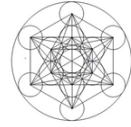


Brill's Karate



Learning in the Most Exciting & Fun Way Imaginable!

*Kid Rank
Requirements*

STOP for a Second & Practice throughout the day! Every Day!!

Hand Strikes & Elbows

White: Front 2 Knuckle, Back 2 Knuckle, Reverse Hammer,
Side Elbow

Yellow: Thrust Punch, Corkscrew Punch, Palm Heel, Upward Circular
Hammer, Roundhouse Elbow, Downward Elbow, Rising Sun Fist,
Uppercut, Side Hammer, Backfist, Chops

Orange: Spear Hand Heaven & Earth, Cross Chop, Cross Tiger Rake,
Chicken Wrist (All strikes are in 8 point blocking with open hand counter strikes)

Purple: Back Hand, Circular Palm, Ridge Hand, Hook Punch
(Combo 18) (Head lock)

Blue: Tiger Rakes

Blue Stripe: Spinning Back Fist, Tiger Palm to Groin, Tiger's Mouth,
(Combo 1)

Green: Iron Thumbs, X-Strike to Throat, U-Punch,
(Combo 24) (Crane Form)

Green Stripe: Leopard Paw, Trigger Finger
(Leopard Kempos) (Combo 11)

3rd Brown: Crane's Wing,
(Crane Kempos)

2nd Brown: Snake Bite, Buddha Palm
(Snake Shoots Venom)

1st Brown: Dragon Flick, Immortal Man
(3 Kata)

Junior Black Belt: Snow Leopard Strike
(Snow Leopard Kempo)

1st Degree Black Belt: Hansuki Fist, Torque Punch, Shaolin Long Fist
(Form Hansuki) (6 Kata) (Combo 40)

2nd Degree Black Belt: Dragon Head, Twin Dragon Strike
(Double Dragon)

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Kicks & Knees

White: Front Ball Kick, Front Snap Kick, Side Thrust Kick, Upward Knee
(Combo #6) (Combo #7)

Yellow: Back Kick,

Orange: Roundhouse - Ball & Instep, Roundhouse Knee, Stomp Kick (Heel & Sole)
(Combo #4) (Combo #4)

Purple: Spinning Back, Spinning Side, Back Rising Heel Kick,
(Combo #12 – Blue) (Spinning Dragon) (7 Striker)

Blue: Crescent, Reverse Crescent, Stepping Stool

Blue Stripe: Axe Kick, Reverse Axe Kick

Green: Hook Kick - Heel & Sole

Green Stripe: Spinning Hook Kick, Dropping Heel Kick, Rising Heel Kick
(Combo #21) (Combo #11)

3rd Brown: Jumping Front Ball Kick,

2nd Brown: Snake Kicks (Upward & Jabbing)

1st Brown: Dragon Kicks, Scissor Kicks
(2 Kicks Combined) (3 Kata)

Junior Black Belt: Flying Side Kick
(5 Kata)

1st Degree Black Belt: Bo Kick, Smash Kicks, Double Jumping Front Ball Kicks
(Crescent with side of shin) (Roundhouse Shin) (6 Kata)

Plus Complete Exploration of Spinning Techniques

2nd Degree Black Belt: Complete Exploration of Jumping with All Kicks and Hand Strikes

3rd Degree Black Belt: Advanced Butterfly Kick

STOP for a Second & Practice throughout the day! Every Day!!

Sweeps & Takedowns

Yellow: Arm Sweeping Leg, Shoulder Twist
(Combo #2) (Combo #3)

Orange: Backward Grabbing Pull
(Opponent spins, grab their back and takedown)

Purple: Frontal Grabbing Pull
(Opponent kicks, grab their leg and pull them down)

Blue: Tiger Stomp Takedown
(Tiger Raker)

Blue Stripe: Major Reap, Head Twisting
(Combo #1) (Flying Knees)

Green: Cranes Throw
(Crane Form)

Green Stripe: Ankle Manipulations, Leopard Tackle
(Combo #11) (Leopard Tackles its Prey)

3rd Brown: Iron Broom
(A Roundhouse on the Ground)

2nd Brown: Arm Bar Takedown, Tiger Roll Takedown
(Combo #16) (Combo #19)

1st Brown: Dragon Tail
(A Spinning Hook Kick on the Ground)

Junior Black Belt: Hip Tosses
(Combo #23)

STOP for a Second & Practice throughout the day! Every Day!!

