

WHITE BELT SYLLABUS



Basic Movements:

	Section Page
1. Attention Stance.....	1.1
2. Ready Stance.....	1.1
3. Front Fighting Stance.....	1.1
4. Switch Stance.....	1.2
5. Two Step Turn.....	1.2
6. High Outward Block.....	1.3
7. Middle Inward Block.....	1.4
8. Leading Hand Inward Punch.....	1.5
9. Rear Hand Inward Punch.....	1.5
10. Leading Hand Palm Inward Strike.....	1.6
11. Rear Hand Palm Inward Strike.....	1.6
12. Leading Leg Front Kick.....	1.7
13. Rear Leg Front Kick.....	1.7
14. White Belt Pattern 'A' and Combination.....	1.8
15. White Belt Pattern 'B' and Combination.....	1.9

In Class Applications:

A. Attack Drill.....	1.10
B. Close Range Attacks - Introduction.....	1.11
Close Range Attacks 1 & 2.....	1.12
Close Range Attacks 3 & 4.....	1.13
C. Focus Mitt Sparring Drill Number 1.....	1.14
D. Shield Sparring Drill Number 1.....	1.15
E. Grading Requirements.....	1.17

WHITE BELT

Basic Movements:

1. Attention Stance

This is part of the class formality where the student shows respect to the instructor and his or her fellow students.

When the Attention Instruction is called;

- ✦ Bring your feet together with your hands by your side.
- ✦ Keeping your back straight, bow forwards for a few moments.
- ✦ Then return to the starting position.



2. Ready Stance

This is the start point for all of the Dynamic Self Defence stances.

- ✦ Position your feet approximately shoulder width apart with your toes pointing forwards, ensuring that your knees are slightly bent.
- ✦ Relax your hands by your side.



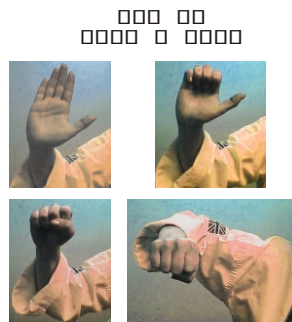
3. Front Fighting Stance

- ✦ From the Ready Stance position, step forwards by one natural pace. (To move into a Right Front Stance step forwards with the right foot or to move into a Left Front stance step forwards with the Left foot!)
- ✦ Now pivot on the balls of your feet to angle your toes by approximately 45 degrees away from the attacker whilst allowing your knees to bend slightly thus creating a comfortable and stable defence posture.



i To complete this stance we must now form a Defensive Guard.

- ✦ This is done by positioning the 'Leading' hand (e.g. Right hand if you have stepped forwards with your Right foot) pointing towards the attackers face with the bottom of your fist facing downwards and your elbow relaxed close to your hip.
- ✦ Finally, the 'Rear' hand is positioned with the palm of your clenched fist facing towards your face roughly in line with your chin in order to protect from other impending attacks.



WHITE BELT



4. Switch Stance

Within the foundations of Dynamic Self Defence, key emphasis on speed and agility skills are repeatedly instilled in order that students can move quickly into and around an attacker. To this end, students are taught to change stances quickly. The DSD method is quite simple, from your front stance, exchange your legs by sliding one forward and one backward whilst simultaneously landing in a controlled and balanced posture.

Students must practice keeping the correct position and distance of their feet when stepping into the various stances so that it becomes natural.

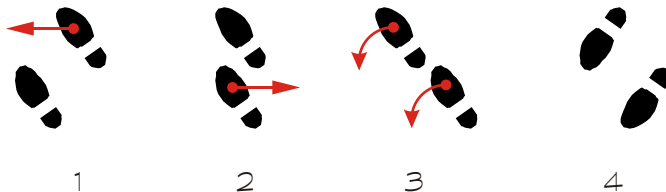
At more senior levels this stance can be integrated into faking techniques or used to gain ground over an attacker.

