



NEW WAVE SELF-DEFENSE

Ages 5 –13

INTENT TO PREMOTE (Mandatory)	COMMUNITY SERVICE	ASSISTANT TEACHING
Demonstration of Life Skills	20 Hours w/ documentation	Leadership Program
PUNCHES	BLOCKS	SPARRING
Over 40 Different Punches List Available	Plum Tree All (6)	Matches with grappling
COMBINATIONS (R)	COMBINATIONS (L)	FOOT WORK/STANCE
1 - 20	1 - 20	All Footwork
PUNCH TECHNIQUES	WEAPON FORMS	WEAPONS
Five of Any Tiger (2) Dragon (2) Crane (2) Snake (2) Leopard (2)	1 Iado (sword) 2 Bo Forms Double Weapons Nunchuks Kama	Club (10) Knife (5) Gun (2)
SELF-DEFENSE	FORMS	TAKE DOWN
Front Choke (4) Shirt Grab (4) Bear Hug (2) Bear Hug Front Full Nelson (1) Head Lock (1) Reactions	Three Pinan Four Pinan Four Kata Six Kata 2 Man Fist Set A&B 2 Tournament Forms (Optional)	All Take Downs List Available

Black Belt is the beginning of a new journey!!!