

Adult Curriculum

Lake Zurich Family

Martial Arts



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Lake Zurich Family Martial Arts

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LZFMA Programs

7+ Years

Training for students ages 7+ years focuses on a combination of traditional martial arts at a level appropriate for kids. This program is designed to develop core martial arts abilities of students and provides a controlled environment where students can practice their techniques and prepare for real life scenarios. Character development is also essential as students train their mind, body, and spirit.

Little Ninjas

Training for students ages 4-6 years old is designed to provide the skills necessary to transition to the Youth martial arts program. Components include basic martial arts abilities, dojo protocol, manners, life and listening skills, character building, and teamwork. Students will graduate to the Youth program upon Black Stripe Belt or at the age of 7 years old.

LZFMA PROGRAMS:

The overall goal for students in these programs is to provide a foundation of martial arts training with the vision that a student from these programs will gain confidence, accomplish their goals, and experience growth both physically and intellectually. This program uses several traditional martial arts as its model that are presented and practiced in various formats. Courses are offered to adults, children and families in several formats appropriate to the interests, age and ability of its participants. The curriculum and presentation of each class varies yet its vision remains the same.

Adult Martial Arts

This class consists of training for both adult & youth students starting at 16 years old. The Adult program is primarily focused on joint manipulation, take-downs, and containment techniques; however, it also includes basic self-defense principles. Students will learn how to re-direct energy in their favor while defending themselves from various attacks.

Weapons

The weapons program is for experienced, mature students, ages 10+ years, and green belt or higher. Training weapons include bo (staff), kali (sticks), and nunchaku (chained sticks). This class is great for student discipline, self-control, respect, safety, and learning proper behavior with weapons.

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Components of LZFMA Adult Program

The components listed below describe the LZFMA Adult program in addition to the requirements for each belt rank. It is the vision of this program that foundational skills in each of these components will create a well-rounded adult artist.

Basic Self-Defense Tactics

- Body Positioning
- Scenarios
- Situational Awareness
- Everyday weapons

Stand-up Technique

(Defensive & Offensive techniques used to distract or subdue opponents)

- **Blocks** (techniques designed for defense against an attack)
 - roots in tae kwon do & karate
 - effective blocks use ample force similar to the force of a strike
 - striking surface for blocks include various surfaces of hand or arm
- **Strikes** (techniques performed with the arm or hand)
 - roots in tae kwon do, karate & boxing
 - striking techniques are performed with open or closed hand
 - striking surfaces for strikes include various surfaces of hand or arm
- **Kicks** (techniques performed with the leg or foot)
 - roots in tae kwon do & karate
 - all kicks lead by raising the knee
 - some kicks require pivot with the grounded foot
 - striking surface for kicks include various surfaces of the foot or leg
- **Combos**
(a series of blocks, kicks and or stikes chained together to make smooth transitions into other techniques)

Falling & Rolling

Proper falling and rolling techniques are essential for students to safely and properly practice grappling (locking and throwing) techniques. These techniques are designed to alleviate force of impact upon hitting the ground.

- tuck chin to chest
- keep body relaxed
- keep body rounded for a smooth fall

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Components of LZFMA Adult Program Cont.

Grappling

Grappling is a close quarters fighting range that includes grabbing, joint manipulation, throwing and wrestling type maneuvers.

Trapping Drills

- Continuous cycle of blocking & striking
- Great practice for incoming strikes & counter attacks
- Incorporates defensive maneuvers

Counter-Grabs

- Specific grabs for gaining control over a situation when put in a hold
- Quick reversals
- Precursor to locking

Groundwork

- Positions (Advantageous holds on the ground)
- Escapes (Maneuvers to reduce or reverse a disadvantageous position)
- Containments (Joint manipulation techniques while on the ground)

Escapes: from Grabs

Escapes are “get away” techniques used from grabs, holds, containments, and pins. A combination of strikes, kicks, defensive posture and usage of leverage are incorporated in these basic drills.