5. Two Step Turn

i In order to counter impending attacks from behind, students are taught to turn and face the opposite direction whilst retaining a balanced stance.

From front stance (in this example right front stance),

- ✦ Move your leading leg (right leg) across to the left until it is in line with your rear leg (left leg)
- ✦ Then move your rear leg across until it is in line to where the right leg started.
- ✦ Finally, pivot on the balls of your feet to face in the opposite direction.



WHITE BELT

6. High Outward Block

Starting from front stance...

- ✦ Push off with the leading leg so that your front heel is lifted off the ground.
- ✦ At the same time shift your weight over towards the rear leg whilst retaining your leading arm in the original guard position.
- ✦ As the impending punch approaches towards you, move your leading arm diagonally upwards then outwards in a large circular movement that deflects the punch away.
- ✦ Contact is made using the back of the forearm with the side of your fist pointing towards the attacker.
- ✦ Continue to follow through the block in a circular motion taking the deflection past



1



2



3



4
(Contact)



5



6



7



8

WHITE BELT



7. Middle Inward Block

Starting from front stance....

- ✦ Push off with the leading leg so that your front heel is lifted off the ground.
- ✦ At the same time shift your weight over towards the rear leg whilst retaining your leading arm in the original defensive guard position (Pre-stretch).
- ✦ As the impending punch approaches towards your Solar Plexus (Mid section of the body), allow your leading arm to accelerate towards the attackers arm in a circular movement keeping your elbow facing downwards.
- ✦ Contact is made using the inside of the forearm, deflecting the attackers arm away.
- ✦ Continue to follow through the block in a circular motion taking the deflection past your body then finally relaxing your arm back into the original defensive guard position.



1

2

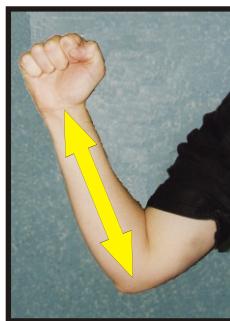
3

4

(Contact)

5

6



WHITE BELT

8. Leading Hand Inward Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst retaining your leading arm so that your chest has opened (Pre-Stretch).
- ✦ Release your leading arm so that it accelerates towards the target ensuring that your elbow is raised so that at the point of contact, it is level with your shoulder.
- ✦ Contact is made using the first and second knuckles of your fist to the cheek or jaw.
- ✦ Continue to accelerate through the target until all the energy has been dissipated.
- ✦ Finally, relax your arm back into the original defensive guard



(Contact)

9. Rear Hand Inward Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square on to the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm and allow your fist to accelerate towards the target.
- ✦ Ensure that your elbow is raised so that at the point of contact, it is level with your shoulder.
- ✦ Contact as with the leading hand punch, is made using the first and second knuckles of your fist to the attackers cheek or jaw.
- ✦ Continue to accelerate through the target until all the energy has been dissipated.
- ✦ Finally, relax your arm back into the original defensive guard position.



WHITE BELT

10. Leading Hand Palm Inward Strike

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst retaining your leading arm so that your chest has opened (Pre-stretch).
- ✦ Release your leading arm so that it accelerates towards the target ensuring that your elbow is lower than your hand.
- ✦ Contact is made using the palm of your hand (with your fingers curled slightly inwards) to the attackers chin, nose etc.
- ✦ Continue to accelerate through the target until all the energy of the strike has been dissipated.
- ✦ Finally, relax your arm back into the original defensive guard position.

11. Rear Hand Palm Inward Strike

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square onto the attacker and your chest has opened.
- ✦ At the optimum point (Pre-stretch), release your rear arm and allow your palm to accelerate towards the target ensuring that your elbow is lower than your hand.
- ✦ Contact is made using the palm of your hand (with your fingers curled slightly inwards) to the attackers chin, nose etc.
- ✦ Continue to accelerate through the target until all the energy of the strike has been dissipated.



