adds rewards to you!

Number of Referrals	Reward
1 new member	50% off your next month tuition
2 new members	Next month tuition is FREE
3 new members	3 months of FREE tuition
4 new members	6 months of FREE tuition
5 new members	ONE YEAR FREE!

\* New members MUST enroll in a Membership Program to qualify!

This manual was created to help you to understand all the information you will need to know from one belt to the next. It will be the student's responsibility to maintain this manual and update its contents.

As each item you need is learned, you should check it off. This will give you an easy way to know what you need to practice and what you still need to learn.

You will also keep track of all your repetition requirements, projects, journals and other information.

Everything you need for your rank tests will be found in here.

### **Our Commitment to You**

We strive to provide the highest quality training and professionalism in our curriculum. Understand first and foremost; we are NOT a health club, fitness center or day care; we ARE a school. (Although your membership works A LOT like a gym membership! You are REQUIRED to pay your monthly tuition, regardless of attendance, unless you put your membership on hold or let us know to terminate it. Your membership pays for more than just lesson, like the facility, the lights, staff members and all the overhead required to run a business. We were here, even if you chose to not be. We do however understand and are compassionate to life's hardships, so please just keep the lines of communication open and we will have no issues!)

Our Children's program combines comprehensive skills training with life skills and fun exciting classes. Our instructors have studied and learned the way each specific age group learns and progress, focusing on those specific skills. However, we believe that parents do not want to spend their hard -earned money on just "playtime", so we do NOT play a lot of "games" with the children. Any activity is designed and aimed at developing specific skills. If you are unsure of why your child may be doing a certain activity in class, please ask and we will be happy to explain it in detail. We want you to fully understand what we are trying to accomplish. Please refer to the back of this manual as we explain in detail how and what each age group develops and learns.

Our Adult program is designed to teach real world self - defense skills while developing a sound and flexible mind, body and spirit. We want to help all our Adults develop skills to meet the goals they wish to develop whether it is fitness, weight loss, stress reduction or self - defense skills.

Our instructors participate in a rigorous instructor education and certification program. This program helps our instructors stay up to date on the most important teaching issues; such as age specific classes, safety in the classroom and student motivation. Our instructors are also caring, compassionate individuals who are here to help every student reach their goals and potential. They are also darn good people trained in peace education, conflict resolution, anger management, nutritional education, environmental self-defense and project - based leadership.

## Our Instructors

You will find that several titles are used at Penacook School Martial Arts. Here is an explanation of each:

**Kancho** - means Head of Household or Dojo. It is used for the head of our school, Mr. Matt Brown. It may be used when addressing him, as can Sensei or Mr. Brown also.

**Shihan** – means teacher of teachers and is given to anyone over the rank of fourth degree black belt.

**Sensei** – means “one who came before” or teacher. It is given to anyone first degree black belt and above who teaches classes.

**Sempai** – means “senior” and is used for those who help teach but are under the rank of first-degree black belt.

**Joshu** – this is a special title held only by a Junior student under the age of 16 who earns a Midnight Blue Belt Rank

## The History of Our Martial Arts

The Martial Arts taught at Penacook School Martial Arts is a blend of many martial arts put together into a system known as **Ryukyu Kempo Blend**. It is a mix of mainly Ryukyu Kempo Karate, Small Circle Jujitsu, Modern Arnis and Brazilian Jujitsu (although we also incorporate elements of Wing Chun Kung Fu, Muay Thai, Kali/Escrima, Hapkido and other martial arts). Each art is known for its' unique set of strengths. However, at Penacook School Martial Arts, the focus is always on the use of Kyusho-jitsu (striking nerve points) and Tuite-jitsu (grasping and seizing nerve points) which are inherent in all martial arts systems. It is our philosophy that our core system provides us with a toolbox of needed skills. If we find a situation that requires a newly needed skill, we find and learn THAT skill instead of learning a whole new toolbox.

## Our Kara-Te Connection

Our art of Karate, Ryukyu Kempo, comes from Okinawa. Okinawa is a series of islands between Japan and China. An Okinawan King named Shoshin banned the people of Okinawa from carrying weapons. Then, in 1609, the Japanese Samurai invaded and took over Okinawa.

During this time people from China lived in Okinawa. Many of them brought a Chinese fighting art, called Kempo, with them to the tiny island. The Chinese taught Kempo to the Okinawans. The Okinawans had their own form of fighting which was simply called Te, meaning hand. Mixing together Kempo and Te, this new art was called Ryukyu Kempo Karate-Jitsu.

The word Ryukyu means “Okinawa”. Kempo means “boxing”, Kara means “China” and Te means “hand”. Jitsu means “fighting art”. Ryukyu Kempo Karate-Jitsu means “Okinawan boxing, Chinese-hand fighting”.

In 1092 Karate Master Itosu started to teach karate in the schools. Itosu changed many of the dangerous or deadly movements in karate so the children would not get hurt. He wanted them to learn fitness and self-discipline.

One of Itosu's students, Gichin Funakoshi, was asked to demonstrate karate in Japan to the prince in 1922. This was to become the beginning of karate-do.



Karate-do is a method of developing one's inner self and physical fitness. Karate-jitsu is the deadly art that has been taught in secret for ages.

This art of Ryukyu Kempo, including the skills of Kyusho Jitsu (nerve striking) and Tuite Jitsu (nerve manipulation) were handed down, and are continuing to this day, to Kancho Brown by Professor George Dillman.



Professor Dillman, a 10<sup>th</sup> Dan Black Belt, is considered to be one of the living legends of the martial arts. He has trained with Bruce Lee, Muhammad Ali and has trained thousands of martial artists in his 50 plus years in the martial arts.

### Our Jujitsu Connection

Our jujitsu comes from two different yet very effective forms of jujitsu. Please keep in mind that all jujitsu has the same roots as does all martial arts in general. Jujitsu is an art that uses the skills of throwing, sweeping, joint locks and choking techniques to overcome an attacker.



The first method of jujitsu that we teach was created by Professor Wally Jay. Professor Jay's method of Small Circle Jujitsu is considered one of the most effective methods of jujitsu in the world. Professor Jay took his study of judo and jujitsu, adding the principle of a small circle as a pushing and pulling action instead of one or the other. Small Circle emphasizes the ten principles of balance, mobility and stability, avoiding head on collisions, mental resistance and distraction, focusing to the smallest point, energy transfer, creating a base, sticking/control and sensitivity, rotational momentum and transitional flow. What was created was an effective method of self-defense that even the smallest person could apply.

Professor Jay is also considered one of the legends of the martial arts.



The second method of jujitsu we teach is the use of Brazilian Jujitsu principles while defending oneself on the ground. BJJ principles have proven when combined with Small Circle Jujitsu, Kyusho and Tuite, to be an invaluable education. We also teach these techniques as the current trend has led many to study this art and to effectively defend against it, one must have a good understanding of the art.

## Our Filipino Connection

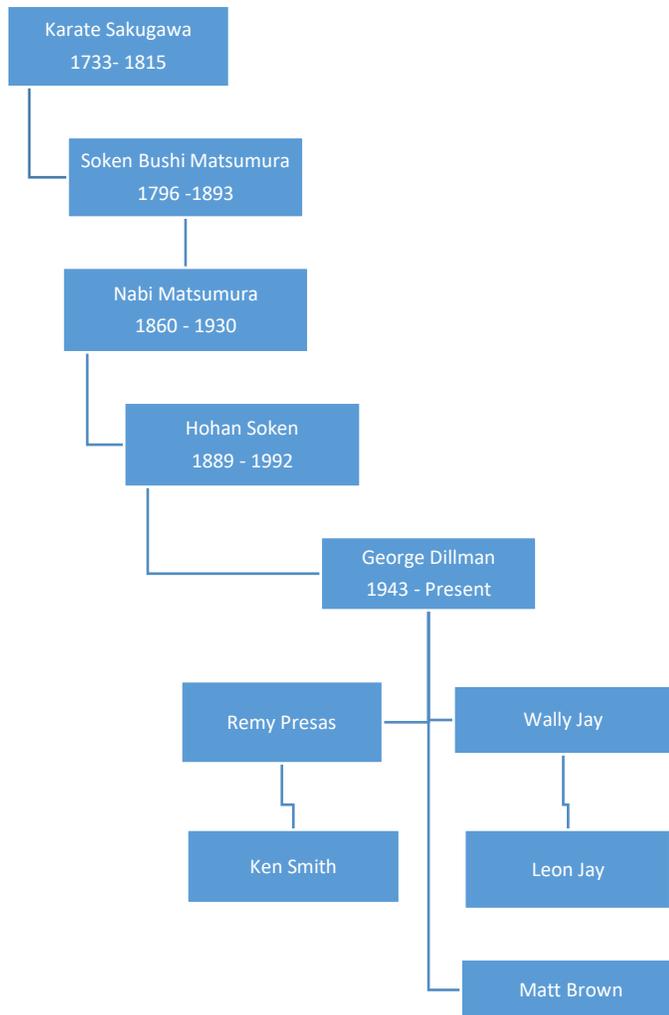


Modern Arnis, a Filipino art created by the late Professor Remy Presas, is a beautiful flowing art that encompasses stick, knife and empty hand techniques. Known for “the flow”, this art gives our system a smooth, fluid movement along with effective defensive techniques against armed opponents.

Professor Presas is also considered a legend of the martial arts. Professor Presas died, sadly, in 2001.

These arts are the main “structure” of our system; however, any and all arts are embraced and accepted. We believe that much like a mechanic has a standard toolbox of tools and when he encounters a task, he does not have the tool for, he simply goes out and gets it. A student should have the same mindset. They should be forever endeavoring to improve themselves, their art and their training.

## Our Family Tree



## Uniforms

All students must wear a full uniform, or "Gi" as it is known in Martial Arts training, for classes and belt tests, including the proper belt. A t-shirt may be worn in place of the uniform top from May 1<sup>st</sup> until June 1<sup>st</sup>. Students may opt to wear BLACK only shorts from June 1<sup>st</sup> to October 1<sup>st</sup> for classes only. Uniforms come in the following colors:



Black for Beginner Level students including our Pre- Skills Program (Juniors - \$80/Adults -\$100).



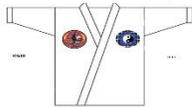
Blue for our Intermediate Level students (Adv. Green & up) (Juniors -\$80/Adults - \$100)



Red for our Advanced Level students (Brown Belts & up) (Juniors -\$80/Adults - \$100).

All students are required to have the PSMA and Dillman Karate International Patches displayed on their uniforms. The cost of these is \$6 per patch or \$10 for both.

Uniforms must display the proper patches, as follows:



Penacook School Karate patch- left chest

Dillman Karate International- right chest

All other patches are displayed on the right sleeve

Stars are displayed on the lapels

## Special programs

**Academic Achiever:** We reward students for getting good grades in school. The student will receive an academic achiever patch for the first good report card. They will receive a chevron for each one after that. This is explained in further detail later in this guide.

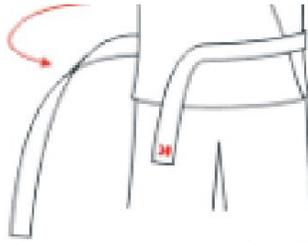
**Student of the month:** This Program is designed to reward students whose behavior is above and beyond that of their peers.