Steps for escapes:

1. Guard
2. Distract
3. Escape
4. Finish
5. Get away

Defenses: from Attacks

Defenses from incoming strikes, pushes, and kicks include a defensive maneuver followed by a counterattack, finishing moves, takedowns, & locks.

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Components of LZFMA Adult Program cont.

Locking/Containments

Locks in the LZFMA program include basic joint manipulation techniques. Locks and take-downs in this program have roots in Hapkido & Judo. Joints include the fingers, wrists, elbows, shoulders, knees & ankles.

Weapons

- Knife Defense (defenses from common knife attacks)
- Gun Defense (strategies for close encounters with guns)

Multiple Attackers (Tactics for dealing with more than one opponent)

- Positioning
- Striking
- Creating barriers
- Joint Locking application

Academics

Targets/Vital Points (general knowledge of striking targets & technical application)

- Eyes
- Brain Stem
- Ribs
- Ears
- Clavicle
- Groin
- Temple
- Sternum
- Femoral Artery (inner thigh)
- Philtrum
- Tricep Tendon
- Outer Thigh
- Jaw/mandible
- Bicep
- Back of Knee
- Throat/Trachea
- Solar Plexus
- Instep of Foot

Principles

Martial arts concepts commonly referred to in class. That will help guide students to desired martial arts skills.

Terminology

Phrases and terms used by instructors in class that can benefit students overall understanding of techniques.

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List of All Techniques

<i>Basic Technique</i>	
<i>Kicks</i>	<i>Strikes</i>
Front snap Kick Front thrust Kick Stomp Kick Forward Knee Scoop Kick Back Hook Kick Back Kick Side Kick Round Kick Hook Kick Axe Kick S-Kick	Palm Strike Hammerfist Backfist Knifehand Elbow Strikes Spearhand Ridgehand Strike Forearm Strike Jab Cross Hook Uppercut
<i>Falling & Rolling</i>	<i>Blocks</i>
Back Fall Forward Roll Side Fall Forward Roll + Side Fall Front Fall Backward Roll Tactical Stand-Up	Outside Deflection Inside Deflection Double Tap Deflection Triple Tap Deflection Brush & Grab Pass Over Deflection Pass Under Deflection X-Block & Trap Split Entry Pak Sau Lop Sau Sticky Hands Shoulder Block

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List of All Techniques Con't

<i>Grappling</i>	
<i>Counter-grabs</i>	<i>Locks/Containments</i>
Circular Upward Cross	Outside wrist lock Inside wrist lock S-lock Armbar Shoulder lock Hammerlock Gooseneck Finger Lock Backward wrist lock Center Lock Knee Lock Ankle Lock
<i>Groundwork</i>	<i>Escapes/Defenses</i>
Mount Scarf Hold Side Control Reverse Scarf Hold Guard Standing Guard Arm Bar Shoulder Lock Hammer Lock Bicep Crusher Sleeper Hold	Wrist Grab Escapes Shoulder Grabs Collar Grab Push Defense Choke Defense Headlocks Punch Defenses Bear Hug Hair Grab
<i>Strangles</i>	<i>Takedowns</i>
Rear Choke Guillotine Sleeper Hold Gi Choke	Circular Takedown Reversal Takedown Stomp Takedown Crobar Throw O Soto Gari (Major Outer Sweep) Ogoshi (Major Hip Throw) Ko Uchi Gari (Minor Inner Sweep) Single Leg Takedown

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List of All Techniques Con't

<i>Academics</i>	
<i>Principles</i>	<i>Terminology</i>
<p>The foundations of a technique</p> <p>How to be a good training partner/Uke</p> <p>High/Low Striking Principle</p> <p>Shifting weight & hip rotation</p> <p>Ways to create Power/Leverage</p> <p>Cause and effect of striking targets</p> <p>Manipulation of Force</p> <p>Vital Targets</p>	<p>Same Side</p> <p>Cross Side</p> <p>Live Hand</p> <p>Self Defense</p> <p>Chambering</p> <p>Body Blading</p> <p>Conservation of time frames</p> <p>Angles of Attack</p> <p>Centerline</p> <p>Concept of Flowing Techniques</p> <p>Linear Energy</p> <p>Circular Energy</p>