WHITE BELT

12. Leading Leg Front Kick

i Note: This kick is intended for use when the attacker is in a close proximity.

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard position, rotate your hip backwards allowing your front foot to lag behind momentarily (Pre-stretch).
- ✦ Tuck the heel in towards the back of your thigh (referred to as the 'chamber' position). You will notice that your foot will want to spring out.
- ✦ Allow it to do so whilst pushing your hips forward and simultaneously pushing off your supporting leg so that the heel is lifted off the ground.
- ✦ As your foot accelerates forwards towards the target keep your knee slightly higher than your waist height, this will ensure that the energy that has been generated is directed through the target.
- ✦ At the point of contact (prime targets being below waist height - knees, groin etc), continue to kick forwards through the target to dissipate the energy of the kick.
- ✦ Recoil your leg upwards and backwards from the target.



5



4
(Contact)



3



2



1

13. Rear Leg Front Kick

i Note: This kick is intended for use when the attacker is some distance from you

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard position, push off with your rear foot and rotate your hip forwards until the heel lifts off the floor (Pre-stretch), then tuck it in towards the back of your thigh (Chamber).
- ✦ As your foot accelerates forwards towards the target keep your knee slightly higher than your waist height as this will ensure that the energy that has been generated is directed through the target.
- ✦ At the point of contact (prime targets being below waist height - knees, groin etc), continue to kick forwards through the target to dissipate the energy of the kick.
- ✦ Recoil your leg upwards and backwards from the target.
- ✦ Finally control your leg down and step forward into a stable front stance assuming the correct defensive posture.

WHITE BELT

Patterns:

Each belt level syllabus contains a series of techniques that must be performed in each of the four directions both clockwise and anti-clockwise. These 'sequences' of movements are known as 'Patterns'. The final series of techniques in each pattern are referred to as the 'Combination'.

The purpose of learning patterns are threefold. (i) to improve balance and co-ordination (ii) to obtain fluidity when demonstrating each techniques (thus making it natural) and (iii) to increase the speed and reaction during a potential confrontation.

i All Kicks should be performed below waist level and all Punches should be performed to your own head level unless otherwise stated.

14. White Belt Pattern - Pattern 'A'

Start from the ready stance...

- ✦ Step back with your Left foot to take you into Right Front stance.
- ✦ Shifting your weight over, perform a closed hand High Outward Block with your Right Hand (with a simultaneous short, sharp assertive yell).
- ✦ Shifting your weight forwards perform a Rear Hand Inward Punch (Left hand).
- ✦ Stepping back with your Left foot whilst turning 90 degrees to the Left into Right front stance.
- ✦ Leading hand high outward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into right front stance.
- ✦ Leading hand high outward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into right front stance (final side).

Combi Leading hand high outward block followed by a rear inward punch then leading inward punch with an assertive yell to symbolize that you have now completed the first side.

- ✦ Bring your feet together back into ready stance.
- ✦ Step back with your Right foot to take you into Left Front stance.
- ✦ Shifting your weight over perform a closed hand High Outward Block with your Left Hand (with a simultaneous short, sharp assertive yell).
- ✦ Shifting your weight forwards perform a Rear Hand Inward Punch (Right hand).
- ✦ Stepping back with your Right foot whilst turning 90 degrees to the Right into Left front stance.
- ✦ Leading hand high outward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into left front stance.
- ✦ Leading hand high outward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into left front stance (final side).

Combi Leading hand high outward block followed by a rear inward punch then leading inward punch with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.

WHITE BELT



15. White Belt Pattern - Pattern 'B'

Start from ready stance...

