

# Brill's Karate

## Belt Requirement - Check off Sheet

### White Belt - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> 1 Pinan	<b><u>Combo</u></b> # 6	<b><u>Combo</u></b> # 7	<b><u>Kempo</u></b> Low High	<b><u>Kempo</u></b> Heavy Hammer
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STOP for a Second & Practice throughout the day! Every day!!

### Hand Strikes

Front 2 Knuckle

Back 2 Knuckle

Reverse Hammer

Side Elbow

### Kicks

Front Ball Kick

Front Snap Kick

Side Kick

Upward Knee

### Blocking

8 Point Blocking

### Jiu-Jitsu's

### Grabs

Wrist Grabs

### Ground Fighting

Slap Outs: Front, Back, & Side (And Wall)
Rolls: Front & Back, (Rolls on Right & Left Side)
Ground Fighting Stance & Log Rolls (Half & Full)

# Brill's Karate

## Belt Requirement - Check off Sheet

### Yellow Belt - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> 2 Pinan	<b><u>Combo</u></b> # 2	<b><u>Combo</u></b> # 3	<b><u>Kempo</u></b> Dropping Elbow	<b><u>Kempo</u></b> Swinging Hammer
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**STOP for a Second & Practice throughout the day! Every day!!**

### Hand Strikes

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

### Kicks

Back Kick
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### Takedowns

Shoulder Twist
Arm Sweeping Leg

### Blocking

8 Point Blocking With the Closed Hand Counter Strikes
Cross Body Palm Block

### Jiu-Jitsu's Grabs

Back Grabs
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### Ground Fighting & Grappling

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

# Brill's Karate

## Belt Requirement - Check off Sheet

### Orange Belt - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> 1 Kata	<b><u>Combo</u></b> # 4	<b><u>Combo</u></b> # 5	<b><u>Kempo</u></b> Double Striker	<b><u>Kempo</u></b> Driving Chops
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**STOP for a Second & Practice throughout the day! Every day!!**

### Hand Strikes

Spear Hand (Heaven & Earth)
Chicken Wrist
Cross Chop
Cross Tiger Rake

### Kicks

Roundhouse (Ball & Instep)
Roundhouse Knee
Stomp Kick (Heel & Sole)

### Blocking

8 Point Blocking With the Open Hand Counter Strikes
Cranes Wing Block
Dropping Palm Block
Crossing fists- Upward & Downward

### Takedowns

Backwards Grabbing Pull
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### Jiu-Jitsu's

### Ground Fighting & Grappling

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

### Grabs

Front Grabs
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# Brill's Karate

## Belt Requirement - Check off Sheet

### Purple Belt - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> 2 Kata	<b><u>Combo</u></b> # 8	<b><u>Combo</u></b> # 18	<b><u>Kempo</u></b> 7 Striker	<b><u>Kempo</u></b> Spinning Dragon
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*STOP for a Second & Practice throughout the day! Every day!!*

### Hand Strikes

Back Hand
Circular Palm
Ridge Hand
Hook Punch

### Defenses

Downward Club Defense
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### Kicks

Spinning Side Kick
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Spinning Back Kick
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Back Rising Heel Kick
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### Blocking

8 Point Blocking (With the Open Hand Blocks & Open Strikes) Knife Hand Block (Combo 8)
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### Takedowns

Frontal Grabbing Pull
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### Ground Fighting & Grappling

Diving Roll to an On Guard Stance (Optional)
Freestyle Keeling (Subduing your Opposition)

### Jiu-Jitsu's

### Grabs

Side Grabs Side Locks
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# Brill's Karate

## Belt Requirement - Check off Sheet

### Blue Belt - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> Stature of the Crane	<b><u>Combo</u></b> # 9	<b><u>Combo</u></b> # 12	<b><u>Kempo</u></b> Tiger Raker	<b><u>Kempo</u></b> Flying Dragon
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*STOP for a Second & Practice throughout the day! Every day!!*

### Hand Strikes

Tiger Rakes
U-Punch

### Jiu-Jitsu's Grabs

Head Grabs Head Locks
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### Kicks

Stepping Stool Kick
Crescent
Reverse Crescent

### Defenses

Sideward Club Defense
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### Blocking

8Point with Twisting Block & Strike
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### Takedowns

Tiger Stomp Takedown Crane Throw
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### Ground Fighting & Grappling

