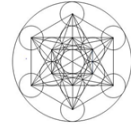


Brill's Karate



Learning in the Most Exciting & Fun Way Imaginable!

Peewee Rank Requirements

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

(We say this to all our students of all ages!)

Brill's Karate

Belt Requirement - Check off Sheet

White Belt Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

1st ½ of
1 Pinan

Combo

6

Combo

7

Sparring Lessons

- 1) Keeping Hands Up.
- 2) Blocking Attacks & Countering.

Hand Strikes

Front 2 Knuckle
Hammer Strikes

Kicks

Front Ball Kick
(Combo 6)
Side Kick
(combo 7)
Upward Knee

Bully Defense

Roll Play: Learning
how to handle
difficult situations

Blocking

8 Point Blocking

A lot of Reactionary
Blocking Drills
Very Important!

Jiu-Jitsu's (Grabs)

Bully Defense:
Wrist Grabs

Ground Fighting Lessons

Practice Grappling with Instructors/Assistances

Practice Grappling with Other Students

Karate Stances

Fighting Stance
(Hands on Guard, One Foot
Forward and One Foot Back)

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

Brill's Karate

Belt Requirement - Check off Sheet

Yellow Belt Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

2nd ½ of
1 Pinan

Combo

2

Combo

3

Sparring Lessons

Coordinating Punches
and Kicks together.

Hand Strikes

Back 2 Knuckle

(In Combo 2 & Block 3 & 4 Closed Hand Counter Strikes)

Side Elbow (In Combo 2)

Chop (In Combo 2)

Back Fist (In Combo 3)

Side Hammer

(In Block 5 & 6 Closed Hand Counter Strikes)

Rising Sun Fist

(In Block 7 & 8 Closed Hand Counter Strikes)

Takedowns

Arm Sweeping Leg

(In Combo #2)

Shoulder Twist

(In Combo #3)

Kicks

Front Snap Kick

Back Kick

Blocking

8 Point Blocking
With the Closed Hand
Counter Strikes

Reactionary Blocking

Bully Defense

Verbal Defense: Using
your words to handle
difficult situations

Jiu-Jitsu's

(Grabs)

Bully Defense:

Grabs You
From Behind

Ground Fighting & Grappling

Rolls (Front & Back)

Ground Fighting Stance & Log Rolls (Half & Full)

Karate Stances

Pine Tree Stance

(Hands on Guard, Feet
Shoulder Width Apart)

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Brill's Karate

Belt Requirement - Check off Sheet

Orange Belt Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

1st ½ of
2 Pinan

Combo

4

Combo

5

Sparring Lessons

Show Strong
Self Confident Sparring!

Hand Strikes

Palm Heel
Spear Hand
(Counter Strikes for Blocks 1 & 2, *Open Hand*)
Cross Chop (Counter Strikes for Blocks 3 & 4)
Cross Tiger Rake (Counter Strikes 5 & 6)
Chicken Wrist (Counter Strikes 7 & 8)
Thrust Punch (2 Pinan)
Reverse Hammer (2 Pinan)

Takedowns

Backwards Grabbing Pull
(As attacker spins, grab their back and pull them down)

Ground Fighting & Grappling

Locking Your Arms & Legs Around Your Opponent

Using Your Legs For Locks and Grabs

Kicks

Roundhouse

Blocking

8 Point Blocking
With the Open Hand Counter Strikes
Cranes Wing Block (Combo 5)
Blocking Thrown Objects
Block Whipped Objects
(i.e. – Keys on a Rope/Neckless)

Bully Defense

Ignoring Strategy Defense:

Learning to stay calm, disciplined, and confident under difficult situations.

Karate Stances

Horse Stance
(Feet double Shoulder Width Apart)

Jiu-Jitsu's

Bully Defense:

Somewhere From the Front with one hand (Front Grabs)

Adult Abduction Defense:

What to do and say in a real adult abduction situation.