- ✦ Step back with your Left foot to take you into Right Front stance.
- ✦ Shifting your weight over perform a closed hand Middle Inward Block with your Right Hand (with a simultaneous short, sharp assertive yell).
- ✦ Shifting your weight forwards perform a Rear Hand Inward Punch (Left hand).
- ✦ Stepping back with your Left foot whilst turning 90 degrees to the Left into Right front stance.
- ✦ Leading hand middle inward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into right front stance.
- ✦ Leading hand middle inward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into right front stance (final side).

Combi

Leading hand middle inward block followed by a rear inward punch then leading inward punch with an assertive yell to symbolize that you have now completed the first side.

- ✦ Bring your feet together back into ready stance.

- ✦ Step back with your Right foot to take you into Left Front stance.
- ✦ Shifting your weight over perform a closed hand Middle Inward Block with your Left Hand (with a simultaneous short, sharp assertive yell).
- ✦ Shifting your weight forwards perform a Rear Hand Inward Punch (Right hand).
- ✦ Stepping back with your Right foot whilst turning 90 degrees to the Right into Left front stance.
- ✦ Leading hand middle inward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into left front stance.
- ✦ Leading hand middle inward block followed by a rear inward punch.
- ✦ Turn 90 degrees and step back into left front stance (final side).

Combi

Leading hand middle inward block followed by a rear inward punch then leading inward punch with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.



WHITE BELT



A. Attack Drills: ⚠️ Hand Safety Must Be Worn During This Drill

Attack Drill (Standard)

The purpose of this exercise is to develop the student's ability to:

- (i) Move forwards and backwards whilst in a front stance.
- (ii) Learn to strike at particular areas of the attacker.
- (iii) Start to apply different movements in a steady and continuous fluid motion.

* THIS IS A NO CONTACT EXERCISE *

Begin in right front stance opposite your sparring partner. The 'Attacker' advances towards the 'Defender' in a straight line whilst constantly demonstrating all the relevant punches and kicks of his / her belt level. The defender moves backwards blocking the attacks in the air but without making contact. Both partners must be aware of their surroundings to prevent backing into objects or other people, furthermore, the distance between the attacker and defender must be maintained to prevent the defender from running away or the attacker getting too close and making contact.

The main emphasis of this exercise is to develop speed and reaction skills as well as improve the students natural balance and co-ordination. In addition, students learn to move forwards and backwards in a straight line whilst maintaining the width of their stances and gaining confidence at looking forwards towards the attacker.

This exercise is applied at every belt level in order to practise new techniques

Attack Drill (Exchange)

A variation of the above exercise can be applied by setting pre-determined distances where the students exchange over from attacker to defender. This distance can be reduced down to a point where the students apply 4-5 movements followed by an assertive yell and the partner immediately counters with 4-5 movements and so forth.

This exercise develops speed, reaction and co-ordination skills as well as teaching



WHITE BELT



B. Close Range Attacks:

Introduction

These are simple means of escape should an attacker attempt to grab or drag you by the wrist. Before attempting an escape, always apply sufficient "pre-release" techniques (kicks, punches or strikes) that divert the attackers attention away, so that their grip will relax and loosen. At the same time assertive shouts and yells should be used to disorientate the attacker, attract attention to your plight, and bolster your own resolve to escape (get adrenaline flowing). In some instances, the power of the voice may be sufficient to diffuse a hostile situation. After effecting release, follow up techniques should always be employed to ensure a safe getaway. If at any time whilst conducting these drills you are being pulled by the attacker, it may not be possible to use kicks as it may compromise your balance. Instead, go with the direction of the attackers pull in order to use close range techniques (Head butts, elbow strikes etc)..

 In each of the following close range techniques (from White Belt to Blue Belt) the photograph illustrates the starting position.