Basic Skills on Back (Reversals & Escapes)
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# Brill's Karate

## Belt Requirement - Check off Sheet

### Blue Stripe - Adult/Teen Rank Requirements

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

<b><u>Forms</u></b> 3 Pinan	<b><u>Combo</u></b> # 1	<b><u>Combo</u></b> # 10	<b><u>Kempo</u></b> Flying Knees	<b><u>Kempo</u></b> Snow Leopard
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*STOP for a Second & Practice throughout the day! Every day!!*

### Hand Strikes

Spinning Back Fist
Tiger Palm to Groin
Tiger's Mouth
Snow Leopard Strike

### Jiu-Jitsu's Grabs

Shoulder Grabs
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### Kicks

Axe Kick
Reverse Axe Kick

### Defenses

Poking Club
Downward Knife Defense

### Blocking

Monkey Block
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### Takedowns

Major Reap
Head Twisting

### Ground Fighting & Grappling

Basic Skills Laying on Your Stomach (Reversals & Escapes)
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# Brill's Karate

## Belt Requirement - Check off Sheet

### Green Belt - Adult/Teen Rank Requirements

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

<u>Form</u> 4 Pinan	<u>Combo</u> # 17	<u>Combo</u> # 19	<u>Combo</u> # 24	<u>Kempo</u> Smashing Tiger
<u>Bonus</u> Tiger Kicks the Sand		<u>Kempo</u> Black Tiger		

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

### Hand Strikes

Iron Thumbs

X-Strike to Throat

### Kicks

Hook Kick  
(Heel & Sole)

### Blocking

10 Point Blocking

Black Tiger Blocks

Scissor Block

### Weapon Defense

Moving Club Defenses

### Takedowns

Tiger Roll Takedown

# Brill's Karate

## Belt Requirement - Check off Sheet

### Green Stripe - Adult/Teen Rank Requirements

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

<b><u>Form</u></b> 5 Pinan	<b><u>Combo</u></b> # 11	<b><u>Combo</u></b> # 16	<b><u>Combo</u></b> # 21	<b><u>Kempo</u></b> Leopard Tackles its Pray
<b><u>Bonus</u></b> Jo Staff Form	<b><u>Bonus</u></b> Leopard Rolls Through the High Grass			<b><u>Kempo</u></b> Leopard Climbs Down the Tree

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

### Hand Strikes

Leopard Paw
Trigger Finger

### Weapon Defenses

Club Attack While Being Restrained By Club
From the Back (gun)
Poking Knife

### Kicks

Spinning Hook Kick
Dropping Heel Kick
Rising Heel Kick

### Ground Fighting & Grappling

Advanced Lockups (Arms, Legs, Strangle Holds)
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### Blocking

Trapping Blocks
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### Takedowns

Arm Bar Takedown
Ankle Manipulations
Leopard Tackle



# Brill's Karate

## Belt Requirement - Check off Sheet

### Third Degree Brown Adult/Teen Rank Requirements

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

<b><u>Form</u></b> 3 Kata	<b><u>Combo</u></b> # 20	<b><u>Combo</u></b> # 22	<b><u>Combo</u></b> # 26	<b><u>Kempo</u></b> Crane Takes Flight
<b><u>Bonus</u></b> Bo-Staff Blocking Striking Set	<b><u>Bonus</u></b> Cranes Wings	<b><u>Kempo</u></b> Hopping Crane		

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

### Hand Strikes

Crane's Wing
Immortal Man

### Kicks

Jumping Front Ball
Scissor Kicks

### Blocking

4 Point Blocking
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### Weapon Defense

No-Mind While Role Playing (Club)
Distance Techniques (Guns)
Front/Back Grabs with Knives

### Takedowns

Iron Broom
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### Ground Fighting & Grappling

Kempo Sparring with Randori (grappling) Focus
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# Brill's Karate

## Belt Requirement - Check off Sheet

### Second Degree Brown Adult/Teen Rank Requirements

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

<b><u>Form</u></b> 4 Kata	<b><u>Combo</u></b> # 13	<b><u>Combo</u></b> # 23	<b><u>Combo</u></b> # 25	<b><u>Kempo</u></b> Snake Shoots Venom
<b><u>Bonus</u></b> Bo Staff Form		<b><u>Bonus</u></b> Snake Darts out tongue		<b><u>Kempo</u></b> Snake Coils around Tree Branch