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General Class Format

A general class is filled with several sections that make a complete lesson. Each class will lead with a warm up to get the body ready for physical training followed by some dynamic and stationary stretching. After stretching, the lesson will feature several short reviews to reinforce foundational skills. This typically consists of basic movement, striking, kicks, blocks, falls, rolls, & escapes. The main portion of the lesson will typically be made of major training components such as defenses, locking, groundwork, multiple attackers, martial arts concepts, weapons training, etc. Many times a creative lesson will be at the end of class to enforce training skills. Lastly, instructors and students will discuss upcoming events and other related martial arts activities. At the conclusion of each class, students will officially bow out of the classroom.

Attire

LZFMA students wear a traditional, black, lightweight uniform which is purchased at the studio. Full uniform is required upon official sign up to the program. Students who are not dressed in the required uniform will forfeit the right to wear their belt for that day and will line up as such at the start of class. T-shirts are considered full uniform (in place of uniform jacket) only during the summer months (June-Sept).

Training Gear

The LZFMA adult program gear package (shin guard, gloves & gear bag) should be purchased by students at or before completion of the trial month and when transitioning to a full membership. All equipment should be purchased through LZFMA as it has been approved by instructors for safe training in this program. This equipment provides protection for striking targets and for training with partners. Equipment also allows the student to strike harder surfaces with more force. The cushion protects the body and builds confidence for powerful strikes and kicks. When training with a partner, the guards provide protection for the opponent in blocking and counter striking. This equipment is a powerful training tool and should be ready and clean for each class. Gear should be kept in the mesh gear-bag that is purchased with the gear package. Names should be written on all equipment & gear bags. Students who come unprepared without proper equipment may have to forfeit their training for safety reasons.

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Training Necessities

The following characteristics should be goals that drive the training of LZFMA students. At each belt test and throughout their training, students will be judged based on the following characteristics. It is the belief of LZFMA instructors that the following characteristics build a well-rounded martial artist.

- | | |
|-----------------------|------------------|
| 1. Respect | 8. Determination |
| 2. Recall | 9. Balance |
| 3. Focus | 10. Fluidity |
| 4. Speed/Reaction | |
| 5. Precision/Accuracy | |
| 6. Power/Intensity | |
| 7. Self-Control | |

Belt Striping Program

The LZFMA belt striping program is designed to recognize martial artists for achievements other than martial skill. These extra recognitions are not mandatory for participation. These extras are believed to create better martial artists in mind and spirit making for more well-rounded martial artists.

Category	Stripe	Who	When
Attendance	“Outstanding Attendance”	For martial arts students who attend class consistently	Will be awarded once per month to students with perfect attendance for the previous month
Bring a Friend	Friends icon and friendship kanji	For martial arts students who bring a friend to class on designated classes	Will be awarded on Buddy Nights at end of class or when a student brings a friend to a regularly scheduled class
Testing	Kicking figure	For martial arts students who are training for the next upcoming test	Will be awarded at the same time students receive notification of their next test

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Adult Martial Arts Class Requirements

Age Requirement:

Students must be 16+ years old to participate in this class.

Protective Gear Requirement:

All students in the hapkido class are required to purchase the LZFMA Adult gear set (shin guards, gloves, and gear bag).

Belt Requirements

Students in the Adult program are required by LZFMA standards to be proficient in the knowledge of the following topics and techniques to achieve corresponding rank.

Belt Testing

The adult martial arts program will test students on corresponding material to their level and prior material. (cumulative) Expectations during these tests are formal. The setting is designed to put students under some pressure. If any student had to defend themselves, they would certainly be under pressure and this is a healthy environment to replicate that pressure.