The following criteria must be met to become Student of the Month:

- 1.) Have perfect attendance for the month
- 2.) Be well behaved in class and at home
- 3.) Be excited, motivated and give 100 percent effort in every class

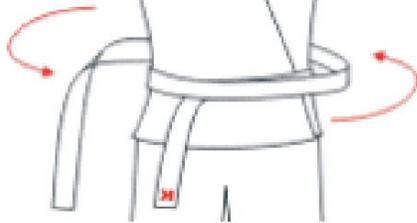
The student of the month will receive a patch which is displayed on their uniform and a certificate of achievement.

## How to Tie Your Belt

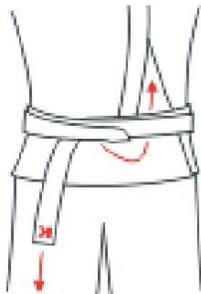


Start by holding the "Non-Tipped" end of the belt a couple of inches longer than the length you want the belt to be when it is tied. Wrap the other end of the belt around your waist.

X = "non-tipped" end of belt



Continue the "Tipped" end around your waist a second time, while maintaining the position of the "Non-Tipped" end of the belt.



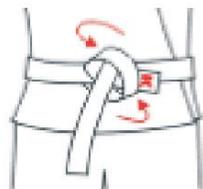
Tuck the end of the belt under both layers and up. Pull both ends at a 45-degree angle to tighten the knot.



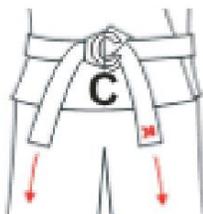
Fold the belt down.



Tuck the "Non-Tipped" end of the belt under the other end.



Loop the "Non-Tipped" end of the belt around the other end and through the knot.



Pull to tighten the knot. If done properly, both ends will be the same length. You will see the letter "C" in your belt when it is tied correctly.

## Belt Promotions

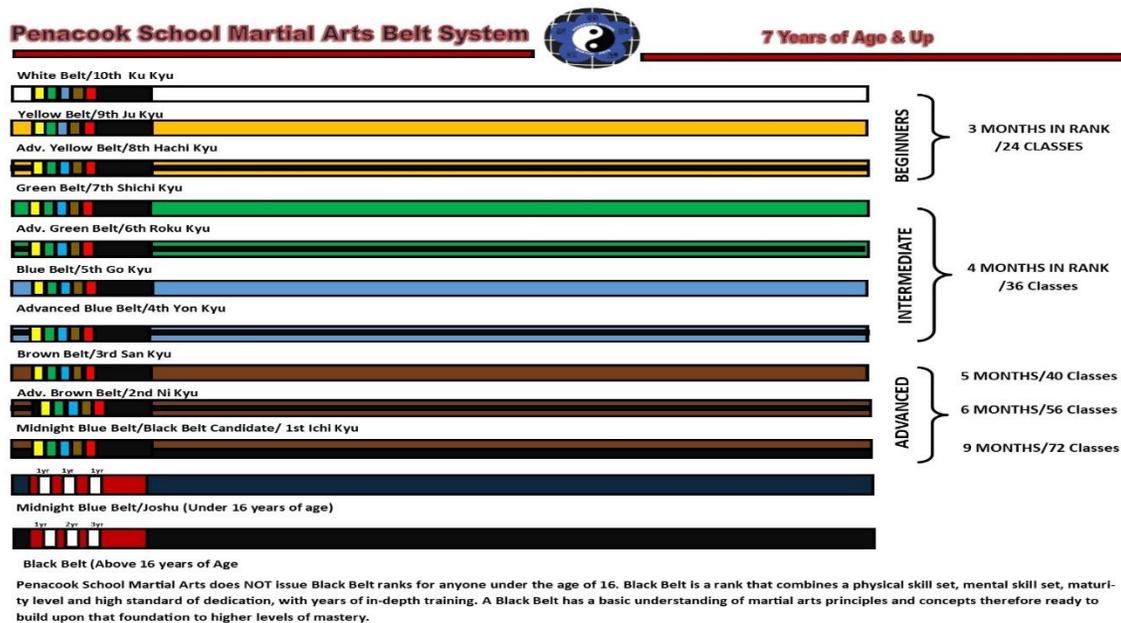
Promotions are an important part of training. It is the measuring stick which helps you and your instructors to track your progress. However, this does not guarantee that all students will test after the required number of classes. When a student is ready to be promoted, his or her name will be posted, and an invite sent through the Student Management Program. An instructor will inform the student of the promotion. Students should never ask when they are being promoted. This creates a potential for hurt feelings and self-esteem. If a student cannot make the promotion date due to any circumstances other than illness or family matters, they must wait to be promoted in class.

To move from one belt to another you must attend a certain number of class hours depending on the rank. In addition, each student must have completed a minimum of 10 minutes of at-home practice on non-dōjo days each week for the duration of the training. This should be documented on a tracking sheet that can be found at the Front Desk or on our website in downloadable format.

The requirements for your belt promotion are the minimum requirements to pass to your next level of training. You can do more than is required, but you cannot do less and pass.

A “thumbs up” from parents and teachers will be required for you to pass to your next belt. (Adults and teens are given a survey and essay question)

At each belt you will earn five stripes. Each stripe shows that you have learned the required techniques for a certain part of the curriculum for that belt. Below is an explanation of what each stripe represents:

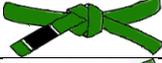


## The Ranking Structure

The traditional ranking system of Martial Arts is used to determine the skill level the student is at in their training. It is a measuring guide. The belt is by no means a status or superiority symbol. The ranks below Black Belt are called Kyu (pronounced "Q") ranks and above Black Belt are called Dan ranks. There are ten Kyu ranks and ten Dan ranks.

	<i>Pre-Skill Yellow Belt – Yellow with a White Stripe</i>
	<i>Pre-Skill Green Belt – Green with a White Stripe</i>
	<i>Pre-Skill Blue Belt – Blue with a White Stripe</i>
	<i>Pre-Skill Red Belt – Red with a White Stripe</i>
	<i>Pre-Skill Brown Belt – Brown with a White Stripe</i>
	<i>Pre-Skill Grey Belt – Grey with a White Stripe</i>

### **Kyu Ranks: for Juniors & Adults**

	White belt (10 <sup>th</sup> Ju kyu) - represented by a white belt
	Yellow belt (9 <sup>th</sup> Ku-kyu) - represented by a yellow belt
	Adv Yellow belt (8 <sup>th</sup> – Hachi-kyu) – represented by a yellow belt w/black stripe
	Green belt (7 <sup>th</sup> Shichi kyu) - represented by a green belt
	Adv. green belt (6 <sup>th</sup> Roku kyu) – represented by a green belt w/black stripe
	Blue belt (5 <sup>th</sup> Go kyu) – represented by a blue belt
	Adv. blue belt (4 <sup>th</sup> Yon kyu) – represented by a blue belt w/ black stripe
	Brown belt (3 <sup>rd</sup> San kyu) – represented by a brown belt
	Adv. Brown belt (2 <sup>nd</sup> Ni kyu) – represented by a brown belt w/ black stripe
	Candidate belt (1 <sup>st</sup> Ik kyu) – represented by half brown, half black belt

***Juniors under the age of 16 are awarded a Midnight Blue Belt (Joshu) which encompasses 3 levels, indicated by a white belt tip for each level.***

## Dan Ranks: Adults

Instructor level:

	1 <sup>st</sup> Dan- Shodan- represented by a black belt with one red stripe
	2 <sup>nd</sup> Dan- Nidan- Black belt with two red stripes
	3 <sup>rd</sup> Dan- Sandan- Black belt with three red stripes

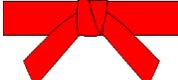
### **Master level:**

	4 <sup>th</sup> Dan- Yondan- represented with a black/red belt. The belt is worn with the black around the waist and red ends with black kanji. It is at this rank that the title of Shihan is given. 5 <sup>th</sup> Dan- Godan- same belt as Yondan 6 <sup>th</sup> Dan- Rokudan- same belt as Yondan and Godan
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### **Grandmaster level:**

	7 <sup>th</sup> Dan- Schichidan- represented with a red/black belt. The belt is worn with the red around the waist and black ends with red kanji 8 <sup>th</sup> Dan- same as Schichidan 9 <sup>th</sup> Dan- an all red belt with gold kanji
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### **Professor Level:**

	10 <sup>th</sup> Dan- an all red belt with gold kanji
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## **Belt Promotion Graduation Explained**

The following graduation requirements are designed to test student's ability both in martial arts training (physical and mental) and their leadership ability (experience and practice).

We offer an opportunity for a student to graduate (or advance in belt rank) several times a year. Each time a Formal Testing and a Formal Graduation Ceremony takes place. Students must fulfill several requirements to be eligible for these events.

- 1.) Consistent Attendance (this is defined as a minimum of one class per week, preferably two)
- 2.) Time in Grade (each student is required to wait a set time in each rank. However, this does NOT guarantee a student advancement in rank or testing eligibility regardless of time in grade)
- 3.) Knowledge of Required Material (THIS IS THE MOST IMPORTANT. NO STUDENT WILL BE TESTED IF THEY DO NOT KNOW THE MATERIAL FOR THEIR TESTING RANK.)
- 4.) ATTITUDE! (all student MUST demonstrate a positive and hard-working attitude)

Every time you or your child is eligible for testing for a new rank you will need to turn in the following requirements (provided at the front desk).

**1.) Graduation/Testing Fee** - Although there is no increasing fee structure for belt testing, there is an administration fee for belt testing covering supplies, such as belts, food and drink for promotion ceremonies, etc. This cost is \$25. (students testing for Black Belt must pay a different fee based on several options, see Front Desk for more info)

**To Graduate with honors, the following MUST be completed:**

**1.) Non- Physical Requirements** - Students will be challenged, based on rank, to complete several different projects like community projects, profiling living heroes or random acts of kindness. This will differ from belt to belt, student to student. See the back of this guide for these.

**2.) Repetition Requirements**- For each belt rank is a specific number of practice repetitions such as kata, push-ups, crunches etc. that must be completed which should be recorded on a Tracking Sheet (supplied at Front Desk). These should be performed daily to develop self - discipline.

These items MUST be turned in PRIOR to testing. Students who do NOT supply the above stated, will be allowed to test but will NOT be allowed to advance until all materials are presented.

### The Meaning of the Penacook School Emblem



our arts.

- The black with white lines reminds us that we all belong to one world community

- The blue plum blossom flower reminds us we are all part of a family in the dojo.

- The yin/yang symbol represents both the healing and the fighting sides of

- The Japanese kanji at the top is respect, left means courtesy, right is discipline, bottom left is fighting spirit, and the bottom right means Kyusho which means the pressure point arts/healing arts that we teach.

These are the principles we feel are important and we strive to develop.

The School Patch is displayed on the left chest of the uniform, over the student's heart.

### **The Three Rules of Focus**

There are three rules that are crucial to developing the amazing focus that martial arts are known for developing. When these three rules are applied there is virtually nothing that is impossible to accomplish.

Rule #1 – Focus your eyes. You must look at what it is you are doing!

Rule #2 – Focus your mind. You must concentrate on the task at hand!

