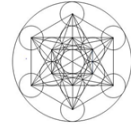


Brill's Karate



Learning in the Most Exciting & Fun Way Imaginable!

Little Dragon 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 Little Dragon Rank Requirements

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

Combo

6

Combo

7

Sparring Lessons

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

Hand Strikes

Front 2 Knuckle

Hammer Fist
Strikes

Kicks

Front Ball Kick

Front Snap Kick

Bully Defense

Roll Play: Learning
how to handle
difficult situations

Blocking

8 Point Blocking

A lot of Reactionary
Blocking Drills

Very Important!

Side Kick

Upward Knee

Jiu-Jitsu's (Grabs)

Bully Defense:
Wrist Grabs

Ground Fighting Lessons

Practice Grappling with Instructors/Assistances

Practice Grappling with Other Students

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

Brill's Karate

Belt Requirement - Check off Sheet

Yellow Belt Little Dragon Rank Requirements

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

Combo

2

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)

Side Hammer

(In Combo 2)

Rising Sun Fist

(In Block 7 & 8 Closed Hand Counter Strikes)

Kicks

Back Kick

Bully Defense

Verbal Defense: Using
your words to handle
difficult situations

Takedowns

Arm Sweeping Leg

(In Combo #2)

Blocking

8 Point Blocking
With the Closed Hand
Counter Strikes

Reactionary Blocking

Jiu-Jitsu's

(Grabs)

Ground Fighting & Grappling

Rolls (Front & Back)

Ground Fighting Stance & Log Rolls (Half & Full)

Bully Defense:

Grabs You
From Behind

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

Brill's Karate

Belt Requirement - Check off Sheet

Orange Belt Little Dragon Rank Requirements

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

Combo

3

Sparring Lessons

Show Strong
Self Confident Sparring!

Hand Strikes

Palm Heal

Back Fist

Chops

Takedowns

Shoulder Twist

(In Combo #3)

Kicks

Roundhouse

Blocking

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.

Jiu-Jitsu's

(Grabs)

Bully Defense:

Somewhere From the
Front (Front Grabs)

Adult Abduction Defense:

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

Ground Fighting & Grappling

Locking Your Arms & Legs Around Your Opponent

Using Your Legs For Locks and Grabs

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

Hand Strikes & Elbows

White: Front 2 Knuckle, Hammer Fist Strikes

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

Orange: Palm Heal, Back Fist, Chops

Kicks & Knees

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

Yellow: Back Kick

Orange: Roundhouse

Sweeps & Takedowns

Yellow: Arm Sweeping Leg (Combo #2)

Orange: Shoulder Twist (Combo #3)

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.
A lot More of Reactionary Blocking Drills.

Orange: 1) Blocking Thrown Objects.
2) Block Whipped Objects (i.e. – Keys on a Rope/Neckless)

Combination Techniques “Combo’s”

White: 6 & 7,
Yellow: 2,
Orange: 3.

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 (Front Grab).

Adult Abduction Defense: What to do and say in a real adult abduction situation.

Sparring Lessons

White: 1) Keeping Hands UP. 2) Blocking Attacks & Countering.

Yellow: Coordinating Punches and Kicks Together.

Orange: Show Strong Confident Sparring.

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.