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

Brill's Karate

Belt Requirement - Check off Sheet

Purple Belt Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

2nd 1/2 of
2 Pinan

Combo

8

Combo

18

Sparring Lessons

Spinning Techniques
(Using Hand Strikes & Kicks)

Hand Strikes

Corkscrew Punch (2 Pinan)
Back Hand (Combo 18)
Downward Elbow (Combo 18)
Roundhouse Elbow

Kicks

Spinning Side Kick

Jiu-Jitsu's

(Grabs)

Bully Defense:

Head Lock
(How to get out when you are bent over
and they are controlling your neck)

Takedowns

Frontal Grabbing Pull
(As the attacker kicks, grab/catch their leg
and pull them off balance)

Karate Stances

Half Moon Stance
(One foot forward and one back diagonally)

Blocking

8 Point Blocking
(With the Open Hand Blocks &
Open Strikes, *replaces orange*)
Knife Hand Block (Combo 8)

Ground Fighting & Grappling

Keeping your opponent back, using your legs in the
Ground Fighting Stance.

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

Brill's Karate

Belt Requirement - Check off Sheet

Blue Belt Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

1 Kata

Combo

9

Combo

12

Sparring Lessons

Ducking Techniques
(Using Ducks and Fades instead of blocks)

Hand Strikes

Hook Punch
Uppercut

Kicks

Stepping Stool Kick

Jiu-Jitsu's

(Grabs)

Bully Defense:

Stupid, Stupid, Stupid
(That is the name of the technique when an attacker uses their 2 hands to grab you)

Blocking

Dropping Body
Palm Block (1 Kata)
Crossing Fists
Upward & Downward (1 Kata)

Karate Stances

Cat Stance

(One foot forward and one foot back, with 20% of your weight on the front and 80% on the back)

Ground Fighting & Grappling

Getting on your feet from the Ground Fighting Stance.
(Using rolls and posting your arm and leg to get back up)

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

Brill's Karate

Belt Requirement - Check off Sheet

Blue Stripe Peewee Rank Requirements

Instructions: Highlight or check the box after learning the material.

Forms

2 Kata

Combo

1

Combo

10

Hand Strikes

Tigers Mouth
(Combo 1)
Ridge Hand
(Combo 10)

Kicks

Crescent Kick
Reverse Crescent

Jiu-Jitsu's

Bully Defense:
Front and Back Choke
(Making a T with your arms and turning your body having your arm go over their head to free yourself)

Blocking

Monkey Block
(Combo 1)

Takedowns

Major Reap (Combo 1)
(Striking with a tigers mouth to the chest throat area, at the same time kicking/sweeping out their legs)

Karate Stances

(Front) Bo Stance

(One foot forward and one foot back, with 70% of your weight on the front and 30% on the back)

(Rear) Bo Stance

(One foot forward and one foot back, with 30% of your weight on the front and 70% on the back)

Ground Fighting & Grappling

Basic Skills on your back and lying on your stomach, Reversals & Escapes.

(Learning what to do when opponent is on top of you and you are on top of them.)

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

Hand Strikes & Elbows

White: Front 2 Knuckle, Hammer Strikes

Yellow: Back 2 Knuckle, Side Elbow, Chop, Back Fist, Side Hammer, Rising Sun Fist
(In Combo 2 & Block 3 & 4 Counter Strikes) (In Combo 2) (In Combo 2) (In Combo 3) (In Block 5 & 6 Counter Strikes) (In Block 7 & 8 Counter Strikes)

Orange: Palm Heal, Spear Hand, Cross Chop, Cross Tiger Rake, Chicken Wrist
(Counter Strikes for Blocks 1 & 2, *Open Hand*) (For Blocks 3 & 4) (Counter Strikes 5 & 6) (Counter Strikes 7 & 8)
Thrust Punch, Reverse Hammer
(2 Pinan) (2 Pinan)

Purple: Corkscrew Punch, Back Hand, Downward Elbow, Roundhouse Elbow
(2 Pinan) (Combo 18) (Combo 18)

Blue: Hook Punch, Uppercut

Blue Stripe: Tigers Mouth, Ridge Hand
(Combo 1) (Combo 10)

Kicks & Knees

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

Yellow: Front Snap Kick, Back Kick

Orange: Roundhouse

Purple: Spinning Side Kick

Blue: Stepping Stool Kick

Blue Stripe: Crescent Kick, Reverse Crescent

Sweeps & Takedowns

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

Orange: Backwards Grabbing Pull
(As attacker spins, grab their back and pull them down)

Purple: Frontal Grabbing Pull
(As the attacker kicks, grab/catch their leg and pull them off balance)

Blue Stripe: Major Reap (Combo 1)
(Striking with a tigers mouth to the chest throat area, at the same time kicking/sweeping out their legs)

Blocking Systems & Techniques

White: 8 Point Blocking System. A lot of Reactionary Blocking Drills.
(Very Important!)