Rule #3 – Focus your body. You must have correct posture to truly focus!

### **The Three Rules of Confidence**

The following are the three rules that develop and demonstrate true confidence.

Rule #1 – Proper Posture. How you stand shows whether you believe in yourself and what you do.

Rule #2 – Proper Attitude. You must have a positive attitude in all that you do.

Rule #3 – Believe in Yourself. You must truly believe that you are a worthy and amazing person!

### **Student Oath**

I will be honest and respectful. I will use self-discipline and self-control.

I will practice healthy habits with mind and body as a whole.

I am committed, dedicated and loyal without a doubt.

I am a Martial Artist in uniform and out.

I take this oath to make good choices, even ones hard to make

If I fall, I will get up again and learning from my mistakes.

I will lead by example and practice what I say

I will never misuse martial arts and know when to walk away

## Training Frequency

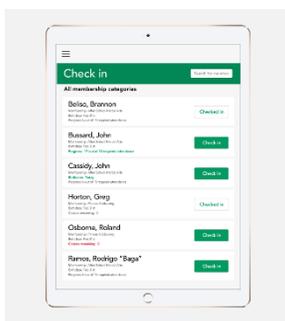
When you first start training you will be concentrating on learning basic techniques, getting in shape and developing better coordination, so training twice a week is adequate during the period from white belt to brown belt. However, as you get closer to black belt you will be learning more advanced techniques which require more time and practice. Training at least three times a week is highly recommended, not only to maintain fitness and technical levels, but also to learn and practice new skills required for senior levels.

After black belt, training twice a week is known as maintenance training while more is progressive training. However, it is important that you maintain the balance of your time for other commitments in your life. You know such balance- your instructors do not.

Punctuality is also a sign of respect and a good habit to develop. It is hard to teach our children to be punctual if we are always late ourselves. We do however; understand that sometimes circumstances arise beyond our control. It is better to be late to class than to not attend class at all. We ask that all students who are late, quickly change, perform pushups at the edge of the mat (10 for children and 20 for adults) and then patiently wait at the edge of the mat for the Instructor to invite them into class. This helps to prevent any accidents that may occur if a student enters the training area while students are performing techniques.

Consistent attendance is vital to achieving you or your child's goals here at the school. It is imperative, just like any other type of schooling, to the structure and consistency of the learning process. Eligibility for advancement requires that students attend a set number of classes before they are even considered for advancement. Irregular attendance will only set the student back in his or her rank advancement.

All students must check in at the Attendance Kiosk at the Front Desk BEFORE the start of class to receive credit for attending the class.



To check in, simply choose the correct name from the list.

(if you are unsure, ask a Staff Member!)

You may occasionally receive a message when you check in that will require you to see a Staff Member. Or maybe a nice birthday message!

It is vital that you make sure you check in for your classes! The system will generate and send out emails if it appears that you are missing classes. As eligibility for promotion is based on

attendance, it will also delay your name appearing on the testing eligibility list.

There are some things you need to know before you start learning all the techniques and knowledge for each one of your belts, so let's begin here...

### **Rules of Engagement**

These are the rules that you should always follow when deciding whether you should use your self - defense skills.

- 1.) Avoid the fight at all costs! There is no shame in walking away or avoiding a fight. There is an old saying "A man who runs away lives to fight another day."
- 2.) If physically attacked, defend yourself. No one has the right to try and hurt you! It is okay to protect yourself.
- 3.) If verbally attacked, follow the three T-steps. Words can't hurt you physically, but they sure can hurt your feelings. When someone says hateful or mean things to you, repeatedly, they are being a bully. We must follow the three T-steps when someone is bullying us. The three T-steps are:
  - a.) Talk – use a firm voice as you tell the bully that you don't like what they are doing, and they should stop.
  - b.) Tell – Tell an adult (a teacher, the principle, your parents or Kancho Brown) and keep telling until someone does something about it.
  - c.) Tackle – If you Talk and Tell and it still doesn't stop, you should be ready to call the bully out and ask them directly if they are trying to start a fight with you. Keep in mind, you may have to back up your words.
- 4.) Never punch or kick, unless necessary! It is better to establish control and "negotiate" (this means telling the person either they leave you alone or you will do something about it)
- 5.) Use the LEAST amount of force and reason with the person. The most important tool in your self - defense is using your mind and common sense.

If you always follow these rules, you will find that most times you will never have to use the skills you learned in the dojo. Remember, martial arts is NEVER about hurting people. It is about keeping yourself safe.

### **Self Defense Philosophies**

These are ideas that we should keep in mind, and train, when we are in a self - defense situation.

- Always focus on controlling the attacker instead of punching or kicking.
- The goal is to gain control and protect yourself, not hurting the attacker and making things worse
- Relax and breathe! If you don't you will tire very quickly.
- Learn just how much force is enough to get the job done.
- With great power comes great responsibility (Thank you Spiderman!). Follow the Rules of Engagement and NEVER abuse what you have learned.
- With the right technique, even in life, anything is possible.
- Train both sides equally
- Never worry about winning or losing.

### **Important Information about Bullying**

- *What is a bully?* A bully is someone who uses words, things or their bodies to hurt other people or make them feel like they are not worth anything. They can also be people who boss other people around. However, someone who calls you a name one time is not a bully.
- *What do you do if you see a bully?* Follow the three T-steps.
- *Why do we NOT want to hurt the bully?* Not hurting the bully keeps us out of trouble. Also, we might miss the opportunity to make a friend.
- *Why do bullies pick on smaller kids?* Bullies usually pick on smaller people because they need to feel powerful. A bigger person might not back down from the bully.
- *Why is it important to tell an adult about a bully?* First, so that they can stop the bullying! But also, so they can get the bully help. Many people bully others because they themselves are being bullied.

Students should complete the Bully Prevention Module and additional information can be provided to parents, if requested.

### **Schoolwork is of the Utmost Importance**

Your Martial Arts training is a privilege that many people never experience. Your schoolwork and help at home are required to advance in rank and continue your training.

We send home a progress check before every belt promotion to be sure that your training is being demonstrated at home and at school as well. Remember, your martial arts training is just as much about your attitude and participation of the mats as it is on.

Students who show a copy of their current report card receive: 1<sup>st</sup> time – Academic Achiever Patch, which is displayed on the right shoulder of the uniform. Each improved or satisfactory report card will earn a chevron, to be placed under the Academic Achiever Patch. When the student has earned four chevrons, they are replaced with a different color.

- 1<sup>st</sup> four – White
- 2<sup>nd</sup> four – Purple
- 3<sup>rd</sup> Four – Blue
- Any additional - Gold

### **Fighting/ Bullying**

Fighting, in or out of our school, is not allowed. If you have someone you are in conflict with or someone who is picking on you, talk to your instructor and he or she will help you solve your problem – without resorting to violence.

Bullying other people is also something that is not allowed. If you recognize that you are playing the role of bully with someone else, talk to your teacher about it.

### **Achievement Awards**

Students who receive any positive achievement awards may show them to a Staff Member and receive a gold star to be placed on the lapel of their uniform. Students may earn unlimited stars.

## Age Appropriate Learning Levels

Each age group learns specific physical, emotional, mental and social skills in different ways and speeds. We find that defining these ways, and the skills we wish to develop, at each level helps the parents and the students to better understand what is required and how to gauge progress.

**-5 and 6 years old:** Physically, they have basic foundations for leg, arm, core and abdominal development, but still lack a lot of strength. We expect them to struggle with issues like performing techniques beyond 5 repetitions, stumble when trying to control their bodies in motion and struggle with elements that require prolonged strength.

We hope to develop balance on one leg, good body control while in motion and developing better fitness.

Mentally they have a hard time retaining information beyond three commands. We expect them to have a hard time remembering a large amount of information at one time, processing more than three commands and performing multiple physical applications that require left and right.

We hope to develop good focus, good memory and better coordination of left and right sides.

Emotionally, they are in tune with their feelings but will act out if they are nervous or excited. They build confidence through making adults proud. We expect them to act silly, especially when working with their peers.

We hope to maintain discipline when they work with others and develop self - confidence when performing.

Socially, they enjoy the spotlight but struggle with sportsmanship. We expect they will get upset when they do not win, get over excited when they do win and often cheat if they can get away with it. They will attempt to get as much of your attention as possible, often interrupting. They will often struggle with working with members of the opposite sex.

We hope to develop good teamwork, learning to get praise from exercising self - control, and learn to work with the opposite sex.

**-7 and 9 years old:** Physically, they have weak fine motor skills. They still tend to stumble when their bodies are in motion, therefore they struggle with proficient techniques and are often sloppy. We expect them to struggle with fine motor skills in their techniques, be sloppy when jumping, spinning and switching feet. They often have difficulty performing stretches correctly.

We hope to develop technique when performing motions, displaying speed, power and agility. We hope to see proper mechanics when stretching.

Mentally they are bright but get distracted easily. We expect them to lose focus if there is other activity going on or issues are "over their heads". They will forget simple commands because they tend to over think things.

We hope to develop better focus, to not give up when things become too difficult and to try not to over think simple information.

Emotionally, they are wonderfully stable and love challenges, but are still learning to tap into their emotions. We expect them to hold back if under challenged, be unaware of their capacity

to push beyond their comfort zones and show excessive fear when put on the spot with something they are not familiar with.

We hope to help them develop intensity in their efforts, even on basic tasks, to persevere through difficult challenges and develop courage to face the fear of trying something new.

Socially, they enjoy interacting with others and enjoy the spotlight. However, they often get frustrated when things don't go their way. We expect them to speak out with determination when they feel something is unfair. They will often stop trying if they are not being challenged properly.

We hope to develop the ability to address problems and challenges properly without disrupting the class. Also, to develop the confidence to not need constant feedback from the Instructors.

**-10 and 14 years old:** Physically, they demonstrate great technique, but they can become lazy which leads to sloppiness. We expect them to be sloppy on things they find easy, become goofy when challenged too much and lack awareness of how to build on their strengths.

We hope to develop attention to small details, apply stronger effort on difficult challenges and learn proper power and mechanics in techniques.

Mentally they are extremely intelligent. Although they tend to demonstrate good critical thinking skills, their decision - making skills are very lacking. We expect them to hold back on challenges that are either too easy or too hard. They will often not apply proper fine motor skills and underestimate or over estimate how much information they can retain in a short amount of time.

We hope to develop the ability to apply good focus and effort on even the simplest activities, to use precision in movements and show versatility in learning.

Emotionally they are often all over the spectrum. More so in boys than girls. We expect them to hold back when they are not emotionally engaged, lose focus when they are not in a good mood and to show attitude when embarrassed.

We hope to teach how to apply intrinsic motivation, overcome difficult obstacles with extreme effort and show good decision - making skills under pressure.

Socially, they care about what their peers think. They also understand the value character plays in who they are. We expect them to hold back as a defense mechanism, prefer to work with friends and to not seek the spotlight or be praised in front of others.

We hope to teach them to have the ability to see the bigger picture, how to apply skills in life, to demonstrate maturity when working with others and to understand that praise and recognition is a signal they are on the right track.