The following are general rules for adult belt testing:

- ◆ Be responsible
 - Arrive on time
(late arrivals will not be allowed on the mat once the test has begun)
- ◆ Be prepared
 - Stay hydrated
 - Light snacks before testing
 - Wear full, clean uniform (jacket, pants, belt, & protective equipment)
 - Have a designated Uke
- ◆ Be safe
 - Jewelry & gum are not allowed on the mat during the test)
 - Nails must be trimmed short
 - Demonstrate self-control with various training partners
- ◆ Be respectful
 - No distractions allowed during the test
 - No side conversations
 - No entering and leaving the room during inappropriate times
 - Respect the training space, partners, testing board, and one's self

Belt Testing will occur 4 times throughout the year during regular class time. Testing months are Feb, May, Aug, & November. Testing dates will either be on Mondays or Thursdays. Promotion invitations will be turned in prior to the test. This invite will be filled out completely and will also identify the name of their testing partner (uke).

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Belt System

The belt system for the LZFMA program is a ten belt system to black belt. Kyu or gup indicates the belt's position from black belt. Ex. 3rd Kyu/Gup is 3 belts away from black belt. Belts are designed to indicate a student's ability level and encourage student goal setting.

The LZFMA belt system is not designed to be the driving force of student training.

Each belt rank has a minimum number of training hours in regular classes that students must complete before a belt test is considered. *Most students need more than the minimum hours to become eligible for their next belt test.* Additional training opportunities will be available to students from time to time. These training sessions may include seminars or other special classes.

Position	Belt Name	Appearance	Minimum Eligibility (classes)
10th kyu/gup	White Belt	Solid White	20 classes
9th kyu/gup	Yellow Belt	Solid Yellow	25 classes
8th kyu/gup	Orange Belt	Solid Orange	30 classes
7th kyu/gup	Green Belt	Solid Green	35 classes
6th kyu/gup	Blue Belt	Solid Blue	40 classes
5th kyu/gup	Purple Belt	Solid Purple	45 classes
4th kyu/gup	Brown Belt	Solid Brown	50 classes
3rd kyu/gup	Red Belt	Solid Red	60 classes
2nd kyu/gup	Sr. Red Belt	Red w/Black Stripe	70 classes
1st kyu/gup	Cho dan bo	Black w/ white stripe	80 Classes <small>*typically one year minimum of consistent training*</small>

Training Hours

To ensure students have strong abilities, each student must achieve a minimum number of hours of direct instruction in the dojo before he/she is eligible for a belt test. These hours do not guarantee a test, but they are the minimum requirement.

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Dojo Rules, Procedures and Student Etiquette

<p>Attire, Equipment, & Gear</p>	<ul style="list-style-type: none"> ● Students should only use training equipment with permission & supervision ● Keep the dojo safe and clean by disinfecting equipment and putting it away ● Put away shoes, coats, & bags in an organized fashion ● No jewelry should be worn when training (rings, bracelets, necklaces, earrings) ● Full uniform must be worn to class (jacket, pants & belt) <p>July - September: LZFMA t-shirts can be worn in place of uniform jackets *Students who do not have a complete uniform for class will forfeit the right to wear their belt for that class and will line up at the end of the line. *</p>
<p>Behavior</p>	<ul style="list-style-type: none"> ● Students should show respect & courtesy to other students & instructors at all levels, programs & dojos. ● Students should conduct themselves in a respectful & respectable manner both in and out of the dojo. ● Students are expected to be in class on time. If late, students should wait at the edge of the mat until acknowledged and then will bow in to class. ● Students should use the restroom prior to the start of class. If absolutely necessary, students should let the instructor know if they need to be excused from class. ● Students and instructors will bow at the edge of the mat each time they enter and/or leave the training area. The bow is similar to a handshake in showing respect toward the school, flags, fellow students, and instructors ● Students should raise their hand when contributing to a conversation or asking a question and should respond “yes/no sir or ma’am” when asked for a response ● Students should never use skills outside the dojo (including demonstrating/teaching techniques to friends, family members, etc) ● Students using skills inappropriately outside of dojo risk expulsion from the program/dojo ● Students should use appropriate language both in and out of the dojo ● Students will train with partners at the appropriate level of intensity based on age, size, and rank. If a student is lacking control with a partner, they will receive a warning. Due to a safety risk, that student may be asked to leave class if that individual continues to lack control with their partners ● Students will not enter the training room without an instructor present unless given permission
<p>Personal Hygiene & Cleanliness</p>	<ul style="list-style-type: none"> ● Uniforms should be kept clean by consistent washing ● Equipment should be wiped down after each class ● Washable equipment (such as shin guards) should be washed consistently ● Toenails & fingernails should be trimmed short ● Long hair should be tied back ● Body should be kept clean (consistent showers & deodorant) ● Food or gum is not allowed on the mat