Ground Fighting & Grappling

White:

Slap Outs: Front, Back, Side and Wall (All to a Fighting Position)

Rolls: Forward Roll to an On Guard Stance, Backward Roll to an On Guard Stance, Left & Right Shoulder Roll to an On Guard Stance, Log Roll to Ground Fighting Position

(White Belt is all about getting comfortable on the floor. Wall Slap Outs are performed same as floor but on your feet)

Yellow: Walking Roll to an On Guard Stance, Push/Pull Kneeling on 2 Knees

(Push/Pull: Getting comfortable with a partner and learning basic strategy)

Orange: Running Roll to an On Guard Stance, Push/Pull Kneeling on 1 Knee

(Push/Pull on 1 knee is a way to start to get more upright and learning to get leverage on your “feet”)

Purple: Diving Roll to an On Guard Stance, Freestyle Keeling

(Subduing your opposition)

Blue: Basic Skills on Back (Reversals & Escapes)

(Learning what to do when your opponent is on top of you)

Blue Stripe: Basic Skills Lying on your Stomach (Reversals & Escapes)

(Learning what to do when you are on top of your opponent)

Green: Freestyle/Standing

(Subduing your opposition when starting from a standing position)

Green Stripe: Advanced Lockups (Arms, Legs, Strangle Holds)

(Adding more grappling techniques so you know what to do from most positions)

3rd Brown: Kempo Sparring with Randori (Grappling) Focus

(Combining all fight skills, upright sparring with takedowns and when on the ground using grappling locks)

2nd Brown: Blindfolded

(Poke yourself in the eye first)

1st Brown: Two Person

(Learning strategies to fight several people at once)

STOP for a Second & Practice throughout the day! Every Day!!

Blocking Systems & Techniques

White: 8 Point Blocking System

Yellow: 8 Point Blocking System w/ Closed Hand Counter Strikes,
Cross Body Palm Block
(Combo #3 & Swinging Hammer)

Orange: 8 Point Blocking w/Open Hand Counter Strikes, Cranes Wing Block
(Combo #5)

Purple: 8 Point Blocking System w/ Open-Handed Blocks/Counter Strikes

Blue: Dropping Palm Block, Crossing Fists - Upward & Downward,
(1 Kata) (1 Kata)

Blue Stripe: Monkey Block, 8 Point with any Counter
(Combo #1) (As an exercise)

Green: 10 Point Blocking System, Black Tiger Blocks, Scissor Block
(Black Tiger Kempo) (Combo #24)

Green Stripe: Trapping Blocks
(All different way to trap a strike)

3rd Brown: 4 Point Blocking, Circling Tiger Blocks, Basic Eagle Block,
(4 Pinan) (4 Pinan)

2nd Brown: Upholding Blocks
(Snake Kempo's)

1st Brown: Dragon Hand
(Dragon Rides the Wind)

Junior Black Belt: Iron Wall
(4 Kata)

1st Degree Black Belt: Hand of the Falling Leaf, Plum Tree Blocking System
(6 Kata)

2nd Degree Black Belt: Tiger Blocking System, Dropping Elbow, Phoenix Eye
(2 Man Fist Set) (2 Man Fist Set)

3rd Degree Black Belt: Dragon Blocking System
(It's as Cool as it Sounds)

4th Degree Black Belt: 29 Floating Hands of Kung-Fu
(Very Mystical)

STOP for a Second & Practice throughout the day! Every Day!!

Sparring Techniques (Kumite)

Not a requirement for belt testing, but great to know

White: Low/ High

(First strike low on the opponent then high)

Yellow: High/ Low

(First strike high on the opponent then low)

Orange: Lateral & Diagonal Combinations

(Making the strikes go from side to side and diagonal strikes)

Purple: Spin Techniques, Ducking

(Practicing all different kinds of spinning moves. Ducking/Evading/Side Stepping an attack)

Blue: Ground Fighting: Timing & Rhythm

(Getting comfortable throwing many/different strikes from a Ground fighting Stance)

Blue Stripe: Advanced Spinning & Jumping Techniques

(Incorporating extra strikes to hide or make the spin move more effective. Jumping with hand strikes or kicks)

Green: Initiating Upper Body Takedowns

(Using our hands to take down our opponent)

Green Stripe: Initiating Lower Body Takedowns, Offensive Sweeping Techniques:

(Using our legs to take down our opponent)

3rd Brown: Kempo Sparring w/ Striking Focus

(Combining all fight skills, upright sparring with takedowns and when on the ground using strikes and grappling locks)

2nd Brown: Blindfolded

(Poke yourself in the eye first)

1st Brown: With Multiple Partners

(Learning strategies to fight several people at once)

STOP for a Second & Practice throughout the day! Every Day!!