## Leadership Positions

As one of the things we teach and develop is leadership skills, we often invite our members to step into leadership roles. Each member is looked at for this potential and when asked to join, is trained in how to lead and perform in this role. There are specific criteria that must be met if a person is deemed to be trainable in this capacity. It is less about proficiency in martial skills (although it is important to be able to competently perform the movements and techniques that are being taught) and more about teaching and leadership skills and qualities.

## ELIGIBILITY REQUIREMENTS

### ***How do I get nominated to the Leadership Team?***

The following are the general conditions that must be met before you can be eligible for selection to the Leadership Team:

1. **Age** – You must be at least 10 years old.
2. **Rank** – You must be a Green Belt, or higher.
3. **Attendance** - You must maintain consistent attendance & be a member in good standing.
4. **Positive Role Model** – You must demonstrate that you are a positive role model, both inside and outside PSMA. This means you need to be honest, courteous and responsible. You must also show a good work ethic by maintaining good grades in school, attending PSMA classes regularly, and staying motivated to improve as a martial artist.
5. **Knowledge of Material** – You must memorize and be proficient in all material up to your belt level.
6. **Tests** – You must pass all curriculum tests as they arise.

### ***How much time will it require to be a Leadership Team Member?***

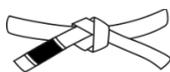
We know you are busy with school, family, your own martial arts training, and other extra-curricular activities. You and your family will want to know how much time you must commit to be a Leadership Team Member. The following are the minimum time requirements to be a Leadership member:

1. **One Class Per Week** – You will assist the Instructors in one regularly scheduled class per week. A specific class will be assigned to you that works with your schedule. Leadership Team members need to be in uniform and prepared to assist for five minutes before and five minutes after the assigned class.
2. **Leadership Team Meetings** – As a general rule, a meeting for Leadership members will be held each week for approximately one hour on a Friday. There may occasionally be an additional meeting in a particular month – or a special seminar or workshop - if something important needs to be covered. Leadership members are expected to regularly attend these meetings in order to remain on the Leadership Team.
3. **School Support** – While attendance is not mandatory, we strongly encourage our Leadership members to support school-sponsored events whenever family schedules permit. As a member of the Leadership Team, you have a greater responsibility to support the dojo's students and to be a positive role model for them. You can encourage the students you help teach in class and promote school spirit by participating in and supporting the dojo's extra-curricular events.

# **Beginner Levels**

**White Belt thru Green Belt**

**Average Total Training Time: 12 months**



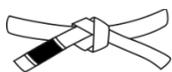
# White Belt Requirements

Time in Rank: 3 Months (minimum)

# of Stripes: 5

# of Classes: 24

<b>Stripe #1</b>	
Stances: <ul style="list-style-type: none"> <li>- Attention (“<i>Ready and Focused!</i>”)</li> <li>- Rest (“<i>relaxed yet ready!</i>”)</li> <li>- Listening (“<i>I am listening!</i>”) (e: fire, p: yin)</li> </ul> Footwork: <ul style="list-style-type: none"> <li>- Switch Step</li> <li>- Half Step</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- Push Palm</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #1 (push palm x2, jab/cross, rising knee, switch step, rising knee)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Jab/Cross (aka front punch) (h: cv24, m:cv17, l: cv3,4,5,6)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Rising Knee (front/rear) (sp11)</li> </ul>
<b>Stripe #2</b>	
Stances: <ul style="list-style-type: none"> <li>- Ready (“<i>I don’t want to fight!</i>”) (e: fire, p: yang)</li> </ul> Footwork: <ul style="list-style-type: none"> <li>- Triangle Step (forward/back)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Palm Strike (st5 or gb13,14,15)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Oblique Knee (front/rear) (s10, lv9 or gb31)</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #2 (push palm x2, jab/cross, angle knee, switch step, angle knee)</li> </ul>	
<b>Stripe #3</b>	
Break-falls: <ul style="list-style-type: none"> <li>- Back Slap-out (<i>Seated/Squat</i>)</li> </ul>	Movement Skills: <ul style="list-style-type: none"> <li>- Cross Elbow (tw17 or gb20)</li> </ul>
Groundwork: (fundamentals) <ul style="list-style-type: none"> <li>- Pin</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Kneeling Push/Pull Takedowns (st9, tw12, 15, li13)</li> </ul>
Bunkai: Defense for Same Side/Center Push: <ul style="list-style-type: none"> <li>- Trap hand to center-lock to s-lock to gb cluster palm strike to single leg takedown</li> </ul>	
<b>Stripe #4</b>	
Movement Skill: <ul style="list-style-type: none"> <li>- Knee Drag Walk</li> <li>-</li> </ul>	Bunkai: Defense for Cross Body Push <ul style="list-style-type: none"> <li>- Cross body push to low pass/knee to gb31 to single leg takedown</li> </ul>
Throws/Takedowns: <ul style="list-style-type: none"> <li>- Tackle the Giant (<i>Single or Double Leg Takedown</i>) (lv9, sp10, sp6)</li> </ul>	Groundwork: (fundamentals) <ul style="list-style-type: none"> <li>- Pin Escape</li> </ul>



## White Belt Requirements Cont'd

Stripe #5 – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"> <li>- Proper Bowing</li> <li>- Proper Uniform Care/Belt Tying</li> <li>- Proper Greetings</li> <li>- Proper Kiai</li> </ul>	Spirit <ul style="list-style-type: none"> <li>- 3 Rules of Focus</li> <li>- Proper use of skills</li> </ul>
History: <ul style="list-style-type: none"> <li>- What is our Style name?</li> </ul>	Terminology: <ul style="list-style-type: none"> <li>- Dojo</li> <li>- Karate</li> <li>- Martial Art</li> <li>- Kancho</li> <li>- Sensei</li> <li>- Sempai</li> </ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"> <li>- Single Point Restoration</li> </ul>	Theory: <ul style="list-style-type: none"> <li>- Rule of Meridian (<i>Strike Same</i>)</li> <li>- Rule of 3's (<i>3 hits, 3 kinds, 3 Functions</i>)</li> </ul>
Principles: <ul style="list-style-type: none"> <li>- What is a pressure point?</li> <li>- What are the 3 kinds? Functions?</li> <li>- What are the 3 types of activation?</li> </ul>	Points: <p>CV 3,4,5,6,17,24/ST 5, 9, 25/KI 23/GB 13,14,15,20,21,31/TW 3, 5, 11, 12, 15, 17/SP 10, 11/LV 9/LU 6, 7, 8/PC 6/HT 2, 6/SI 5/LI 13</p>

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"> <li>- 10 min on non-dojo days</li> <li>- 30 days of clean room (Jrs only)</li> </ul>	Essay: <ul style="list-style-type: none"> <li>- Main reason for study</li> <li>- Future Goals</li> </ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Yellow Belt Requirements

Time in Rank: 3 Months (minimum)

# of Stripes: 5

# of Classes: 24

1 <sup>st</sup> Stripe	
Stances: <ul style="list-style-type: none"> <li>- Horse (<i>"Immovable force!"</i>) (e: earth, p: neutral)</li> </ul> Footwork: <ul style="list-style-type: none"> <li>- Cross Step (e: water, p: yin)</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- Brush Elbow</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #3 (brush elbow x2, jab/cross/uppercut, front kick w/rear leg, front kick w/front leg)</li> </ul> Skill Drills: <ul style="list-style-type: none"> <li>- Wing Drill (ht6)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Uppercut/Back Knuckle (si18 or Fishes Belly)</li> <li>- Low Hammer (tw11,12)</li> <li>- Back Palm (tw23, gb1)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Front Kick (<i>front/rear</i>) (sp10, 11, lv9)</li> </ul>
Bunkai: Defense for High Wrist Grabs <ul style="list-style-type: none"> <li>- Trap hand to s-lock to drag down arm bar (ht6, tw5,6,7)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Naihanchi Shodan Moves 1-6</li> </ul>
2 <sup>nd</sup> Stripe	
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #4 (brush elbow x2, jab/cross/uppercut, front push kick w/rear leg, front kick w/rear leg)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Hammer (h: li20, tw17,23, gb1, si17)</li> <li>- Reverse Hammer (tw17, b20)</li> <li>- Horizontal Hammer</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Front Push Kick (<i>front/rear</i>) (sp10, lv9)</li> </ul>
Bunkai: Defense for Low Cross Wrist Grabs <ul style="list-style-type: none"> <li>- Inside/Outside to s-lock to front kick to the inside of back leg (lv9/sp10)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Naihanchi Shodan Movements 7-10</li> </ul>
3 <sup>rd</sup> Stripe	
Break falls: <ul style="list-style-type: none"> <li>- Forward Fall (sprawl) (<i>kneeling</i>)</li> <li>-</li> </ul>	Grappling Drills: (maintaining the mount) <ul style="list-style-type: none"> <li>- High Swim</li> <li>- Spider Kid</li> </ul>
Groundwork: (fundamentals) <ul style="list-style-type: none"> <li>- Mount (Standard &amp; Headlock)</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Back Sweep takedown</li> </ul>
Bunkai: Defense for Same Side Wrist Grab <ul style="list-style-type: none"> <li>- Turn hand up to pop n chop to knee to (sp11) to back sweep (lu6)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Naihanchi Shodan Movements 11 - 14</li> </ul>
4 <sup>th</sup> Stripe	
Movement Skill: <ul style="list-style-type: none"> <li>- 12 Angles w/Stick</li> <li>- Inside/Outside (aka "Harry Potter") (tw5,6,7)</li> </ul>	Bunkai: Defense for Side by Side Wrist Grab <ul style="list-style-type: none"> <li>- Trap hand to wrist while stepping on foot to reverse s-lock to low hammer to head (tw23, gb1)</li> </ul>
Kata: <ul style="list-style-type: none"> <li>- Naihanchi Shodan Movement 15 - 18</li> </ul>	Grappling Drill: <ul style="list-style-type: none"> <li>- Bulldozer (modified mount)</li> </ul>



## Yellow Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"> <li>- How to address a Teacher/Guest</li> <li>- Proper way to stretch and why</li> <li>- Proper breath control</li> <li>- Proper Door to the Floor procedure</li> </ul>	Spirit: <ul style="list-style-type: none"> <li>- 3 Rules of Confidence</li> <li>- Rules of Engagement</li> <li>- Dojo Mission Statement</li> </ul>
History: <ul style="list-style-type: none"> <li>- 4 Styles that make up our style</li> </ul>	Terminology: <ul style="list-style-type: none"> <li>- Yamae</li> <li>- Kyu</li> <li>- Dan</li> </ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"> <li>- Lung Restoration</li> </ul>	Theory: <ul style="list-style-type: none"> <li>- Yin/Yang/Polarity</li> </ul>
Principles: <ul style="list-style-type: none"> <li>- Cross Body/Reciprocal Inhibition</li> <li>- Kata Interpretation Rule</li> </ul>	Points: Tw 5,6,7,23, gb1, 26, si18, fish's belly, st3, 5, mental nerve, sp10, 11, lv9, ht6, lu6

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"> <li>- 10 min on non-dojo days</li> <li>- 30 Training goals documented</li> </ul>	Essay: <ul style="list-style-type: none"> <li>- Meaning of Spirit before technique, Technique before all else</li> </ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Advanced Yellow Belt Requirements

Time in Rank: 3 Months (minimum)

