

United Karate Centers

Red Belt Curriculum

1st Tip

- BJJ Flow 1 through 10
- Basic Form #4
- Front Bear Hugs 1 through 3 (Groin stab, head butt , chin grind)
- 2 and 3 man kicking Combinations F/S F/B F/S/B F/S/B spinning heel R/S

2ND Tip

- Kicking Combinations #6 (triple kicks)
- Kicking Combination #7 (spinning kicks)
- Hapkido Joint lock flow (wrist twist, arm lock, armbar, z break)
- Hubud to armbar, to wrist twist, arm lock, spinning wrist throw)
- Kali full 2nd set (abaniko,variations,florette,redondo,x pattern,3 count)
- Jeet Kune Do ABC's 1 through 8

3RD Tip

- Choke defenses 1 and 2 (shoulder shrug, twisting arm release to elbow strike)
- 12 angles of attack receiver open and closing gointing
- Flying side kick
- 360 jump spin kicks (crescent, hook, heel)
- BJJ Flow with three different people
- 4 counts to boxing combinations to JKD ABC's with three different people
- Essay #1 who invented Hapkido? 150 words min.
- Essay # 2 The lineage of United Karate Centers (instructors, dates and any little facts you can find out.

Essays due 1 week before test.

All curriculum subject to change w/o notice