Jiu-Jitsus

White: Wrist Grabs

(Double wrist grab, right hand to right hand, and left hand to right hand)

Yellow: Back Grabs

(Back Choke, Back Bear Hug, Full Nelson – just fall to slide out)

Orange: Front Grabs

(Front Choke, Lapel Grab – Stupid, stupid, stupid, and any other creative way to grab)

Purple: Side Grabs/ Side Locks

(Any grab/lock that is done for the side)

Blue: Head Grabs/ Head Locks

(Techniques to get out of all different types of head locks)

Blue Stripe: Shoulder Grabs

(Learning to respond properly when you opponent locks your shoulder joint)

Clubs, Knives & Guns

Green: Moving Club Defenses

(Swinging or poking club defense)

Green Stripe: All Club Defenses

(Same as above and club placed on the body front and back, on wall and floor)

3rd Brown: Moving Knife Defenses

(Swinging, Slashing, or Poking Knife defense)

2nd Brown: On Body Knife Defenses

(All ways, all positions)

1st Brown: Gun Defenses

(All gun techniques and theories)

STOP for a Second & Practice throughout the day! Every Day!!

Combinations for Kids

(Bonus Technique) = Bonus Achievement Award Certificate at Testing

** = Required Combination, but it was a Bonus at an earlier rank*

White: #6, #7

Yellow: #2, #3

Orange: #4, #5

Purple: #8, #18

Blue: #9, #12

Blue Stripe: #1, #10

Green: #17, #24

Green Stripe: #11, #21, (#25)

3rd Brown: #20, #26, (#23)

2nd Brown: #16, #19, (#14)

1st Brown: #15, #22, (#28)

Junior Black Belt: #13, *#14, *#23, *#25, *#28

1st Degree Black Belt: #27, #29, #30, #40

2nd Degree Black Belt: #31 - #35

3rd Degree Black Belt: #36 - #39, #60

4th Degree Black Belt: #41 - #45

5th Degree Black Belt: #46 - #53

6th Degree Black Belt: #54 - #61

7th Degree Black Belt: #62 - #69

8th Degree Black Belt: #70 - #77

9th Degree Black Belt: #78 - #85

10th Degree Black Belt: #86 - #93

11th Degree Black Belt: #94 - #101

12th Degree Black Belt: #102 - #108

(At 1st Degree Black Belt Kid and Adult Requirements are the Same)

STOP for a Second & Practice throughout the day! Every Day!!

Kids Kempo's

(Bonus Technique) = Bonus Achievement Award Certificate at Testing

** = Required Kempo, but it was a Bonus at an earlier rank*

White: Low/ High, (Heavy Hammer)

Yellow: Dropping Elbow, (Swinging Hammer)

Orange: Double Striker, (Driving Chops)

Purple: 7 Striker, (Spinning Dragon)

Blue: Tiger Raker, (Flying Dragon)

Blue Stripe: Flying Knees, (Snow Leopard)

Green: Smashing Tiger, Black Tiger, (Tiger Kicks the Sand)

Green Stripe: Leopard Tackles its Prey, Leopard Climbs Down the Tree,
(Leopard Rolls Through the High Grass),

3rd Brown: Crane Takes Flight, Hopping Crane, (Crane's Wings)

2nd Brown: Snake Shoots Venom, Snake Coils Around Tree Branch,
(Snake Darts Out Tongue),

1st Brown: Dragon Rides the Wind, (Dragon Whips Tail)

Junior Black Belt: Heavy Hammer, Swinging Hammer, Driving Chops, Spinning
Dragon, Flying Dragon, Snow Leopard

1st Degree Black Belt: Tiger Kicks the Sand, Leopard Rolls Through the High Grass,
Crane's Wings, Snake Darts Out Tongue, Dragon Whips Tail