# of Stripes: 5

# of Classes: 24

1 <sup>st</sup> Stripe	
<b>Footwork:</b> <ul style="list-style-type: none"> <li>- "X" Step</li> <li>- Box Step</li> </ul>	<b>Counters:</b> <ul style="list-style-type: none"> <li>- Low Pass</li> </ul>
<b>Combo Drills:</b> <ul style="list-style-type: none"> <li>- Striking Drill #5 (low pass x2, jab/cross/hook, turn kick w/rear leg, round kick w/front leg)</li> </ul> <b>Skill Drills:</b> <ul style="list-style-type: none"> <li>- Horse Stance Drill</li> </ul>	<b>Striking Skills:</b> <ul style="list-style-type: none"> <li>- Back fist (h: li18, tw17,23, gb1, 20)</li> <li>- Hook Punch/Thrust Punch (mental nerve, tw17, st25, kd21)</li> </ul> <b>Kicking Skills:</b> <ul style="list-style-type: none"> <li>- Turn Kick (rear) (gb31,32,33)</li> </ul>
<b>Bunkai: Defense for Bear Hug #1</b> <ul style="list-style-type: none"> <li>- Wide Stance: slide foot behind and against the ankle, push above knee on sp10.</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Nidan Movements 1-3</li> </ul>
2 <sup>nd</sup> Stripe	
<b>Combo Drills:</b> <ul style="list-style-type: none"> <li>- Striking Drill #6 (low pass x2, jab/cross/hook, turn kick w/rear leg, switch step, turn kick w/rear leg)</li> </ul>	<b>Striking Skills:</b> <ul style="list-style-type: none"> <li>- Shuto (st9, 10, li18)</li> </ul> <b>Kicking Skills:</b> <ul style="list-style-type: none"> <li>- Round/chop (front) (sp6,11)</li> </ul>
<b>Bunkai: Defense for Bear Hug #2</b> <ul style="list-style-type: none"> <li>- Narrow Stance: step behind horse stance takedown</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Nidan Movements 4-5</li> </ul>
3 <sup>rd</sup> Stripe	
<b>Break falls:</b> <ul style="list-style-type: none"> <li>- Side Slap-out (kneeling)</li> </ul>	<b>Grappling Drill:</b> <ul style="list-style-type: none"> <li>- Turtle Drill</li> </ul>
<b>Groundwork: Mount Escapes</b> <ul style="list-style-type: none"> <li>- Standard Mount (Shark Bite) (sp21)</li> <li>- Punch Block</li> </ul>	<b>Throws/Takedowns:</b> <ul style="list-style-type: none"> <li>- Hook Sweep</li> </ul>
<b>Bunkai: Defense for Hands Free Bear Hug:</b> <ul style="list-style-type: none"> <li>- Hands free: grind hand points to finger-lock to hook sweep</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Nidan Movements 6-9</li> </ul>
4 <sup>th</sup> Stripe	
<b>Movement Skill:</b> <ul style="list-style-type: none"> <li>- Accessory Drill (aka Kancho Drill)</li> </ul>	<b>Bunkai: Defense for Fist Threat:</b> <ul style="list-style-type: none"> <li>- Fist in face threat to wrist press</li> </ul>
<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Nidan Movements 10-16</li> </ul>	<b>Groundwork: (Mount Escape):</b> <ul style="list-style-type: none"> <li>- Headlock Mount (Snake Bite)</li> </ul>



## Advanced Yellow Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"><li>- How to show a respectful attitude</li><li>- Proper eye contact</li><li>- Proper way to hold pads/targets</li></ul>	Spirit: <ul style="list-style-type: none"><li>- Core Values</li><li>- Meaning of Patch</li></ul>
History: <ul style="list-style-type: none"><li>- Who are the 4 Founders of our 4 base systems?</li></ul>	Terminology: <ul style="list-style-type: none"><li>- Palis Palis</li><li>- Bunday Bunday</li><li>- Abunico</li></ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"><li>- Neurological Restoration</li></ul>	Theory: <ul style="list-style-type: none"><li>- Cycle of Destruction</li></ul>
Principles: <ul style="list-style-type: none"><li>- Elements of each Meridian</li></ul>	Points: Li20, tw11,12,17,23, gb1,20,31,32,33, si17, st25, sp6,11, lv9, sp10,21, bl55,56,57

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"><li>- 10 min on non-dojō days</li><li>- 30 days of Healthy Food - document</li></ul>	Essay: <ul style="list-style-type: none"><li>- What is Self – Defense?</li></ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Green Belt Requirements

Time in Rank: 3 Months (minimum)

# of Stripes: 5

# of Classes: 24

1 <sup>st</sup> Stripe	
<b>Footwork:</b> <ul style="list-style-type: none"> <li>- Slide Step</li> </ul>	<b>Counters:</b> <ul style="list-style-type: none"> <li>- Knee Check</li> <li>- Middle Counter</li> </ul>
<b>Combo Drills:</b> <ul style="list-style-type: none"> <li>- Striking Drill #7 (knee Check x2, jab/cross/cross elbow, round kick w/front leg, side kick w/front leg. Kicks done w/same leg)</li> </ul>	<b>Striking Skills:</b> <ul style="list-style-type: none"> <li>- Rising Elbow (st3)</li> <li>- Dropping Elbow (mental nerve)</li> </ul> <b>Kicking Skills:</b> <ul style="list-style-type: none"> <li>- Side Kick (lv9)</li> </ul>
<b>Bunkai: Defense for Rear Head Lock:</b> <ul style="list-style-type: none"> <li>- Strike leg (gb31), strike waist (gb25 &amp; bl23), stomp on calf (bl 55/56)</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Sandan Movements 1-7</li> </ul>
2 <sup>nd</sup> Stripe	
<b>Combo Drills:</b> <ul style="list-style-type: none"> <li>- Striking Drill #8 (knee check x2, jab/cross/backfist, side kick, turn, back kick opposite leg)</li> <li>- Sit Out Drill</li> </ul>	<b>Striking Skills:</b> <ul style="list-style-type: none"> <li>- Rising Front Punch (cv23)</li> </ul> <b>Kicking Skills:</b> <ul style="list-style-type: none"> <li>- Back Kick</li> </ul>
<b>Bunkai: Defense for Front Headlock:</b> <ul style="list-style-type: none"> <li>- Strike to leg (sp11 &amp; st34), leg hook</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Sandan Movements 8 -10</li> </ul>
3 <sup>rd</sup> Stripe	
<b>Break falls:</b> <ul style="list-style-type: none"> <li>- Side Fall Drill</li> </ul>	<b>Drills:</b> <ul style="list-style-type: none"> <li>- Proper way to get up from ground</li> </ul>
<b>Groundwork: Guard Passes</b> <ul style="list-style-type: none"> <li>- Standard (lv 9)</li> <li>- Outside (cv4, 5, 6)</li> </ul>	<b>Throws/Takedowns:</b> <ul style="list-style-type: none"> <li>- Leg Hook Takedown</li> <li>-</li> </ul>
<b>Bunkai: Defense Against 2 Hand Push</b> <ul style="list-style-type: none"> <li>- Cross arm catch to GB Cluster strike to standard arm bar to drag down takedown</li> </ul>	<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Sandan Movements 11- 14</li> </ul>
4 <sup>th</sup> Stripe	
<b>Movement Skill:</b> <ul style="list-style-type: none"> <li>- Single Sinwali</li> </ul>	<b>Bunkai: Defense for 2 Hand Low Wrist Grab:</b> <ul style="list-style-type: none"> <li>- Strike opposite arm with pop n chop to cross body arm bar</li> </ul>
<b>Kata:</b> <ul style="list-style-type: none"> <li>- Naihanchi Sandan Movement 15-18</li> </ul>	<b>Groundwork (Guard Passes):</b> <ul style="list-style-type: none"> <li>- Breaking the guard (sitting back)</li> </ul>



## Green Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"> <li>- Know the WIN principle</li> <li>- Know the Scale of WOW</li> <li>- 10 ways to show kindness</li> </ul>	Spirit: <ul style="list-style-type: none"> <li>- Self Defense Philosophies of PSMA</li> </ul>
History: <ul style="list-style-type: none"> <li>- What countries do our 4 arts come from?</li> </ul>	Terminology: <ul style="list-style-type: none"> <li>- Kyu/Dan Ranks</li> </ul>

KYUSHO/TUI TE – adults only	
Revival/Healing: <ul style="list-style-type: none"> <li>- Tui Na for Arms</li> </ul>	Theory: <ul style="list-style-type: none"> <li>- Two Way Action</li> </ul>
Principles: <ul style="list-style-type: none"> <li>- 6 Kyusho Jitsu Rules</li> </ul>	Points: GB 13,14,15, 25, 31, BL 23, 55, 56, 57, SP 11, ST 34,

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"> <li>- 10 min on non-dojō days</li> <li>- Complete 30 random acts of Kindness</li> </ul>	Essay: <ul style="list-style-type: none"> <li>- How does kindness apply to self - defense?</li> <li>- How has martial arts changed me</li> </ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_

# **Intermediate Levels**

**Advanced Green to Advanced Blue Belt**

**Average Total Training Time: 14 months**



# Advanced Green Belt Requirements

Time in Rank: 4 Months (minimum)

# of Stripes: 5

# of Classes: 36

1 <sup>st</sup> Stripe	
Stance: <ul style="list-style-type: none"> <li>- Front Stance</li> </ul> Footwork: <ul style="list-style-type: none"> <li>- C Step</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- High Counter</li> </ul> Conditioning: <ul style="list-style-type: none"> <li>- Leg Conditioning Drill (Adults)</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #9 (push palm x2, jabx2/cross, step back, cross step side kick)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Knife Hand Strike (li18, st9, 10)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Cross Step Side Kick</li> </ul>
Bunkai: Defense for Single Collar Grab: <ul style="list-style-type: none"> <li>- Strike arm by elbow (lu5), strike base of head (gb20), collar throw, walk over arm bar</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Shodan Movements 1-7</li> </ul>
2 <sup>nd</sup> Stripe	
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #10 (push palm x2, jabx2/cross, front kick, step up front kick)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Sword Hand Strike (li18, st9, 10)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Step Up Front Kick</li> </ul>
Bunkai: Defense for Double Collar Grab: <ul style="list-style-type: none"> <li>- Grab under opposite arm by elbow (ht2/li13), strike chin (mental nerve), 3<sup>rd</sup> eye throw</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Shodan Movements 8 -10</li> </ul>
3 <sup>rd</sup> Stripe	
Break falls: <ul style="list-style-type: none"> <li>- Standing Back Slap Out</li> </ul>	Drills: <ul style="list-style-type: none"> <li>- Transition drill to side mount</li> </ul>
Groundwork: Side Mount <ul style="list-style-type: none"> <li>- Standard side mount</li> <li>- Behind the Neck</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Collar Throw</li> <li>- 3<sup>rd</sup> Eye throw</li> </ul>
Bunkai: <ul style="list-style-type: none"> <li>- Angle 1 Defense</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Shodan Movements 11- 14</li> </ul>
4 <sup>th</sup> Stripe	
Movement Skill: <ul style="list-style-type: none"> <li>- 5 Poke Drill</li> </ul>	Bunkai: <ul style="list-style-type: none"> <li>- Angle 5 Disarm</li> </ul>
Kata: <ul style="list-style-type: none"> <li>- Taikyoku Shodan Movement 15-18</li> </ul>	Skill Drill: <ul style="list-style-type: none"> <li>- Gock Ng Sing Level One</li> </ul>



