

CDB1

Restricted Black Belt - This is a full review of all information you need to begin the 16 week program

STRIPES

RED

WHITE

BLUE

BLACK

GOLD

GREEN

BROWN

MEANING

SPARRING

SELF DEFENSE

FORMS

KICKS

PAD DRILL

HOME HELP

SEMINARS OR TOURNEY

CURRICULUM

ESCRIMA DRILLS - 4 count, 6 count, Rodondo Learn this in **BlackBelt Club**

3 ONE STEPS, 6 GRABS, 3 GROUND, 1 CREATIVE ONE STEPS

1) Yuk Jang 2) Chil Jang 3) Pal Jang 4) Choong Moo

LINE DRILLS

Hold for Part 1&2&3 of CAMA PAD drill
Perform 1, 2, and 3 of CAMA Pad drill

LOG IN TO CAMA 16 week program website

ATTEND CAMA TOURNEY

PHRASES

bow to the instructor -
bow to the master
BOW TO grand master

round (roundhouse) kick
back kick
front kick
side kick

kyo sah nim - kae kunyae
sah bum nim- kae - kunyae
kwan jang nim - kae kunyae

dolrya chagi
dwi chagi
ahp chagi
yup chagi

NEEDED TO BELT TESTS

16 classes - 14 Stripes
the stripe on the right side means we covered in class
the stripe on the left side means you are ready to test
at least 2 months of training
Belt fee
Letter of Recommendation