

Orange Belt Requirements

Current Rank - Purple

Sensei Theiss

Blocks:

1. Wedging Block
2. Separating Block
3. Twin Forearm
4. Double Forearm

Workbook

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Training Tools

- 2 Blockers
2 Blockers
Blocker
Blocker

Kicks:

1. Jump Over the Creek Roundhouse
2. Thrust Front Leg / Side / Turning Side
3. Back Kick / Step Behind / Turning
4. Jump Switch Snap

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- Large Body Shield
Large Body Shield
Large Body Shield
Mitts

Strike:

1. Thumb Knuckle
2. Roundhouse
3. Spear Hand - H/M/L
4. Palm Heel - H/M/L

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- Mitts / Focus Pad
Mitts / Focus Pad
Mitts / Focus Pad
Mitts / Focus Pad

Stances:

1. Sumo
2. Hook Stance
3. Twisted
4. Crossed

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- Workbook
Workbook
Workbook
Workbook

Formal Aspects:

1. History - Karate

Kata:

1. Heian Shodan
2. Heian Niddan

Falls:

1. Twist Fall
2. Front Fall

Self Defense:

See Back

One Steps:

See Back



Merit Badge - Self Defense: Students are required to demonstrate a minimum of 25 self-defense techniques. The techniques should include both release and control techniques.

Suggested Tools

Karate Workbook
Blocker
Large Body Shield
Focus Pad
Sparring Gear
Head Gear with Face Mask required
Double Focus Pad
Weapon of the Semester
Class Website
Mitts

Contact Information

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Self Defense:

13. **Step Over / Cross Grip:** 2 Finger hand lock - up Trap their hand / Roundhouse kick to their kidney / Snap kick to their groin / Take your free hand and peel off the pinky finger and apply backward pressure until the ring finger releases from the hold / bring the ring finger into the hold with the pinky finger, now you have more leverage / continue applying pressure until the entire hand releases the hold / bring the entire hand up into the air and apply pressure until their heels come off the ground.
14. **Unhook / Back Bear Hug w/Arms Free:** Hook arm behind elbow / Other hand push horizontally on attacker's hand and place into ball of wrist lock / Hammer fist to elbow / Elbow to ear / Hammer fist to back of neck.
15. **Slam to Ground / Single Hand Grab:** Wax on and grab / Upper cut to chin / Stomp on attacker's right shoelaces / Raise arms up and wrap other hand around bicep and backward Bicep Take Down / Side kick to face.
16. **Extend / Single Hand Lapel Grab:** Double Knife Hand Strike on Attacker's Forearm and grab / Pivot to be perpendicular to Attacker's Body / Other hand across Knife Hand Strike to the back of Attacker's Neck grab neck and push down / Pull Attacker's Arm up behind their back while keeping it in line with their body / Push up on arm until Submission or Arm Breaks.
17. **Mind's Eye/ Front Bear Hug w/ Arms Free:** Double hammer fist to sides / Double palm heel to ears / Thumbs into chin pressure point with fingers in attackers eyes / Push away from you until attacker falls backwards / Punch to face.
18. **Yakity Yak / Front Headlock on Attacker's Right Side:** Turn head into attacker's stomach to create an airspace / Left hand two punches to attacker's middle back / Left arm pull back on attacker's forehead / Right arm reach up and seal the arteries on both sides of the neck / When headlock is released, stand and knife hand strike to neck with right hand.

One Steps:

7. **Laid Low - Leopard Strike to Solar Plex:** Step off center line and Palm block / Grab hand and place on hip with palm out / Turn back to back / Elbow strike to back of head / Ridge hand strike to throat / Takedown / Kneel and Leopard strike to face.
8. **Waist / Double Hammer fist to Head:** Separating Block / Grab inside of elbows / Knee Kick to groin / Head butt to face, right hand grasp shift to outside of elbow / Right foot steps across attacker's feet and place your bottom against their hip / Continue the wheel turning motion and complete the Bent Arm Takedown / Side kick to face.
9. **Always Elbows – Palm Heel Strike to Face:** Forward Stance and high palm block / Front elbow strike to face / Grab neck and step back spinning attacker / Knee strike to face / Elbow strike to back of neck.
10. **Yappy – Spear Hand Strike to Face:** Step to the outside of the attacker and Grasping Block with left hand / Right Hand Arc hand strike to the throat and grab, step with left foot putting your body perpendicular to your attacker / Left hand strikes attacker in the middle of the spine with a fist or middle knuckle and at the same time push the attacker's throat (for safety in practice move your hand to their chest) back toward the ground / Side snap kick to their head.
11. **Saber – Middle Punch:** Step out with right leg slightly to the side into an X-Stance / Palm block with left hand and grab attacker's wrist / Upper cut to attacker's chin with right hand / Step out with left foot to face the side of your attacker / Pull back on attacker's arm and kick out attacker's right leg at the calf muscle with your left leg / Kneel and punch to attacker's head.
12. **Lasso – Hammer Fist to Head:** Rising Block with same arm as attack and grab / Upset Punch X2 / Other arm come up under their bicep and wrap around their arm, grabbing their forearm / Pull arm to the side while applying pressure upward with your other elbow / If you continue the pressure the elbow will break or hyper extend the shoulder joint.