SAFETY POINT

STUDENTS MUST OBSERVE COMPLETE CONTROL AT ALL TIMES IN THE CLASS TO AVOID INJURY. THEREFORE NO CONTACT IS TO BE MADE WITH YOUR PARTNER WHEN DEMONSTRATING THE PRE-

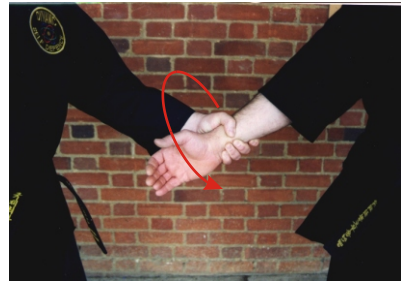


WHITE BELT

Close Range Attack Number 1 (Outside Wrist Grab)

If an attacker grabs your right wrist with their left hand you should...

1. Perform a series of pre-release techniques. (Pre-emptive strikes to face / kicks to knee etc to distract the attackers attention).
2. As the attackers grip loosens, step back into right front stance shifting your body weight over [and rotating hips inward] and to the rear.
3. Rotate your wrist inwards by pointing your thumb towards your chest, then simply rotate your arm so that your elbow points towards the attackers face. This will enable your wrist to break free from the weakest part of the attackers grip (the open part between their fingers and thumb).
4. Follow up with as many finishing off techniques to effect your escape.

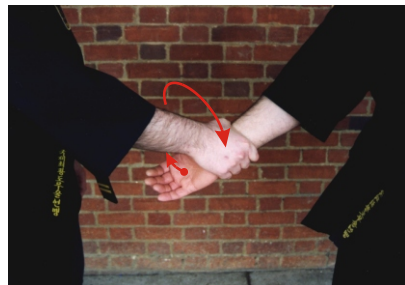


Alternate the above when attacked from the other side.

Close Range Attack Number 2 (Inside Wrist Grab)

If an attacker grabs your right wrist with their right hand you should...

1. Perform a series of pre-release techniques.
2. As the attackers grip loosens, step back into right front stance shifting your body weight over [and rotating your hips inwards] and to the rear.
3. Rotate your wrist inwards by pointing your thumb towards your chest, this time, however, ensure that your wrist comes over the top of the attackers as you point your elbow towards the attackers face. This should effectively allow your hand to lever against your attackers thumb which will not be strong enough to resist the rotation.
4. Follow up with as many finishing off techniques to effect your escape.



Alternate the above when attacked from the other side.

WHITE BELT

Close Range Attack Number 3 (Wrist Grab - Both Hands)

If an attacker grabs both of your wrists with their hands you should...

1. Step forwards into a front stance (for stability).
2. Perform a series of pre-release techniques. (Front kick to the knee or groin if the attacker is stationary or a Head Butt if the attacker attempts to pull you forwards).
3. Bring your hands close together whilst moving them towards the attackers stomach then up and away towards your body (to allow your wrists to release from the weakest part of the grip).
4. Once your hands are free, follow up with as many



Close Range Attack Number 4 (Double Wrist Grab - One Hand)

If an attacker grabs your right wrist with both of their hands you cannot rotate your wrists out of trouble as defined in the techniques above, as rotating out of one hand simply rotates you into the other. Therefore you should...

1. Perform a series of pre-release techniques.
2. As the attackers grip loosens, step back into right front stance to stabilise yourself and then shift your body weight straight back and to the rear.
3. Wrench your wrist upwards and backwards so that it passes your right ear (to avoid punching yourself in the face!). You may be able to use your elbow to strike the attackers face as you release your hand.
4. Follow up with as many finishing off techniques to effect your escape.



WHITE BELT

C. Focus Mitt Sparring:

Introduction

Focus mitt drills provide a useful training tool to promote accuracy, speed and focus of punching, striking and kicking techniques. To ensure proper use and safety the following points should be noted. The mitts are usually left and right handed and should be worn on the correct hand. The safety strap, if present, should be fastened. The mitts should be held in the correct position for the techniques and drills being practised. In general ensure the mitts are placed away from your face for high techniques and away from your body for low techniques and kicks. The mitts should not be held too rigidly, or held in such a way that the arms are locked. This is to reduce the possibility of wrist injuries for both the mitt holder and the

The basic holder stance for single punching / kicking techniques is front stance with the target mitt held on the rear hand, i.e. opposite stance to the puncher / kicker. This can help prevent injuries to the holders shoulder.