2nd Degree Black Belt: Waving Hands in Clouds, Loose Hands, Snake Poke,
Revolving Tiger, Double Dragon

3rd Degree Black Belt: Knocking the Pillars of the Temple, Snake Whips to Eyes,
Iron Butterfly, Snake Drops From Tree, White Crane

4th Degree Black Belt: Short Armed Monkey, Spinning Arm Lock,
Snake Sleeps on Branch, Dragon Flicks to Eyes, Butterfly Spreads its Wings

5th Degree Black Belt: Falling Pine, Leopard Lockout, Monkey Hangs in Tree,
Dragon Leaps from Clouds, Snapping the Crane's Wing

6th Degree Black Belt: Whirling Dragon, Thumping Tiger, Plucking the Grapes
from the Vine, Dragon's Favorite, Snapping the Monkey's Paw,
Wicked Dragon, Black Tiger Parts the Wing, Storming the Fortress,
Raking Destruction, Seizing Talon

7th Degree Black Belt: Circling Destruction, Detour From Doom, Circles of
Protection, Heavenly Ascent, Capturing the Storm, Conquering Shield, Taming
the Mace, Securing the Storm, Kneel of Compulsion, Glancing Wing

(At 1st Degree Black Belt Kid and Adult Requirements are the Same)

STOP for a Second & Practice throughout the day! Every Day!!

Forms For Kids

(Bonus Technique) = Bonus Achievement Award Certificate at Testing

** = Required Form, but it was a Bonus Form at an earlier rank*

- White: 1st 1/2 1 Pinan
Yellow: 2nd 1/2 1 Pinan
Orange: 1st 1/2 2 Pinan
Purple: 2nd 1/2 2 Pinan
Blue: 1 Kata
Blue Stripe: 2 Kata
Green: Stature of the Crane
Green Stripe: 3 Pinan (Jo-Staff Form)
3rd Brown: 4 Pinan (Bo-Staff Blocking Striking Set)
2nd Brown: 5 Pinan, (Bo-Staff Form)
1st Brown: 3 Kata, (2 Man Fist Set North)
Junior Black Belt: 4 Kata, 5 Kata, (2 Man Fist Set South)
1st Degree Black Belt: 6 Kata, Hansuki, *Jo-Staff Form, (Sai Form)
2nd Degree Black Belt: Shao Tung Kwok, *Bo-Staff Blocking Striking Set, *Bo-Staff Form, *2 Man Fist Set North & South, (Nunchucku Form)
3rd Degree Black Belt: Swift Tigers, Invincible Wall, *Sai Form, (Chinese Broad Sword Form)
4th Degree Black Belt: Five Dragons Facing Four Winds, Tai Sing Mon, *Nunchucku Form, (Advanced Sai Form)
5th Degree Black Belt: Nengli North, Nengli South, *Chinese Broad Sword Form, (Double Knife Form),
6th Degree Black Belt: 1000 Buddha's, *Advanced Sai Form, *Double Knife Form, (Kwan Do),
7th Degree Black Belt: Snake Form, 3 Sectional Staff Form, *Kwan Do
8th Degree Black Belt: Kwai Sung, Butterfly Sword Form

(At 1st Degree Black Belt Kid and Adult Requirements are the Same)

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Brill's Karate

Belt Requirement Rules

Bonus Material:

When you go for your Belt Test and you can demonstrate the Bonus Material for your rank, you will receive a Special Award at the end of the test with your new Belt Diploma. This is in recognition that you have gone beyond our expectations, have excelled in the highest way possible and have proven that you are an exemplary student and a role model for others to follow. When there is more than one Bonus technique/Form, you only need to perform one of them to get the award, but the more you can demonstrate the higher the achievement. You must learn and know well all the other requirements before the Bonus is taught. All Bonus Material will be a requirement for future/advanced ranks, so if you learn the material as a Bonus that means you will be able to excel faster at the higher ranks in the future.

Belt Testing:

When you are taking your class the instructor will talk to you about testing and they may even tell you that you are on track to test, although it is not official until you get emailed a testing notice or verbal OK from me. If you are not sure if it is official, please feel free to talk/email me to get confirmation. Belt testing is an important part of the program and we want to make it as rewarding and exciting as possible.

I Love you guys and you mean the world to me!!

Master Barry Brill

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Day!!**