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Belt Level Requirements

For each belt level/color, students will be responsible for substantial knowledge, understanding and skill of a set of techniques as well as previous techniques. These techniques are learned and practiced in class. Students will perform these techniques at the appropriate level in their belt tests. Again, students will progress through these techniques and belts at their own pace based on attendance, age, effort, practice, and skill. Also, training time between belts increases as the belt level increases. Belts are designed for recognition of ability and creation of goal setting. Therefore, students should avoid comparing their belts to other students.

The following pages contain the minimum requirements for each belt and should be used as a guide when studying and practicing. Techniques in the LZFMA program are assigned to certain belts based on complexity and difficulty.

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White Belt – 10th Kyu/Gup	Training Time (min): 20 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Hammerfist (Downward, Horizontal, & Reverse) Palm Strike	Front Kick (Snap & Thrust) Stomp Kick	Outside Deflection (Parry)

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Back Fall	N/A	N/A	N/A

Grappling

<i>Counter-grabs</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Circular Grab	Wrist Grabs: <ul style="list-style-type: none"> • Vertical Escape • Horizontal Escape • Downward Escape 	Outside Wrist Lock Arm Bar	N/A

Academics

Principles	Terminology
Explain the foundations of a technique... <ul style="list-style-type: none"> • Distraction • Escape or Lock • Finishing Strike, Containment, or takedown 	Explain... Same Side Cross Side

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Yellow Belt – 9th Kyu/Gup	Training Time (min): 25 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Backfist	Forward Knee	Inside Deflection (Parry)

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Side Fall	Mount	N/A	N/A

Grappling

<i>Counter-grabs</i>	<i>Escapes</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Cross Grab	Wrist Grabs: Hammer fist Escape (back of hand) Sudo (knifehand) Escape (radial nerve)	Inside Wrist Lock Gooseneck	Circular Takedown

Academics

Principles	Terminology
Explain... How to be a good training partner/Uke	Explain... Live Hand

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Orange Belt – 8th Kyu/Gup	Training Time (min): 30 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Elbow Strikes	Scoop Kick (Inward & downward)	Double Tap Deflection (SS/CS Outside) Triple Tap Deflection

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Forward Roll	Side Control	Mount Escape	N/A

Grappling

<i>Counter-grabs</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Upward Grab	Shoulder Grabs	Shoulder Lock	Reversal Takedown

Academics

Principles	Terminology
Explain & Demonstrate... High/Low Striking Principle	Explain... Self-Defense

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Green Belt – 7th Kyu/Gup	Training Time (min): 35 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Spearhand	Side Kick	Brush & Grab

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Front Fall	Scarf hold	Side Control Escape	Arm Bar

Grappling

<i>Multiple Attackers</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Movement & Deflecting	Chokes	Hammer Lock	Stomp Takedown (back of the knee)

Academics

Principles	Terminology
Explain & Demonstrate... Shifting Weight & Hip Rotation	Explain & Demonstrate... Chambering (Recoil)

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Blue Belt – 6th Kyu/Gup	Training Time (min): 40 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Knifehand Strike (Palm up & Palm Down)	Back Kick Back Hook Kick	Pass Over Deflection Pass Under Deflection

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Forward Roll + Sidefall	Guard	Scarf hold Escape	Shoulder Lock

Grappling

<i>Multiple Attackers</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Movement & Striking	Headlocks	Backward Wrist Lock S-Lock	O Soto Gari (Major Outer Leg sweep)

Academics

Principles	Terminology
Explain & Demonstrate... Factors that create Power/Leverage	Explain & Demonstrate... Body Blading