Inward Punch - Leading and Rear

The mitt face should be presented vertical and turned inwards about 45 degrees level with the punchers face, the leading edge of the mitt in line with the punchers nose.

As a White belt, this drill is practised initially stationary using single punches only (until your wrists have grown accustomed to the punch). Focus should be centred on the correct use of the fist (first two knuckles) and that the wrist is kept level and straight with the forearm to reduce injury.



Outward Block and Inward Block

The mitt holder uses the inside of the mitt to slowly attack the defenders head to enable the defender to practice their Outward Block. For Inward Blocks the holder

Front Kick - Leading and Rear

For right leg kicks, the right mitt should be held to the right side of the holder. The mitt face should be pointing slightly down towards the ground and held at the attackers groin level. [The height can be adjusted for less flexible students.]



To provide extra support the holder can place the free hand behind the mitt.



WHITE BELT

Double Punches

The holder presents both mitts vertical and turned inwards about 45 degrees in line with the punchers face level. The inside edges of both mitts should be almost touching and in line with the punchers nose. To ensure safety the mitts should be held well in front of the holder.



Focus Mitt Drill 1

The holder presents different targets, single / double punches, kicks and blocks. In between presentations, the holder should return to the neutral position [one mitt on hip, one on chest], to briefly halt the attack. Presenting the mitts in this manner develops the reflexes and target recognition. This drill is performed stationary only.

D. Shield Sparring:







Unlike focus mitts which promote speed and reaction, shield sparring develops power and distancing skills.

Correct holding and use of the shield

Emphasis on safety when holding the shield with regards to absorbing the impact of kicks & punches etc and not resist against them.

In other words the shield holder will be naturally pushed backwards by the force of the impact and not try to stand his/her ground with each impact. This will also provide a much more realistic situation by feeling the follow-through achieved onto a heavy target like the human body.



-  The shield should be held closely against the hip and shoulder (no gap between the shield and body) with the body turned sideways and safely tucked away behind the shield.
-  The head should be slightly turned and tilted away from the shield so as not to be caught by a punch or kick that comes over the top of the shield.
-  The shield holder should always be aware of their surroundings especially when retreating so that they do not bump into other students.
-  The leading leg should be turned as much away from the attacker as possible, so that if a kick misses the bottom of the shield and hits the holders leg or knee, then the leg will "give" and bend away from the impact.
-  The attacker must always concentrate on hitting the shield so that they do not miss and make contact with the shield holder. Furthermore, if facing up a partner who is smaller than you, the power of each technique must be restricted, again, to prevent injury to the shield holder.
-  When unevenly matched partners face up, students must adjust the power of each technique to avoid undue injury.

WHITE BELT



Shield Sparring Drill Number 1 (Stationary)

Begin in Right front stance opposite your sparring partner.

Initially, single shot punches and kicks are applied onto a stationary shield until the student gets a feel for performing powerful techniques.

Once the student has gained confidence, they may progress onto a combination of multiple techniques on the shield.

REACTION SHIELD DRILL (all belt levels)

This drill has been devised to develop reaction and speed skills.

Starting from front stance opposite your partner....

On the command, instantly attack the stationary shield with 4 or 5 techniques as quickly as possible. The shield holder can be close or distant from the attacker to make them attack it with different relevant techniques e.g. a close shield for elbow and knee strikes etc.



WHITE BELT GRADING REQUIREMENTS



- ▶ White Belt Patterns (A & B)
- ▶ White Belt Combinations
- ▶ Basic Techniques
- ▶ Attack Drill
- ▶ Focus Mitt Sparring
- ▶ Shield Sparring
- ▶ Power Test (Front Kick)