

RED BELT BROWN TAG SYLLABUS



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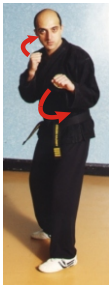
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RED BELT BROWN TAG

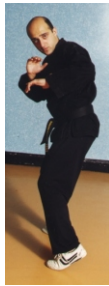
1. Face Section Reaction Block

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard, rotate your hips round towards your rear leg whilst shifting your body over.
- ✦ Simultaneously accelerate your rear hand upwards in front of your face whilst dropping your leading hand downwards so that your hand is roughly in line with the centre of your chest.
- ✦ Contact is made using a cupped hand approximately 1 hand width away from your body.
- ⚠ Ensure that your fingers are kept close together to prevent injury.
- ✦ Continue the block in a circular path in order to bring your hands back up into the



1

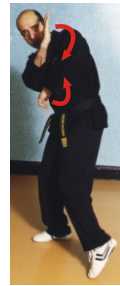


2



3

(Contact)



4

2. Reverse Knife-Hand Strike

Starting from relaxed stance....

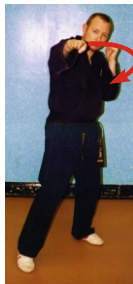
- ✦ Shifting your weight over, rotate your hip forwards and round whilst retaining your rear hand in the defensive guard position.
- ✦ At the optimum point (Pre-stretch), release your leading arm and allow it to accelerate diagonally upwards towards the target ensuring that your elbow is slightly bent to prevent hyper-extension injuries.
- ✦ Contact is made to the side of the attackers jaw, neck or throat using the fleshy area between the base of your thumb and first finger.
- ✦ Continue through the target until all the energy of the strike has been dissipated, finally relaxing your arm back in a circular movement to the defensive guard position (Recoil).



1



2



3

(Contact)

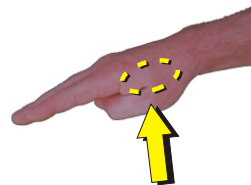


4



5

(Recoil)



RED BELT BROWN TAG

3. Leading Leg Twisting Kick

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard, shift your weight back onto your rear leg as you lower your centre of gravity by bending your rear supporting knee.
- ✦ Push off with your rear foot so that the heel is lifted off the floor as you simultaneously, accelerate your leading leg diagonally upwards in an arc from the inside to the outside of the attacker.
- ⚠ Curl your toes back to expose the striking surface and prevent injury to your foot.
- ✦ Contact is made using the ball of your foot to the attackers mid section. (More flexible students can aim for higher targets).
- ✦ Continue to kick through the target until all the energy has been dissipated, finally relaxing back down into a stable front stance (Recoil) ready to follow up with a series of counter attacks.



4. Rear Leg Twisting Kick

Starting from front stance....

- ✦ Keeping your hands up in the defensive guard, shift your weight forwards onto your leading leg as you lower your centre of gravity by bending your front supporting knee.
- ✦ Push off with your front foot so that the heel is lifted off the floor as you simultaneously, accelerate your rear leg diagonally upwards in an arc from the inside to the outside of the attacker.
- ⚠ Curl your toes back to expose the striking surface and prevent injury to your foot.
- ✦ Contact is made using the ball of foot into the attackers mid section. (More flexible students can aim for higher targets).
- ✦ Continue to kick through the target until all of the energy has been dissipated, finally relaxing your leg down into a stable front stance (Recoil) ready to follow up with a series of counter attacks.

RED BELT BROWN TAG

5. Red Belt Brown Tag Pattern

Shifting Forwards = (S/F)

Shifting Over = (S/O)

Start from ready stance...

- ✦ Step back with your Left foot to take you into Right front stance.
- ✦ Open Hand Low Block with your Right Hand (with a loud Ki-Hup).
- ✦ Rear Inward Punch (Left Hand).
- ✦ Rear Leg Reverse Swing Kick (Left Leg) stepping down into left front stance.
- ✦ Knife Hand Strike (Left Hand).
- ✦ Rear Inward Punch (Right Hand).
- ✦ Leading Round Punch (Left Hand) (Weight S/F).
- ✦ Weave (Rear to Front).
- ✦ Leading Round Punch (Left Hand) (Weight S/O).
- ✦ Turn 90 degrees to the Right.
- ✦ Open Hand Low Block, Rear Inward Punch, Rear Leg Reverse Swing Kick, Leading Knife-Hand Strike, Rear Inward Punch, Leading Round Punch (S/F), Weave, Leading Round Punch (S/O).
- ✦ Turn 90 degrees to the Right and repeat the combination.
- ✦ Turn 90 degrees to the Right (Final Side)

