

# Red Belt Requirements

Current Rank - Orange

## Sensei Theiss

### Blocks:

1. Upper Arm Block
2. U - Block / L - Block
3. Backhand
4. Ball of Wrist / Palm Pressing

### Workbook

- Page 46 #36  
Page 43 #23 / #22  
Page 41 #13  
Page 45 #30 / #31

### Training Tools

Blocker  
Blocker / Staff  
Blocker  
2 Blockers

### Kicks:

1. Tail of the Dragon
4. Jump Roundhouse
5. Donkey Kick
6. Stomp Kick

- Page 73 #21  
  
Page 73 #23  
Page 69 #8

Blocker  
Large Body Shield  
Focus Pad  
Focus Pad

### Strikes:

1. Ball of Wrist (H,M,L)
2. Knife Hand to Temple/T/Across
3. Arc Hand to Throat
4. Ox Jaw to Collar Bone

- Page 60 #34, 36, 35  
Page 61 #39 / #40 / #38  
Page 57 #23  
Page 62 #42

Focus Pad or Mitts  
Focus Pad or Mitts  
Mitts  
Focus Pad or Mitts

### Stances:

1. X-Stance
2. Open Toe
3. Wide Open Toe
4. Crane

- Page 32 #26  
Page 26 #4  
Page 27 #5  
Page 31 #23

Workbook  
Workbook  
Workbook  
Workbook

### Formal Aspects:

1. Stretching

### Self Defense:

See Back

### One Steps:

See Back

### Kata:

1. Heian Sandan
2. Heian Yondan

### Pressure Point and Nerve Control



**Merit Badges - One Steps, Foot Sweeps and Falling :**  
See Merit Badge Handout for details and requirements.

### Suggested Tools

Karate Workbook  
Blocker  
Large Body Shield  
Focus Pad  
Sparring Gear - Required  
Double Focus Pad  
Weapon of the Semester  
Mitts  
Class Website  
Go to a Black/Brown Belt Testing to observe.

### Contact Information

ACTIVSTARS Main Office Phone: 816-994-2644  
ACTIVSTARS Website: <http://www.mw.activstars.com>  
Sensei's Website: [www.senseitheiss.com](http://www.senseitheiss.com)  
Sensei's E-mail: [markt.activstars@gmail.com](mailto:markt.activstars@gmail.com)  
[jont.activstars@gmail.com](mailto:jont.activstars@gmail.com)  
[zact.activstars@gmail.com](mailto:zact.activstars@gmail.com)  
[heathert.activstars@gmail.com](mailto:heathert.activstars@gmail.com)



## Self Defense:

19. **Kapow / Full Nelson:** Place hands into S-hook and place in front of your forehead to keep the pressure from getting too great on your neck / Stomp on foot instep / Reach behind and peel off 1 finger / Apply finger lock pressure until hold is released / Bring finger lock around and place other hand under elbow / Roundhouse knee into attacker's groin / Break finger / Palm heel to face.
20. **Avalanche / Back Choke:** Reach back with left and grab attacker's right pinky finger / Pull up and twist toward your neck until hold is released / Continue to twist until hold is secure and raise your hand into the air and bring the attacker's heels off the floor / Twist your body under your arm and behind the attacker / bring the arm down and into an arm lock / Kick out knee / Break arm with sideways motion / Grab attacker's shoulders and pull onto their back / Side kick to face.
21. **RIP/ Single Hand Grab:** Wax on and grab back / Ridge hand strike to throat / Knife hand to neck / Ox jaw strike to nose / Leopard strike to throat.
22. **Arm Weave / Front Choke:** Arm weaves over and under attacker's arms / Place hand behind elbow and push attacker up away / Left elbow strike to face / Right roundhouse punch to face / Left uppercut / Knee kick to face / Dropping elbow to back of head.
23. **Twist Wrist / Cross Grip:** Wax off and grab attacker's hand / Upset punch to attacker's kidney / Place free hand on attacker's hand and step around back and under arm with attackers palm up / twist wrist up and behind attackers back / Kick out knee / Pull up on held arm and break / Knife hand to head.
24. **Elbows / Back Bear Hug:** Go into low riding stance / Two elbows to both sides of thigh / Turn clockwise / Two elbows to face / Sweep the leg / Punch to face.

## One Steps:

13. **Inert –Knife Hand Strike to Temple:** 5 Swords Double Knife hand block above and below the elbow / Right hand Across Knife strike to attacker's neck / High spear hand strike to eyes with left hand / Middle punch to attacker's stomach with right hand / Attacker punches with left hand / Side block with right hand / Knife hand strike to left side of neck / Push attacker's head down with left hand and knife hand strike to back of neck with right hand.
14. **Salvo – Spear Hand Strike to Stomach:** Step back, Grasping Block with left hand / Upset punch / Upward knife hand strike to inside of elbow / Bend around behind attacker's back and place in arm lock / Kick out knee / Knife hand strike to collar bone / Pull on shoulders backwards onto mat / Spear hand to face.
15. **Tango – Ridge Hand Strike to head from Behind:** Pivot to face attacker / Outer Forearm block with Left Hand and upset punch with other hand / Wrap left arm about attacker's waist and pull hips toward you / Other hand open claw attack into eyes and Push Head Backwards by chin / Release both hands and double palm strike to attacker's sternum.
16. **Evict – Front Snap Kick to Groin:** Step into attacker and low open X-Hand Block / grab leg and step back while pulling Attacker forward / Twist foot to make attacker turn their body, placing their back to you / Drive them forward and lift upward on their leg, forcing them to fall / Step over their body and sit on their back while bending their leg backward and twist their foot until submission.
17. **Negate – Leopard Stike to Face:** Step off center line and Palm Block with left hand and grab / 2 Upset Punches to stomach / Throw over hip / Hammer Fist to face.
18. **Tame – Double Knife Hand Strike:** Separating Block / Double Back Fist to Chest / Upper Cut to Chin / Spinning Back Kick to Stomach.