## Advanced Green Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
<b>Etiquette:</b> <ul style="list-style-type: none"><li>- Why is it important to train regularly?</li><li>- Why is respecting your Elders important</li><li>- Why is gratitude important</li><li>-</li></ul>	<b>Spirit:</b> <ul style="list-style-type: none"><li>- 1<sup>st</sup> Line of Student Creed</li><li>- 15 minutes Quiet Reflection</li><li>- 15 minutes daily reading</li><li>- 10 reasons you are grateful</li></ul>
<b>History:</b> <ul style="list-style-type: none"><li>- Learn the history and traditions of the martial arts</li></ul>	<b>Terminology: Greetings</b> <ul style="list-style-type: none"><li>- Good morning: <i>Ohio Go zai e mas</i></li><li>- Good afternoon: <i>Ko Nee Chee Wa</i></li><li>- Good evening: <i>Kon Bon Wa</i></li></ul>

KYUSHO/TUI TE – adults only	
<b>Revival/Healing:</b> <ul style="list-style-type: none"><li>- Tui Na for Body</li></ul>	<b>Theory:</b> <ul style="list-style-type: none"><li>- Chi Flow</li></ul>
<b>Principles:</b> <ul style="list-style-type: none"><li>- 6 Principles of Kyusho Jitsu</li></ul>	<b>Points:</b> St9,10, li13,18, ht2, mental nerve, 3 <sup>rd</sup> eye

HONORS	
<b>Home Practice: (Honors)</b> <ul style="list-style-type: none"><li>- 15 min on non-dojō days</li><li>- Complete gratitude module</li></ul>	<b>Essay:</b> <ul style="list-style-type: none"><li>- How does gratitude affect your training?</li><li>- Make a gratitude list</li></ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



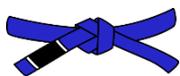
# Blue Belt Requirements

Time in Rank: 4 Months (minimum)

# of Stripes: 5

# of Classes: 36

1 <sup>st</sup> Stripe	
Footwork: <ul style="list-style-type: none"> <li>- Pyramid</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- Bob &amp; Weave</li> </ul> Conditioning: <ul style="list-style-type: none"> <li>- Body Conditioning Drill (Adult/Jr)</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #11 (brush elbow x2, jab/hook/backfist, hook kick w/front leg, round kick w/front leg)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Spear-hand Strike (st9)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Hook Kick</li> </ul>
Bunkai: Defense for Rear Collar Grab V1: <ul style="list-style-type: none"> <li>- Collar Grab Variation 1 to strike body (sp21) to standard arm bar</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Nidan 1 - 9</li> </ul>
2 <sup>nd</sup> Stripe	
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #12 (brush elbow x2, jab/hook/uppercut, turn side kick w/rear leg, side kick w/same leg)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Ridge-hand Strike (st9,10, tw17, si17)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Turn Side Kick</li> </ul>
Bunkai: Defense for Rear Collar Grab V2: <ul style="list-style-type: none"> <li>- Rear Collar Grab Variation 2 to front shoulder lock to chest strike (cv17) to outer reap</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Nidan 10-13</li> </ul>
3 <sup>rd</sup> Stripe	
Break falls: <ul style="list-style-type: none"> <li>- Standing Forward Fall (sprawl)</li> </ul>	Drills: <ul style="list-style-type: none"> <li>- Side Mount to Upper Side Mount Transition Drill</li> </ul>
Groundwork: Upper Side Mount <ul style="list-style-type: none"> <li>- Upper Side Mt</li> <li>- Scarf Hold</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Outer Reap</li> </ul>
Bunkai: <ul style="list-style-type: none"> <li>- Angle 3 Defense</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Nidan 14-17</li> </ul>
4 <sup>th</sup> Stripe	
Movement Skill: <ul style="list-style-type: none"> <li>- 10/11 Poke Drill</li> </ul>	Bunkai: <ul style="list-style-type: none"> <li>- Defense for Knee (lv9, sp10, 11, gb31)</li> </ul>
Kata: <ul style="list-style-type: none"> <li>- Taikyoku Nidan 18 - 22</li> </ul>	Skill Drill: <ul style="list-style-type: none"> <li>- Gock Ng Sing Level 2- Hand strikes (st5, gb26, tw23, gb1)</li> </ul>



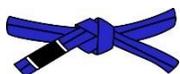
## Blue Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"> <li>- 10 Reasons why peace is important</li> <li>- How is its self-defense?</li> <li>- 10 ways to create a peaceful environment</li> </ul>	Spirit: <ul style="list-style-type: none"> <li>- 2nd line of Student Creed</li> <li>- 15 minutes of Quiet reflection</li> <li>- 15 minutes of daily reading</li> <li>-</li> </ul>
History: <ul style="list-style-type: none"> <li>- History of PSMA</li> </ul>	Terminology: Thank You <ul style="list-style-type: none"> <li>- Arigato Go zia mas ta</li> </ul>

KYUSHO/TUI TE – adults only	
Revival/Healing: <ul style="list-style-type: none"> <li>- Tui Na for Legs</li> </ul>	Theory: <ul style="list-style-type: none"> <li>- Diurnal Cycle</li> </ul>
Principles: <ul style="list-style-type: none"> <li>- 12 Principles of Small Circle</li> </ul>	Points: ST5, 9, SP10, 11, 21, TW17, 23, SI17, GB1, 26,31

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"> <li>- 15 min on non-dojo days</li> <li>- Complete Peace Module</li> </ul>	Essay: <ul style="list-style-type: none"> <li>- How does a peaceful attitude help my training</li> </ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Advanced Blue Belt Requirements

Time in Rank: 3 Months (minimum)

# of Stripes: 5

# of Classes: 24

1 <sup>st</sup> Stripe	
Footwork: <ul style="list-style-type: none"> <li>- Lateral Step</li> <li>- Hip Out (shrimping)</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- Slipping</li> </ul> Conditioning: <ul style="list-style-type: none"> <li>- Arm Conditioning Drill (Adults)</li> </ul>
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #13 (low pass x2, jab/cross/hook/cross, side kick w/front leg, cross step round kick w/front leg)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- None</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Cross Step Round Kick</li> </ul>
Bunkai: Defense for Shoulder Grabs <ul style="list-style-type: none"> <li>- Trap hand to arm to Compress elbow (tw12) to mobility throw</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Sandan 1 - 9</li> </ul>
2 <sup>nd</sup> Stripe	
Combo Drills: <ul style="list-style-type: none"> <li>- Striking Drill #14 (low pass x2, jab/cross/hook, turn side kick, skip step side kick)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- None</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Skip Step Side Kick</li> </ul>
Bunkai: Defense for Shoulder Grabs <ul style="list-style-type: none"> <li>- Trap hand on shoulder step under to sankyu to standard arm bar (sp21)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Sandan 10-13</li> </ul>
3 <sup>rd</sup> Stripe	
Break falls: <ul style="list-style-type: none"> <li>- Standing Side Slap Out</li> <li>-</li> </ul>	Drills: <ul style="list-style-type: none"> <li>- Upper Side Mount to Side Mount to Mount to Modified Mount to Rear Mt.</li> </ul>
Groundwork: Side Mount Escapes <ul style="list-style-type: none"> <li>- Rollover Side Mt Escape</li> <li>- Hip Out Side Mt Escape</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Mobility Throw</li> </ul>
Bunkai: Defense for Shoulder Grabs <ul style="list-style-type: none"> <li>- Rear Double Hand to step behind duck under</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Taikyoku Sandan 14-17</li> </ul>
4 <sup>th</sup> Stripe	
Movement Skill: <ul style="list-style-type: none"> <li>- Double Sinwali</li> <li>- 4 count drills</li> </ul>	Bunkai: <ul style="list-style-type: none"> <li>- Defense for a Front Kicks</li> <li>- Angle 2 Defenses</li> <li>-</li> </ul>
Kata: <ul style="list-style-type: none"> <li>- Taikyoku Sandan 18 - 22</li> </ul>	Skill Drills: <ul style="list-style-type: none"> <li>- Gock Ng Sing Level 3 – Kicks (lv9, sp10,11, gb31,32,33, bl55,56,57)</li> </ul>



## Advanced Blue Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"> <li>- 10 reasons why Leadership is important</li> <li>- 10 ways to display leadership</li> <li>- What are the principles of Leadership?</li> <li>- Help with class 1x per week</li> </ul>	Spirit: <ul style="list-style-type: none"> <li>- 20 minutes of Quiet Reflection</li> <li>- 20 minutes of daily reading</li> </ul>
History: <ul style="list-style-type: none"> <li>- Learn the history of Ryukyu Kempo</li> </ul>	Terminology: <ul style="list-style-type: none"> <li>- Tai Sabaki</li> <li>- Kuzushi</li> </ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"> <li>- Tuina for the Head</li> </ul>	Theory: <ul style="list-style-type: none"> <li>- Mother/Child</li> </ul>
Principles: <ul style="list-style-type: none"> <li>- Off-Balancing</li> </ul>	Points: TW12, SP10, 11, 21, LV9, GB31,32,33, BL55, 56, 57

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"> <li>- 15 min on non-dojo days</li> <li>- Leadership Module</li> </ul>	Essay: <ul style="list-style-type: none"> <li>- List the Principles of Leadership</li> <li>- What is the difference between a leader and a boss</li> </ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_

# **Advanced Levels**

**Brown Belt to Candidate Belt**

**Average Training Time: 24 months**



# Brown Belt Requirements

Time in Rank: 5 Months (minimum)