Combi

Open Hand Low Block, Rear Inward Punch, Rear Leg Reverse Swing Kick, Leading Hand Knife-Hand Strike, Rear Inward Punch, Leading Round Punch (S/F), Weave, Leading Round Punch (S/O), Rear Straight Elbow Strike and a Ki-Hup 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.
- ✦ Open Hand Low Block with your Left Hand (with a loud Ki-Hup).
- ✦ Rear Inward Punch (Right Hand).
- ✦ Rear Leg Reverse Swing Kick (Right Leg) stepping down into right front stance.
- ✦ Knife Hand Strike (Right Hand).
- ✦ Rear Inward Punch (Left Hand)
- ✦ Leading Round Punch (Right Hand) (Weight S/F).
- ✦ Weave (Rear to Front).
- ✦ Leading Round Punch (Right Hand) (Weight S/O).
- ✦ Turn 90 degrees to the Left.
- ✦ Open Hand Low Block, Rear Inward Punch, Rear Leg Reverse Swing Kick, Leading Hand Knife-Hand Strike, Rear Inward Punch, Leading Round Punch (S/F), Weave, Leading Round Punch (S/O).
- ✦ Turn 90 degrees to the Left and repeat the combination.
- ✦ Turn 90 degrees to the Left (Final Side).

Combi

Open Hand Low Block, Rear Inward Punch, Rear Leg Reverse Swing Kick, Leading Hand Knife-Hand Strike, Rear Inward Punch, Leading Round Punch (S/F), Weave, Leading Round Punch (S/O), Rear Straight Elbow Strike and a Ki-Hup to symbolize that you have now completed the second side.

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

RED BELT BROWN TAG

A. Speed Drills: All Speed Drills For This Level Start In Right Front Stance

Red Belt Speed Drills Number 1, 2 & 3

Red Belt Brown Tag Speed Drill Number 1

- ◇ Rear Leg Front Kick
- ◇ Leading Inward Punch
- ◇ Rear Inward Punch
- ◇ Weave (Front to Rear), Rear Inward Punch, Rear Leg (Ball of Foot) Swing Kick
Step down then turn to face back.
Repeat the combination now in your Left Front Stance then turn to revert back into Right Front Stance.

Red Belt Brown Tag Speed Drill Number 2

- ◇ Rear Leg Side Kick
- ◇ Leading Hand Knife-Hand Strike
- ◇ Rear Inward Punch
- ◇ Weave (Front to Rear), Rear Inward Punch, Rear Leg (Ball of Foot) Swing Kick
Step down then turn to face back.
Repeat the combination now in your Left Front Stance then turn to revert back into Right Front Stance.

Red Belt Brown Tag Speed Drill Number 3

- ◇ Rear Leg Swing Kick
- ◇ Leading Inward Punch
- ◇ Rear Inward Punch
- ◇ Weave (Front to Rear), Rear Inward Punch, Rear Leg (Ball of Foot) Swing Kick
Step down then turn to face back.
Repeat the combination now in your Left Front Stance then turn to revert back into Right Front Stance.

Red Belt Brown Tag Speed Drill Number 4

- ◇ Rear Leg Reverse Swing Kick
- ◇ Leading Hand Knife-Hand Strike
- ◇ Rear Inward Punch
- ◇ Weave (Front to Rear), Rear Inward Punch, Rear Leg (Ball of Foot) Swing Kick
Step down, then turn to face back.
Repeat the combination now in your Left Front Stance then turn to revert back into Right Front Stance.

B. Advanced Attack & Defence Drills:

**Hand Safety Must Be Worn
During These Drills**

All senior students are now required to participate in more advanced forms of the junior attack and defence drills in order to take their training to a higher level. Refer to the Red Belt Section (B.G) for details.

RED BELT BROWN TAG

C. Close Range Variations:

Remember that students are now expected to develop their techniques further!