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

#### Hand Strikes

Snake Bite
Buddha Palm

#### Kicks

Snake Kicks (Upward & Jabbing)
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#### Blocking

Upholding Blocks
Iron Wall

#### Weapon Defense

Attacker with 2 Clubs
No Mind with Role Playing (gun)
Attacker with 2 knives

#### Ground Fighting & Grappling

Blindfolded
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#### Takedowns

Hip Tosses (forward & back)
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# Brill's Karate

## Belt Requirement - Check off Sheet

### First Degree Brown Adult/Teen Rank Requirements

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

<b><u>Form</u></b> 5 Kata	<b><u>Combo</u></b> # 14	<b><u>Combo</u></b> # 15	<b><u>Combo</u></b> # 28	<b><u>Kempo</u></b> Dragon Rides the Wind
<b><u>Bonus</u></b> 2 Man Fist Set North & South		<b><u>Bonus</u></b> Dragon Whips Tail		

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

### Hand Strikes

Dragon Flick
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### Kicks

Smashing Kicks
Flying Side Kick
Dragon Kick

### Blocking

Dragon Hand
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### Weapon

### Defenses

No Mind with Role Playing (knives)
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### Ground Fighting

### & Grappling

Two Person
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### Takedowns

Dragon Tail
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# Brill's Karate

## Belt Requirement - Check off Sheet

### 1<sup>st</sup> Degree Black Belt

### Adult/Teen Rank Requirements

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

<b><u>Form</u></b> 6 Kata	<b><u>Combo's</u></b>	<b><u>Kempo's</u></b>
<b><u>Form</u></b> Hansuki	#27	Tiger Kicks the Sand
<b><u>Form</u></b> Jo-Staff Form	#29	Leopard Rolls through the High Grass
	#30	Crane's Wings
	#40	Snake Darts Out Tongue
	<b><u>Bonus:</u></b> Sai Form	Dragon Whips Tail

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

## Hand Strikes

Dragon Flick
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## Kicks

Bo Kick
Double Jumping Front Ball Kicks
Complete Exploration of Spinning Techniques

## Blocking

Hand of the Falling Leaf
Palm Tree Blocking System

## Takedowns

Leg Scissoring Takedown
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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*

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

# Brill's Karate

Learning in the Most Exciting & Fun Way Imaginable!

## Recommended Ways to Practice!!

Practicing all of your material is an important way to grow as a Martial Artist. It teaches proper technique, movement and body mechanics, so you can learn the best way to stop an attack. It also provides a great aerobic karate workout when done at a fast pace! At the same time while practicing all of your material students will recognize some of the areas they can improve upon, an important step in achieving greatness!

Practicing has 2 components: First, going through ALL your material for repetition and muscle memory. Second, choosing a technique or a small part of a Form that needs improvement then doing that often during the day (for very short periods of time), along with any new material. A Great idea is to practice anytime for a minute when you are waiting for something (such as a printer, a download, a commercial etc...) We have provided some practicing guidelines to help you develop and reach your greatest karate potential. Without practice time, results can be less than optimal. But if for some reason you get out of your routine, don't

worry.....

just stop and practice for a minute..... anytime!

### (Recommendations to be a Good Student)

1. Do all your Techniques, Blocking Systems, and Forms **Once a Week** and identify what you would like to improve.
2. Practice what you identified **3 minutes a day**, broken down into 1 minute segments, **3 times throughout the day**.

### (Recommendations to be a Great Student)

1. Do all your Techniques, Blocking Systems, and Forms **2 Times a Week** and identify what you would like to bring to a higher skill level.
2. Practice what you identified **6 minutes a day**, broken down into 1 minute segments, **6 times throughout the day**.

### (Recommendations to be a Super Advanced Student)

1. Do all your Techniques, Blocking Systems, and Forms **3 Times a Week** and identify what you believe you haven't mastered yet and would like to bring to the highest level of efficiency!
2. Practice what you identified **10 minutes a day**, broken down into 1 minute segments, **10 times throughout the day**.

You will be Amazed that a few minutes each day

(it seems like such a little bit of time-and it is!)

will have a major impact on your Martial Arts Skill and Ability!

**“STOP for a Second & Practice throughout the day! Every day!!”**