# of Stripes: 5

# of Classes: 40

<b>1<sup>st</sup> Stripe</b>	
Stances: <ul style="list-style-type: none"> <li>- Cat Stance</li> </ul> Footwork: <ul style="list-style-type: none"> <li>- Skip Step</li> </ul>	Counters: <ul style="list-style-type: none"> <li>- Pass/Parry/Counter Level 1- Basic</li> </ul> Conditioning: <ul style="list-style-type: none"> <li>- Hand Conditioning (Adults)</li> </ul>
Skills Drills: <ul style="list-style-type: none"> <li>- Striking Drill #15 (low pass x2, jab/cross/hook/cross, side kick w/front leg, step in round kick w/front leg)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Dragon Mouth (st9)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Skip Step Front Kick</li> <li>-</li> </ul>
Bunkai: Defense for Hair Grab <ul style="list-style-type: none"> <li>- Kick leg (lv9/sp10) to kneeling standard arm bar (tw12)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Bassai 1 - 9</li> </ul>
<b>2<sup>nd</sup> Stripe</b>	
Skill Drills: <ul style="list-style-type: none"> <li>- Striking Drill #16 (low pass x2, jab/cross/hook/cross, round kick, skip step round kick)</li> </ul>	Striking Skills: <ul style="list-style-type: none"> <li>- Wrist Strike (st5)</li> </ul> Kicking Skills: <ul style="list-style-type: none"> <li>- Skip Chop Kick</li> </ul>
Bunkai: Defense for Hammer Lock <ul style="list-style-type: none"> <li>- Step out, side kick to leg (lv13)</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Bassai 10-13</li> </ul>
<b>3<sup>rd</sup> Stripe</b>	
Break falls: <ul style="list-style-type: none"> <li>- Backward Roll</li> </ul>	Drills: <ul style="list-style-type: none"> <li>- Elevator Sweep</li> </ul>
Groundwork: Side Mount Techniques <ul style="list-style-type: none"> <li>- Keylock Fig 4 Arm Lock</li> <li>- Americana Fig 4 Arm Lock</li> </ul>	Throws/Takedowns: <ul style="list-style-type: none"> <li>- Head turn throw</li> <li>- Wrist Throw</li> </ul>
Bunkai: Defense for Waist Tackle <ul style="list-style-type: none"> <li>- Head catch to push to ground using tw17/mental nerve</li> </ul>	Kata: <ul style="list-style-type: none"> <li>- Bassai 14-17</li> </ul>
<b>4<sup>th</sup> Stripe</b>	
Movement Skill: <ul style="list-style-type: none"> <li>- 6 Counts</li> <li>- 12 Count Drill</li> </ul>	Bunkai: <ul style="list-style-type: none"> <li>- Defense for a Turn/Round Kick</li> <li>- Angle 2 Disarms</li> </ul>
Kata: <ul style="list-style-type: none"> <li>- Bassai 18 - 22</li> </ul>	Skill Drill: <ul style="list-style-type: none"> <li>- Gock Ng Sing Level 4 – 2 hand counters</li> </ul>



## Brown Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"><li>- 10 reasons why mentoring is important</li><li>- 10 ways to mentor someone</li><li>- Complete Mentor Module</li><li>- Mentor one student</li></ul>	Spirit: <ul style="list-style-type: none"><li>- 25 minutes of Quiet Reflection</li><li>- 25 minutes of daily reading</li><li>- Recommended Reading</li><li>-</li></ul>
History: <ul style="list-style-type: none"><li>- Learn the history of Small Circle</li><li>-</li></ul>	Terminology: <ul style="list-style-type: none"><li>- None</li></ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"><li>- Tuina for Back</li></ul>	Theory: <ul style="list-style-type: none"><li>- Defense/Offense/Counter - Attacking</li></ul>
Principles: <ul style="list-style-type: none"><li>- 9 Principles of Tuite</li></ul>	Points: <ul style="list-style-type: none"><li>St5, 9, lv9, 13, sp10, tw17</li></ul>

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"><li>- 20 min on non-dojō days</li><li>- Complete the Mentorship Module</li></ul>	Essay: <ul style="list-style-type: none"><li>- What does it mean to be a Mentor?</li><li>- Why is it important to your training?</li></ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Advanced Brown Belt Requirements

Time in Rank: 6 Months (minimum)

# of Stripes: 5

# of Classes: 48

1 <sup>st</sup> Stripe	
Stances: - Open Toed Horse Stance Footwork: -	Counters: - Pass/Parry/Counter Level 2 – Head points Conditioning: - Foot Conditioning
Combo Drills: - Striking Drill #17 (Push Palm, knee check, jab/cross/straight punch, turn side kick w/rear leg, turn back kick)	Striking Skills: - Secret sword ( <a href="#">st3</a> , <a href="#">si18</a> , <a href="#">tw17</a> ) - Cross body spear hand Kicking Skills: - Turn Back Kick
Bunkai: Defense for Full Nelson - Press arms down to palm press to cross trap to knife- hand neck to ( <a href="#">tw17/si16</a> )	Kata: - Seiuchin 1 - 9
2 <sup>nd</sup> Stripe	
Skill Drills: - Striking Drill #18 (Push palm, jab/cross/straight punch, turn kick w/rear leg, turn hook kick)	Striking Skills: - Swinging Hammer Kicking Skills: - Turn Hook Kick
Bunkai: Defense for Single Bicep Grab - Trap arm in elbow crease, reverse hammer jaw ( <a href="#">tw17</a> ), lower bridge throw	Kata: - Seiuchin 10-13
3 <sup>rd</sup> Stripe	
Break falls: - Forward Roll	Drills:
Groundwork: Upper Side Mount Arm Bars - Straight Arm Lock - Figure 4 Arm Lock	Throws/Takedowns: - Lower Bridge Throw
Bunkai: Defense for Double Bicep - Cross step/trap arms to strike nose at <a href="#">li20</a> to lower bridge throw	Kata: - Seiuchin 14-17
4 <sup>th</sup> Stripe	
Movement Skill: - Sweep Stroke Drill Groundwork: - Drag Back Arm Lock	Bunkai: - Angle 12 Defenses - Knife Defenses for Angles 1 & 5
Kata: - Seiuchin 18 - 22	Skill Drill: - Gock Ng Sing Level 5 – 2 hand counters w/strikes



## Advanced Brown Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"><li>- 10 reasons serving is important</li><li>- 10 ways to serve the community</li><li>-</li></ul>	Spirit: <ul style="list-style-type: none"><li>- 25 minutes of Quiet Reflection</li><li>- 25 minutes of daily reading</li><li>- Recommended Reading</li></ul>
History: <ul style="list-style-type: none"><li>- Learn the history of Modern Arnis</li><li>-</li></ul>	Terminology: <ul style="list-style-type: none"><li>- None</li><li>-</li></ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"><li>- Buddha Palms</li></ul>	Theory: <ul style="list-style-type: none"><li>- Fulcrum Lever Base</li></ul>
Principles: <ul style="list-style-type: none"><li>-</li></ul>	Points: st3, si16, 18, tw17, li20

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"><li>- 25 min on non-dojō days</li><li>- Complete a community service project</li></ul>	Essay: <ul style="list-style-type: none"><li>- How does your community affect you?</li><li>- How is helping the community Self Defense?</li></ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_



# Candidate Belt Requirements

Time in Rank: 9 Months (minimum)

# of Stripes: 5

# of Classes: 72

1 <sup>st</sup> Stripe	
Stances: - None Footwork: - Lunge Step	Counters: - Pass/Parry/Counter Level 3 – Body Points Conditioning: - Chi Kung
Skills Drills: - Striking Drill #19 (push palm, brush elbow, jab/cross/hook/cross, front kick w/front leg, jump turn kick)	Striking Skills: - Middle Knuckle Fist (si18, tw17) Kicking Skills: - Jump Turn Kick -
Bunkai: Defense for Single Front Choke - Back knuckle to si18/st3 to finger-lock to center-lock to s lock	Kata: - Kusanku 1 - 9
2 <sup>nd</sup> Stripe	
Skill Drills: - Striking Drill #20 (push palm, brush elbow, jab/cross/hook, side kick, jump turn back kick)	Striking Skills: - Crane Strike (st9,12) Kicking Skills: - Jump Turn Back Kick
Bunkai: Defense for Double Front Choke - to up/down hits to ht2/li10, forearm to li18 finish with winding hip throw to walk over arm bar or lying arm bar	Kata: - Kusanku 10-13
3 <sup>rd</sup> Stripe	
Break falls: - Diving forward roll	Drills: - Free Grappling
Groundwork: Guard Techniques - Kimura - Omaplata	Throws/Takedowns: - Modified winding throw - Hip throw - Figure four throw
Bunkai: Defense for Rear Naked Choke - to chin tuck to step back figure four throw	Kata: - Kusanku 14-17
4 <sup>th</sup> Stripe	
Movement Skill: - Free Sparring	Bunkai: - Defense for a Spin Kick - Knife Defenses for Angles 2 & 12
Kata: - Kusanku 18 - 22	Skill Drill: - Gock Ng Sing Level 6 – 2 hand counters w/throws



## Candidate Belt Requirements Cont'd

5 <sup>th</sup> Stripe – Test Prep/Etiquette	
Etiquette: <ul style="list-style-type: none"><li>- 10 reasons why mentoring is important</li><li>- 10 ways to mentor someone</li><li>- Complete Mentor Module</li><li>- Mentor one student</li></ul>	Spirit: <ul style="list-style-type: none"><li>- Recommended Reading</li><li>-</li></ul>
History: <ul style="list-style-type: none"><li>-</li></ul>	Terminology: <ul style="list-style-type: none"><li>-</li><li>-</li></ul>

KYUSHO/TUITE – adults only	
Revival/Healing: <ul style="list-style-type: none"><li>- Medical Chi Kung</li></ul>	Theory: <ul style="list-style-type: none"><li>- Elemental Stances</li></ul>
Principles: <ul style="list-style-type: none"><li>-</li></ul>	Points:

HONORS	
Home Practice: (Honors) <ul style="list-style-type: none"><li>- 30 min on non-dojō days</li><li>- List 10 Living Heroes/Interview</li></ul>	Essay: <ul style="list-style-type: none"><li>- What does it mean to be a black belt?</li><li>- Write a Thank You letter to someone who helped you accomplish your goal</li></ul>

Date Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Recommending Instructor: \_\_\_\_\_

### Administrative Note

All students must have a current registration form and release form on file. No one can enter a class without these forms completed properly. Please make sure to inform us of any changes in address or phone number.

### Definition of Membership

Membership is defined as reserving a place, time and staff in class for a month to month basis. Payment is owed each month, even if you choose not to attend, until **tell us you no longer wish to train**, or a member freeze is placed on your membership according to the member freeze policy.

Your membership works just like a gym/dance/gymnastics membership! When you enroll, it is for a period of one year. You will be billed on a month to month basis, which you **MUST** pay by your due date to avoid any late charges.

If YOU choose not to attend classes, but wish to continue your membership, just like the gym, you **MUST** pay for your membership. We are open, staff is available for you, it was your choice not to take advantage of your training.

If you choose **NOT** to continue as a member, you can cancel your membership, **AT ANY TIME!!!** We simply ask for 30 days' notice via email, phone or mail.

### Tuition payments

Tuition payments are expected to be paid on time in full. A late fee will be charged on all payments over 10 days delinquent. All training privileges will be suspended for payments over 30 days past due until payment is made or payment arrangements have been made.

If you wish to cancel a membership, you must give written notice. Otherwise, you will continue to be billed and accrue additional tuition until notice is given.

Tuition is **NOT** just paying for the lesson. It pays for the rent, the lights, the heat and all the other things that are required to keep the dojo open and running. It works just like your gym membership - if you don't use it, you lose it. We offer a varied schedule, make up classes, and many other things- making it the best deal you will ever find.

We only require you to pay for one month at a time. This means, it will renew, per your membership agreement, every month for a year, unless you terminate your membership.

### Membership Freeze Policy

If you need to freeze your membership for a period of 30 to 90 days, we have a freeze policy. In order to freeze your membership, you must submit a *Membership Freeze Notice*, which you can obtain at our front desk. This membership freeze guarantees your spot and current belt rank in our school. This policy guarantees your current tuition and prevents you from having to incur any additional fees.

### **Freeze Terms and Conditions:**

- 1.) Members may freeze their membership for medical reasons or travel purposes. Freeze periods are for 30, 60- and 90-day periods.
- 2.) All membership freezes require the completion of the membership freeze notice. We do not backdate membership freeze periods.
- 3.) A member cannot freeze a month that already had EFT (membership) dues processed. Due to our billing process – all membership freeze requests within 1 week of billing date will start the next billed month.
- 4.) The cost of freezing a membership is \$10 per month.
- 5.) All memberships that are on freeze will automatically be reactivated at the end of the freeze period without prior notice to the member.

