



Blue

Bill Adams Martial Arts and Fitness Center

Class Curriculum

By Jonathan Ertel

Blue Belt – Purple Belt

Self-Defense

- **Front Push** - step back quarter turn clear → hammer fist to temple → punch underneath to ribs → grab both hands → left leg knee kick set → right hand elbow down and kiai → fighting guard
- **Hammer Fist** – chinto block up → circle around punch to ribs → arm bar going up → slide under and chinto throw → retreat into fighting guard
- **Double Punch** – right foot forward → right hand punches → right hand perry's in → left hand punches → left hand blocks out → shuto chop to the neck → punch underneath → rotary throw → finish with punch and kiai → fighting guard

Kata —

Tokimine
Hian Yodan

(student must have mastered all prior katas before testing)

3 Sparring Combinations

1. Back fist, punch (to head) → front kick underneath
2. Back fist low, back fist high → side kick underneath
3. Rear hand comes up to head (fake), punch down → nose bop to head (like Sanchin Kata)

Stances

Japanese back stance

Drills down the floor using stance

- Transition from Zenkutsu Dachi to Back Stance to Zenkutsu Dachi, etc.
- Back Stance to Back Stance