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Purple Belt – 5th Kyu/Gup	Training Time (min): 45 classes
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Stand-Up Technique		
<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Ridgehand Strike Forearm Strike	Round Kick	X - Block & Trap Split Entry

Groundwork			
Falling & Rolling	Positions	Escapes	Containments
Backward Roll	Reverse Scarf hold	Guard Escape	Hammer Lock

Grappling			
<i>Multiple Attackers</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Joint Locking & Creating Obstacles	Bear Hugs	Center Lock	Crowbar Throw (Helicopter Throw)

Academics	
Principles	Terminology
Explain & Demonstrate... The cause and effect of striking target areas	Explain & Demonstrate... Conservation of time frames

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Brown Belt – 4th Kyu/Gup	Training Time (min): 50 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Jab Cross	Hook Kick	Pak Sau (slapping hands) Lop Sau (grabbing hands)

Groundwork

Falling & Rolling	Positions	Escapes	Containments
Tactical Stand-up	All (Transitioning)	Reverse Scarf Hold	Bicep Crusher

Grappling

<i>Weapon Defenses</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Gun Defense: <ul style="list-style-type: none"> ● Front Head (high/mid) ● Back (high/mid) ● Side (high/mid) ● Holster 	Hair Grabs	Finger Lock	Ko Uchi Gari (minor inner sweep)

Academics

Principles	Terminology
Explain & Demonstrate Manipulation of Force (Redirection)	Explain & Demonstrate... Angles of Attack Centerline

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Red Belt – 3rd Kyu/Gup

**Training Time
(min):
60 classes**

Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Hook Punch	S - Kick	Sticky Hands <ul style="list-style-type: none"> • One Hand • Two Hand

Groundwork

<i>Falling & Rolling</i>	<i>Positions</i>	<i>Escapes</i>	<i>Containments</i>
All Previous	Standing Guard	Standing Opponent	Strangles

Grappling

<i>Weapon Defenses</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
Knife Defenses: <ul style="list-style-type: none"> • Forward Slash • Reverse Slash • Thrust • Downward Stab 	Pushes & Punches	Strangles: <ul style="list-style-type: none"> • Rear Choke • Sleeper • Guillotine • Gi Choke 	Ogoshi (Major Hip Throw)

Academics

<i>Principles</i>	<i>Terminology</i>
Explain & Demonstrate... Vital Targets (cause & effect)	Explain & Demonstrate... Flowing Techniques

Lake Zurich Family Martial Arts

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847-726-2278 www.LZFMA.com LakeZurichFamilyMartialArts@gmail.com

Revised: January 5th, 2020

PG. 22

Sr. Red Belt – 2nd Kyu/Gup	Training Time (min): 70 classes
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Stand-Up Technique

<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
Uppercut	Ax Kick	Shoulder Block (lance)

Groundwork

Falling & Rolling	Positions	Escapes	Containments
All Previous	Turtle	Standing Opponent Strangles	Knee Lock

Grappling

<i>Self-Defense Scenario</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
<ul style="list-style-type: none"> ● Personal ● Approx. 1 min. ● Specific Techniques 	Kicks	Ankle Lock	Single Leg

Academics

Principles	Terminology
Explain & Demonstrate... Vital Point (Application)	Explain & Demonstrate... Linear Energy Circular Energy

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Black Belt w/White Stripe (cho dan bo) – 1st Kyu/Gup	Training Time (min): 80 classes (approx. 1 yr.)
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Stand-Up Technique		
<i>Strikes</i>	<i>Kicks</i>	<i>Blocks</i>
All Previous	All Previous	All Previous

Groundwork			
Falling & Rolling	Positions	Escapes	Containments
All Previous	All Previous	All Previous	All Previous

Grappling			
<i>Weapon Defense</i>	<i>Escapes/Defenses</i>	<i>Locks/Containments</i>	<i>Takedowns</i>
All Previous	All Previous	All Previous	All Previous

Academics	
Principles	Terminology
All Previous	All Previous

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