It is the policy of Penacook School of Martial Arts that all memberships are either frozen as described above or terminated in accordance with our schools' termination policy.

### **Vacations or extended absences**

Please notify us if you will be missing class for a period of three or more days due to vacation or illness. We would greatly appreciate it if you notified us when you are going to miss any class, for any reason.

### **Holidays**

We are closed on all major holidays. We generally follow the public-school schedule.

### **Cancellations**

It is the policy to close on snow days. This decision will be made based on the weather by 12 noon. All weather closings will be announced on Facebook pages, email blasts, text messages, and on the answering machine at the school. Please call if you have any doubts.

### **Class procedures**

Our class procedures and rules are set in place not only to honor the traditions of Martial Arts but to also provide a safe and enriching environment for all students. These policies also help to impart those moral values and character traits we strive so hard to uphold.

Students should arrive no earlier than 15 minutes before their class. The reasons for this are; an instructor may be teaching or dismissing a class. This can be very distracting time if there is a lot of activity in the lobby or changing rooms.

Once the student arrives, they should quickly and quietly change into their uniform. Students are strongly discouraged from wearing their uniforms outside. To and from the car is okay, but belts should be put on in the dojo without exception. We provide shoe racks near the door for all outdoor shoes to prevent needless dirt being tracked onto the training mats. Coat racks are provided.

After the student has changed, they should quickly and quietly retrieve their attendance card and fill it out, returning it to the correct box. The student should then quietly proceed to the edge of the training area and sit properly until their class is called to line up.

An instructor will call the class to line up. The students should quickly, without noise, pushing or shoving; proceed to on one of the marked lines on the mat. The highest ranked student should be in the front right - hand corner. The rest of the students should line up according to rank from highest in the front to lowest rank in the back. This is done so that the junior ranks can use the higher ranks as models of what they should be doing.

Once class begins one of our primary concerns is safety. There are many rules to prevent accidents from happening in class. The most important of these rules is respect. If a student needs to move off the mat, they should raise their hand and ask permission from the instructor. This prevents the student from accidentally walking in front of someone performing a technique and getting hit. It also allows for the instructor to account for the student. Talking is kept to a minimum to allow the instructor to quickly instruct the class on the required lesson.

### **Etiquette and Formalities**

In the Asian Martial Arts, the dojo (which means “place of enlightenment”) has many unique formalities and etiquette that is based on Asian customs, although most is simply common courtesy. Bowing in the dojo is not an act of subservience and has no religious implications either. It is much like saluting an officer in the military. It is also important to remember that we have etiquette because what we do is a martial art and not a health club or gym.

Using etiquette may feel strange at first. However, as you train it will become more comfortable.

#### ***Entering and exiting the dojo:***

Remove outer clothing (coats, hats, gloves, shoes etc.) upon entering the school. If you are not in your gi (uniform), proceed to the changing room and change into your gi. If you do not have one yet, proceed to the dojo floor. Turn off all cell phones.

Always bow when entering or exiting the dojo. If a higher rank enters the dojo with you, you should let the higher rank go before you. This includes going in and out of the changing rooms. If a higher rank is present in the dojo, acknowledge them by bowing.

#### ***If you are late:***

Always try to be on time for class! It is very disruptive to the class when someone arrives late. However, there are times when being late is unavoidable for genuine reasons, so being late for class is better than not being there at all. If you are late, get changed, come into the dojo and sit in seiza (kneeling) at the edge of the mat until the instructor asks you to join the class. You may be asked to do some pushups before joining the class. This is not a punishment, but a way of saying to the rest of the class “I am sorry for being late, but I am here to train hard with you.

#### ***Lining Up:***

When asked to line up, do it quickly and quietly! Line up in order of rank with the highest rank in the front right - hand corner. When kneeling always go onto the left knee first then the right. Kyu (under black) ranks should not kneel before the black belts.

#### ***During Class:***

First and foremost: Martial arts classes are not like classes at a gym or health club. Therefore, you cannot just take a break or leave when you are tired. You should not just grab water or a towel to wipe yourself down whenever you feel like it. Instructors are sensitive to the fact that

during particularly tough classes some students may struggle and will build in breaks if needed. However, if you really need something such as water, simply follow the first rule listed below:

- If you wish to ask a question during class, wait for the right moment and raise your hand.
- Before and after you do any activity with a partner in class, you both bow as a symbol of respect.
- Always acknowledge when a black belt enters the dojo or walks past you. This is an acknowledgement of their experience and training.
- If you cannot train for the whole class, then arrange ahead of time with the instructor to be excused at a requested time.
- Do not chat in class unless asked especially when an instructor is speaking. However, it is perfectly OK to provide encouragement to your partners and other students during your training.
- When moving to your place during a class, always walk around the class, never cut through the middle of a line.
- When told to partner up try to partner up with someone your rank. If no one your rank is available, try to partner up with someone as close to your rank as possible.
- When partnered up, the junior rank is the one who should get and return all equipment.
- When joining or leaving your partner always shake their hand and thank them for working with you.
- When told to sit in class, always sit in seiza unless told otherwise.
- When watching other students, always stand in rest position. Do not lean on walls or equipment.
- When addressed in class personally, acknowledge that you have heard by answering "Sensei/Sempai". This is a way of appreciating that your instructor has taken an interest in your technique.
- If you need to straighten your gi, wait until the instructor has told the class to. Then face away from the shinzen but not with your back to it.
- If another class is to follow, grab your belongings and exit as quickly as possible.
- At the end of the last class, after the dojo has been cleaned, please do not hang around. Sensei has a family and duties he must attend to.

### ***When working with a partner:***

When working with a partner practicing our self - defense techniques or grappling, it is vitally important to remember that both people have a job to perform when practicing. If the person who is doing the attacking or "Uke" is not being a good "bad guy" then the technique being practiced will not be learned properly. To be a good "bad guy" one needs to perform the attack properly, like a person who does not know you what you know, who does not purposely try to anticipate your movement or try to make you fail but does use strength and doesn't just "let go". This will help your partner to learn better and faster.

Training partners should be committed to helping each other learn and, at first resistance should be minimal and increased gradually. Give each other feedback and coach each other.

### ***When sparring:***

When sparring, it is important to remember that your partner's safety is your primary concern and that it is NOT a competition as to who can beat who. Sparring is a partnership. It is two people helping each other learn.

Because safety is most important, all students MUST wear the proper safety equipment and follow all rules when sparring or grappling.

The following rules apply to all junior and adult students under Black Belt:

- All students must wear gloves, foot pads, chest protection, head gear and groin protection during sparring.
- All students must wear groin protection while grappling
- No head contact is allowed.
- No leg kicks are allowed during sparring
- No takedowns are allowed or holding of the leg during sparring.
- No groin shots. Keep it above the belt.
- No strikes to the back are allowed.
- No chokes, arm bars or small joint manipulations during grappling

The following rules apply to all adult Black Belts and above:

- All students must wear gloves, foot pads, chest protection, head gear and groin protection during sparring.
- All students must wear groin protection while grappling
- No head contact is allowed.
- Leg kicks are allowed during sparring
- Takedowns are allowed.
- No groin shots. Keep it above the belt.
- No strikes to the back are allowed.

### ***Keeping the dojo clean:***

We respect the dojo by keeping it clean and tidy. Everyone is responsible for keeping the dojo clean.

- It is the responsibility of the senior ranks to ensure that the floor is swept or mopped.
- As soon as a senior rank arrives, students should set up all equipment for the class. All equipment should be returned to its place at the end of class.
- It is tradition that the floor is cleaned. Class is not finished until this task is completed. It is the responsibility of the senior ranks in the class to start the cleaning of the floor.

### ***Personal Etiquette:***

Personal hygiene must be maintained. In Martial Arts we are often in very close contact with each other. Ensure that your hands are washed before class, that you have deodorant on and if you need to, your teeth brushed.

Always keep your gi washed and tidy. A gi that smells of stale sweat is not pleasant for others. It is not necessary to iron your gi unless it is crumpled looking. Repair any rips or tears as soon as possible.

No jewelry other than wedding rings is to be worn during class. Fingernails and toenails must be kept short.

### Terminology

**Dojo-** This is the name given to the training hall where we practice. It is a special place where we learn and grow through our training. The dojo has a shinzen at the front. This is the symbolic center of the dojo and when entering or exiting the dojo, one should face in the direction of it and bow. This has no religious implication whatsoever but is based on the Japanese custom of respect – to a place where people come together from all walks of life to learn Martial Arts.

**Kiai –** This is the yell we produce. It is an expression of chi or inner spirit.

**Kancho –** this title simply means the head of the dojo or organization.

**Shihan –** This title means anyone over the rank of fourth degree black belt

**Sensei –** this title is used for any black belt who teaches.

**Sempai –** This title means senior.

<b>Basic Terms</b>		
Gi – uniform	Obi – belt	Kata – Form
Uke – block	Tsuki – Strike	Geri – kick
Kiai – yell	Stance – Dachi	Bunkai – technique

<b>Basic Commands</b>		
Bow – Ni Rei	Bow to the shinzen – Shinzen Ni Rei	Bow to Kancho- Kancho Ni Rei
Bow to Master – Shihan Ni Rei	Bow to Sensei – Sensei Ni Rei	Bow to Sempai – Sempai Ni Rei
Bow to each other – Otogai Ni Rei	Begin – Hajime	Kneel – Seiza
Turn around – Mawette	Stand Up – Tarei	

<b>Counting</b>		
One – Ichi	Two – Ni	Three – San
Four – Chee	Five – Go	Six – Roku
Seven – Shichi	Eight – Hachi	Nine – Ku
Ten – Ju		

<b>Honors Requirements</b>
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Our Honor Requirements are for personal growth in all our students and are required for all students, in they wish to be promoted with honors. Students must pick one task and complete it before their belt promotion.

<b>BASIC</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>	<b>BLACK BELT</b>
<b>- Reading</b> Reflect on one book that you read, why you enjoyed it and how it might help someone	<b>- Kindness</b> Perform & journal 20 acts of kindness & respect	<b>- Mending Relationships</b> Journal the mending of three relationships or righting three wrongs	<b>- Role Models</b> Profile/interview 5 living heroes (non - family)
<b>- Nutritional Self Defense</b> Journal 20 healthy meals	<b>- Bully Prevention Education</b> Learn about how to prevent bullying	<b>- Environmental Self Defense</b> Take part in or organize a clean - up event	<b>- Service</b> Mentor a lower belt to help them reach their goals

<b>- Quiet Time/Meditation</b> Perform & journal 20 acts of quiet time or meditation	<b>- Gratitude</b> Perform & journal 20 acts of gratitude	<b>- Record a Community Project</b> Complete & record a project for your project portfolio	<b>- Heroes Journey</b> You are the hero of your own life, tell the story.
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<b>Repetition Tracking Sheet</b>
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Use this form to track your physical honors requirements. You can find more copies at the front desk or online at our Member Resource Section of our website

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56
57	58	59	60	61	62	63

64	65	66	67	68	69	70
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**NOTES:**

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