



	<h1>RED/BLACK BELT</h1> <h2>1ST KUP</h2>	
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11/30/2022

### MENTAL DEVELOPMENT

CONCEPT	TO DO's
<h2>INTEGRITY</h2>	<p><b>DISCUSS W/ BLACK BELT INSTRUCTOR:</b></p> <ol style="list-style-type: none"> <li>The concept of INTEGRITY</li> </ol> <p><b>WRITTEN PAPER:</b> How has your journey through Omega Martial Arts become "A Way of Life"? What does having Integrity in martial arts &amp; in your personal life look like? What examples of Integrity have you witnessed &amp; what did you learn from them? How do feel when you are Honest with yourself &amp; others?</p>

### PHYSICAL REQUIREMENTS

**TIME AT RANK: 6 MONTHS**

SPECIALTY KICKS	FORMS
<p><b>360 KICKS: BACK TURNING</b></p> <ol style="list-style-type: none"> <li>Snap Kick</li> <li>Roundhouse</li> <li>Side Kick</li> <li>Push Kick</li> <li>Inside Crescent Block</li> <li>Inside Crescent Kick</li> <li>Inside Axe Kick</li> </ol>	<p><b>PALGUE 7</b> <b>BASSAI:</b> (COBRA)</p> <p><b>REVIEW STRIPE:</b> BASIC 1, PYONG 1 - 5, TAEGEUK 5 - 8, &amp; TOKUMINE BO</p>

COMBINATIONS	SPARRING
<p><b>CREATE 2 SPARRING COMBOS:</b></p> <ol style="list-style-type: none"> <li>Offense Combination (Display Proper Flow &amp; MUST Score)</li> <li>Defense Combination (Must Defend Against Offense Combo)</li> </ol>	<p><b>REQUIREMENTS:</b></p> <ol style="list-style-type: none"> <li>1 ON 1 - Advanced Level vs. Black Belt Score w/ Offensive Combo &amp; Defend w/ Defensive Combo</li> <li>Match Time: 2 Minutes</li> <li>Bag Work: 2 Minutes</li> </ol>

SELF DEFENSE	
<p><b>JIU JITSU SELF DEFENSE:</b></p> <p><b>GROUND ATTACK:</b></p> <ol style="list-style-type: none"> <li>Front Choke (2 Hands) (Inside Guard Position)</li> </ol> <p><b>1 STEP SELF DEFENSE ATTACKS:</b></p> <ol style="list-style-type: none"> <li>Right or Left High Punch</li> </ol> <p><b>KNIFE SELF DEFENSE ATTACK:</b></p> <ol style="list-style-type: none"> <li>Reverse Slash (Hidden Knife)</li> </ol> <p><b>ATTACK W/ INTENT DRILL:</b></p> <ol style="list-style-type: none"> <li>1 ATTACKER (Grab or Punch)</li> </ol>	<p><b>TRANSITION DRILL</b></p> <ol style="list-style-type: none"> <li>Defense Motions: Full Guard to Half Guard</li> <li>Offense Motions: Side Mount - Full Mount - Other Side Mount</li> <li>Scarf Pins (x 3): Leg Arm Bar - Body Press (Arm In) - Body Press (Arm Out)</li> </ol> <p><b>GROUND ESCAPE:</b></p> <ol style="list-style-type: none"> <li>Grab Hands, Hips Up, Drop Hips &amp; Drop Arms Down on Attacker's Arms, Turn Hips to One Side, Lower Foot Kicks Knee Out, &amp; Upper Foot Kicks Face, Get Out</li> </ol> <p><b>DEFENSE:</b></p> <ol style="list-style-type: none"> <li>Open Block - Open Counters (Show Strikes, Breaks/Locks, &amp; Take Downs - 45 sec)</li> </ol> <p><b>DEFENSE:</b></p> <ol style="list-style-type: none"> <li>Step In Left &amp; Double Forearm Block (Palms Facing In), Grab Wrist, Knife Hand at Top of Arm, Circle Step, Take To Ground, Left Knee on Tricep Control Motion</li> </ol> <p><b>DEFENSE:</b></p> <ol style="list-style-type: none"> <li>Roll Out, Close the Gap, Escapes, &amp; Street Counters (30 Seconds) (Use Proper Targeting, Be Intense, &amp; Leave Attacker Unable to Come After You)</li> </ol>



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WEAPONS	
<b>SAI &amp; TONFA:</b>	All Basic Blocks, Strikes, & Figure 8's (Forward & Backward)
<b>ADVANCED MANIPULATIONS:</b>	<b>Double Sais &amp; Tonfas</b> - Double Downward Figure 8 - Same Direction Spins (Thigh Only) - Opposite Direction Spins (Thigh Only)
<b>1 STEP DRILLS:</b>	
<b>ATTACKS:</b>	<b>DEFENSE:</b>
1. Tonfa Attack: Overhead Butt-End Strike	1. Sai Defense: Step Back, X - Block Up, Clear Towards Right or Left, & Open Counters
2. Sai Attack: Step Forward, Right High Poke & Left Reverse Hand Poke	2. Tonfa Defense: Step Back Right, Left Hand Flip Out Block, & Right Hand Reverse Down Block, Open Counters
<b>DUO DRILL:</b>	<b>2 X THROUGH - BOTH PARTNERS DO BOTH WEAPONS</b>
1. Sai Attacks:	1. Front Stance, Punch, Step, Front Stance, Poke, Step, L - Stance, Side Punch
2. Tonfa Defenses:	2. Step Back Right, Left High Block, Step Back Left, Right Down Block, Step Back Right, L - Stance, Left Outside Forearm Block
1. Tonfa Attacks:	1. Right Front Stance, High Poke, Left Front Stance, Left Middle Punch, Right Front Stance, Roll Around Hand, Butt - End Strike, Roll Back In
2. Sai Defenses:	2. Back Right, Left High Block, Back Left, L - Stance, Right Inside Forearm Block, Back Right, Front Stance, Flip Out Block & Trap Handle, Roll In
<b>SPECIALTY WEAPON:</b>	1 STEP ATTACKS & DEFENSES - Create 2

JUDO	ORIGINAL
<b>THROWS:</b>	<b>INFORMATIONAL DEMO:</b>
1. Shoulder Throw	1. Choose an area that interests you within the Omega Martial Arts System.
	2. Do personal research & find resources, outside of Omega, to further your knowledge & understanding in this area.
	3. Present your research in an Informative &/or Entertaining Demonstration.
	4. Music & Props are allowed to enhance your Demo. (3 - 5 min)

OVERALL REVIEW	
1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS:	1st KUP
*PLUS:	12th - 2nd KUP FORMS
2. REVIEW MENTAL DEVELOPMENT CONCEPT:	8th - 2nd KUP SELF DEFENSE & ALL JUDO
3. COMPLETE CORE CONCEPTS WORKSHEET:	INTEGRITY
4. TEACHING REQUIREMENT:	1st KUP
5. BOARD BREAK:	1 CLASS PER WEEK
	INSTRUCTOR'S CHOICE

## FORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING AT LEAST ONE WEEK PRIOR TO TEST DATE	
1. SIGNED UP FOR:	<b>FORMAL TEST</b>
2. EARNED:	<b>9 PROGRESS STRIPES</b>
3. TURNED IN:	<b>WRITTEN PAPER</b>
	<b>ATTITUDE &amp; GRADE VERIFICATION (Under 18 years ONLY)</b>
	<b>TEST FEE: \$55</b>