



NEW WAVE SELF-DEFENSE

Ages 5 – 13

STUDENT CREED	SCHOOL MOTTO	10 PRINCIPLES
Must learn by Yellow	Must Learn by Yellow	Must Learn by Yellow
PUNCHES	BLOCKS	KICKS
Front Back Thrust Palm	8 Point Blocking System	Front Stepping Stool Round House Ax-Kick Pump Kicking
WEAPONS	STANCES	FOOT WORK
None	Horse Front	Stepping Rotating
SELF-DEFENSE	FORMS	ACROBATICS
Shirt Grab Bear Hug	½ of 1 Pinan	Forward Rolls Cart-Wheel Handstand

Don't Forget to Bow When Entering the DOJO!!!

Do your BEST

Have FUN

Improve every TIME



NEW WAVE SELF-DEFENSE Ages 5 - 13

FIVE ANIMALS	BELT TIE	GOALS
Hand Out	See Instructor	Work Towards BBC
PUNCHES	BLOCKS	KICKS
Hammer (3) Chicken Wrist	8 Point with counters	Roundhouse Back Side Pump Kicking
WEAPONS	STANCES	FOOTWORK
None	Half-Moon	Stepping Cross Half-moon Stepping Rotating
SELF-DEFENSE	FORMS	ACROBATICS
Chokes and Grabs	½ of Pinan	Forward Rolls Cart-Wheel Handstand

Respect Your Family and Friends



NEW WAVE SELF-DEFENSE

Ages 5 - 13

OUR LINEAGE	BLACK BELT CLUB	FIVE ANIMALS
Know one	Meaning	Meanings
PUNCHES	BLOCKS	KICKS
Elbows	Palm Blocking System	Flying Side Kick Pump Kicking
WEAPONS	STANCES	FOOT WORK/STANCES
None	Same	Rotating
SELF-DEFENSE	FORMS	ACROBATICS
Chokes and Grabs	1 Pinan	Forward Rolls Cartwheel Handstand

Remember your dreams and follow your visions.



NEW WAVE SELF-DEFENSE

Ages 5 – 13

OUR LINEAGE	CHARACTER BUILDING	GOALS
Know two	Name an obstacle you had to overcome. (Bring to your test)	Black Belt Goal "Date"
PUNCHES	BLOCKS	KICKS
Same	Parry	Tornado Kick Side Kick (Breaking) Creative Kicking
Weapons	STANCES	FOOT WORK
Half of a Bo Form	Cat	4 S's Switch Step Shuffle Slide
SELF-DEFENSE	FORMS	TAKE DOWNS
Chokes and Grabs	2 Pinan	Falls/Slapdowns Front/Back Sweep Hawk Down

All Students Purple and Up Must Have Sparring Gear.



NEW WAVE SELF-DEFENSE

Ages 5 – 13

CHARACTER BUILDING	SPARRING	OUR LINEAGE
5 Positive Things That You Do (Bring in List)	Full Gear and 2 classes per month	Know three
PUNCHES	BLOCKS	KICKS
Knives (3) Ridge Hand	Ridge Hand System Ridge and Counters Parry	Hook Kick Creative Kicking Flying Side Kick
WEAPONS	STANCES	FOOT WORK
Full Bo Form	Cat	4 S's
ACROBATICS	FORMS	TAKE DOWNS
Front hand spring One handed cartwheel	One Kata	Falls/Slapdown Hip Throw

May Be Eligible For Masters Club.



NEW WAVE SELF-DEFENSE

Ages 5 -13

OUR LINEAGE	ESSAY	SPARRING
Know four	What does MA mean to me?	Spar Green Belts
PUNCHES	BLOCKS	KICKS
Spear Poke Cup and Saucer Block n' Punch (2 Kata)	Fortress Parry	Flying Side Kick Spinning Hook Kick Creative Kicks
WEAPONS	STANCES	FOOT WORK
Short Kama Form	Cat	4 S's
ACROBATICS	FORMS	TAKE DOWNS
Round Off	Two Kata	Falls/Slapdown Shoulder Throw

Green Belt is Near!!!



NEW WAVE SELF-DEFENSE

Ages 5 –13

OUR LINEAGE	SPARRING	GOALS
Know Five	Spar 2 opponents	Work Towards Master Club
PUNCHES	BLOCKS	KICKS
Knife/spear (crane) U punch (crane)	Ten Point	Crescent Jump Spin Hook Angled Pump Kicking
WEAPONS	STANCES	FOOT WORK
Numchuk Form	Back Bo Crane Kung Fu	Same
SELF-DEFENSE	FORMS	ACROBATICS
Reactions	Crane	Butterfly

Always Feel Great About Yourself!!!!!!

Green Brown Belt



NEW WAVE SELF-DEFENSE

Ages 5 –13

OUR LINEAGE	SPARRING	MASTERS CLUB
Know six	Spar with Brown-Blacks	Meaning
PUNCHES	BLOCKS	KICKS
Spinning Strikes Mortar Man	All Previous	Defensive Spinning Hook Creative Kicking Angled Pump Kicking
WEAPONS	STANCES	FOOT WORK
2 Bo Forms	Twist Stance	Same
SELF-DEFENSE	FORMS	ACROBATICS
Advanced Reactions	Five Pinan	Creative Lazy Tornado

Uncover your potential!!!!!!



NEW WAVE SELF-DEFENSE

Ages 5 –13

LEADERSHIP PROGRAM	FIMA	ESSAY
Meaning	Meaning	What does black belt mean to you?
PUNCHES	SPARRING	KICKS
Leopard's paw	Matches with just hands Matches with Take Downs	Angle Pump Kicking
WEAPONS	STANCES	FOOT WORK
Sword Double Kamas	Same	Same
SELF-DEFENSE	FORMS	ACROBATICS
Work on Reactions Combinations are near!!	3 Kata 5 Kata	540 720 2 Footed Tornado

Black Belt is Near - Keep Working Hard!!!



NEW WAVE SELF-DEFENSE

Ages 5 –13

LEADERSHIP PROGRAM	History	ESSAY
Work towards becoming a Sempai	Full Lineage and History of Martial Arts (Asian Culture)	Essay on a Historic Topic
PUNCHE TECHNIQUES	SPARRING	KICKS
Tiger (2) Snake (2)	Matches with grappling	Angle Pump Kicking
SELF-DEFENSE	FORMS	WEAPONS
<u>Advance Reactions</u> Front Choke Shirt Grab Bear Hug Bear Hug Front Full Nelson Head Lock	3 Pinan	Sword Double Kamas <u>Weapons Defense</u> Clubs and Knives

Remember your dreams and follow your vision!!!

- All materials up to this rank
- Must be in at least one team consistently (BBC or Masters) before qualifying for Jr. Black Belt
 - Must attend at least 75% percent of classes per month
- **Must attend 3 consecutive** under-black belt tests before being considered for Jr. Black Belt Test
 - **Must attend at least 3 sparring classes per month**
 - Must wear full uniform at all Black Belt Classes and monthly tests **(NO EXCEPTIONS)**
 - **All ranks MUST have a school patch on their uniform**
 - Start running regularly on your own (1 Mile in 8 Minutes)