Yellow: 8 Point Blocking System with the Closed Hand Counter Strikes.
(Like White Belt, a lot More of Reactionary Blocking Drills.)

Orange: 1) 8 Point Blocking System with the Open Hand Counter Strikes.
2) Cranes Wing Block. (Combo 5)
3) Blocking Thrown Objects.
4) Block Whipped Objects (i.e. – Keys on a Rope/Neckless).

Purple: 1) 8 Point Blocking with the Open Hand Blocks & Open Strikes.
(Purple Belt Blocking Replaces orange)
2) Knife Hand Block. (Combo 8)

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

Blue Stripe: Monkey Block. (Combo 1)

Combination Techniques & Forms

White: Combo # 6 & 7, Form 1st ½ of 1 Pinan.

Yellow: Combo # 2 & 3, Form 2nd ½ of 1 Pinan.

Orange: Combo # 4 & 5, Form 1st ½ of 2 Pinan.

Purple: Combo # 8 & 18, Form 2nd ½ of 1 Pinan.

Blue: Combo # 9 & 12, Form 1 Kata

Blue Stripe: Combo # 1 & 10, Form 2 Kata

Karate Stances

White: Fighting Stance (Hands on Guard, One Foot Forward and One Foot Back)

Yellow: Pine Tree Stance (Hands on Guard, Feet Shoulder Width Apart)

Orange: Horse Stance (Feet double Shoulder Width Apart)

Purple: Half Moon Stance (One foot forward and one back diagonally)

Blue: Cat Stance (One foot forward and one foot back, with 20% of your weight on the front and 80% on the back)

Blue Stripe: 1) Front Bo Stance (One foot forward and one foot back, with 70% of your weight on the front and 30% on the back)

2) Rear Bo Stance (One foot forward and one foot back, with 30% of your weight on the front and 70% on the back)

Bully Defense

White: Roll Play: Learning how to handle difficult situations.

Yellow: Verbal Defense: Using your words to handle difficult situations.

Orange: Ignoring Strategy Defense: Learning to stay calm, disciplined, and confident under difficult situations.

Jiu-Jitsu's (Grabs)

White: Bully Defense: Wrist Grabs (Some body pulling your arm).

Yellow: Bully Defense: Grabs you from behind.

Orange: Bully Defense: Grabs you somewhere from the front with one hand (Front Grab).
Adult Abduction Defense: What to do and say in a real adult abduction situation.

Purple: Bully Defense: Head Lock.
(How to get out when you are bent over and they are controlling your neck).

Blue: Bully Defense: Stupid, Stupid, Stupid.
(That is the name of the technique when an attacker uses their 2 hands to grab you).

Blue Stripe: Bully Defense: Front and Back Choke.
(Making a T with your arms and turning your body having your arm go over their head to free yourself).

Sparring Lessons

White: Keeping Hands UP & Blocking Attacks and Countering.

Yellow: Coordinating Punches and Kicks Together.

Orange: Show Strong Confident Sparring.

Purple: Spinning Techniques (Using Hand Strikes & Kicks)

Blue: Ducking Techniques (Using Ducks and Fades instead of blocks)

Ground Fighting Lessons & Grappling

White: 1) Practice Grappling with Instructors/Assistances.
2) Practice Grappling with Other Students.

Yellow: 1) Rolls (Front & Back). 2) Ground Fighting Stance & Log Rolls (Half & Full)

Orange: 1) Locking Your Arms & Legs Around your Opponent.
2) Using Your Legs For Locks and Grabs.

Purple: Keeping your opponent back, using your legs in the Ground Fighting Stance.

Blue: Getting on your feet from the Ground Fighting Stance.
(Using rolls and posting your arm and leg to get back up)

Blue Stripe: Basic Skills on your back and lying on your stomach, Reversals & Escapes.
(Learning what to do when opponent is on top of you and you are on top of them.)