Part 2: Front & Rear Body Grabs

Single Lapel Grab

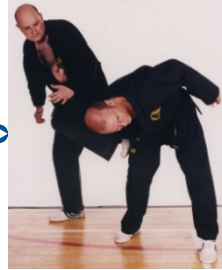
As soon as the attacker grabs on turn your body towards them whilst simultaneously striking to the back of their arm (above the elbow). Continue to move their arm round so that they are forced to turn and expose their back. Either perform a control & restraint arm lock or perform a side kick to their leg to take them off balance.



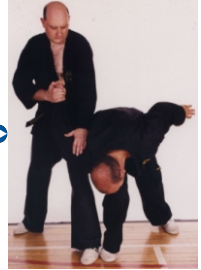
(Start Position)



(Counter)



(Disable)



(Control)

Double Lapel Grab

As the attacker grabs on immediately strike to their face or throat several times to disorientate them. Simultaneously trap the attackers hands across your body with your free hand. Perform a palm heel strike to the attackers chin whereby lifting their head up, continue to move their head up and back in order to take them off balance. Step forwards whilst forcing the attacker down towards the ground.



(Start Position)



(Counter)



(Disable)



(Control)

Rear Grab

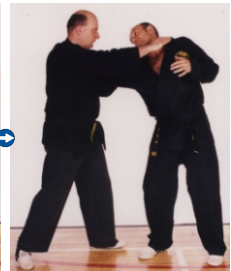
As the attacker grabs you from behind, pivot in your stance and perform a reverse knife-hand or palm heel strike to their neck, throat or head. Immediately grab on to their shoulders and perform several knee strikes.



(Start Position)



(Counter)



(Disable)

RED BELT BROWN TAG

D. In Fighting Defence Drills:

Infighting Drill Number 1 should now be introduced on a more regular basis in order to improve reaction and targeting skills. Students should also begin to concentrate on their ability to control the power and speed of techniques when an attacker is moving quickly in towards them.

E. Focus Mitt Sparring:

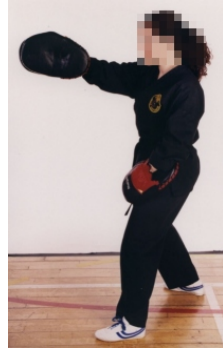
Focus Mitt Drill Number 4 with all the new techniques at this level.

Reverse Knife Hand Strike

The mitt should be held out in front of the attacker so that it is in line with the attackers jaw line. The mitt face should be presented to the side in a similar position to side and back fist strikes.

Ensure that your arm is relaxed in order to absorb the energy of the strike and prevent undue injury to the shoulder.

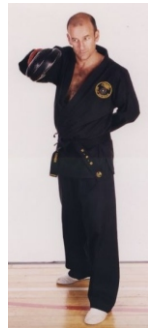
Alternate mitts and your stance to practise the strike using the



Twisting Kick

The mitt should be held out in front of the attacker so that it is in line with the attackers sternum. The mitt face should be presented at a 45 degree angle towards the ground.

Adjust the height of the mitt depending upon each individuals flexibility.



Focus Mitt Drill No. 5 with all the latest level speed drills combinations.

F. Shield Sparring Drills:

SHIELD DRILL NUMBER 6 - STOPPING KICKS

This drill is primarily used to develop distancing and timing skills and secondly speed, reaction and footwork (moving around etc).

Starting in a relaxed stance, the shield holder moves rapidly in towards the defender. The defender must respond first with a power technique then follow up with a series of counters. After five or six counters the partners stop and reset for another attack.

It is important for the shield holder to maintain their commitment to move in towards the defender otherwise there is a possibility that the defender can injure themselves by over committing a technique.



RED BELT BROWN TAG GRADING REQUIREMENTS



- ▶ Red Belt Brown Tag Pattern
- ▶ Red Belt Brown Tag Combination
- ▶ Speed Drills: Red Belt 1 - 3
Red Belt Brown Tag 1 - 4
- ▶ Attack Drill
- ▶ Defence Drills Number 1, 2, 3, 4, 5 & 6
- ▶ Focus Mitt Sparring Drills 1 - 6
- ▶ Shield Sparring Drills 1 - 6
- ▶ Power Test (Rear Straight Elbow Strike)

Alternative Power Test may be requested
At the discretion of the examining Chief Instructor.