

United Karate Centers

Blue Belt Curriculum

Required equipment for this belt: Nunchucks \$25, Staff \$30, mouth piece

- Meaning of Green Belt
- Check In

Boxing

- Boxing combinations # 1 Jab, cross, hook
- Boxing combinations # 2 Jab, cross, weave H-C-H
- Boxing combinations # 3 Jab, cross weave to the right C-H
- Boxing combinations # 4 Jab, cross roll to the right C-H
- Boxing combinations # 5 Jab, cross Block left hand C-H
- Boxing combinations # 6 Jab, cross low H-high H-C-H
- Boxing combinations # 7 Jab, cross uppercut w/left hand H-C-H
- Boxing combinations # 8 Jab, H to the body (w/RT hand)-Faint back- C-H-C-H
- Boxing combinations # 9 Jab C low left hand H, low right hand H-high H-C-H-C-H

Tip Test Date and Instructor's Signature _____

Kicking

- Spinning crescent Kick
- Spinning Hook Kick
- Spinning Heel Kick
- Pass of roundhouse to Spinning crescent kick
- Pass of roundhouse to Spinning hook kick
- Pass of roundhouse to Spinning heel kick
- 4 power kick (pop ups)
- Kicking Combination # 4 (double kicks)

Tip Test Date and Instructor's Signature _____

- Back fall to back shoulder roll
- Spinning heel kick to back shoulder roll
- Basic Form # 1
- Basic Form # 2

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- How to hold Nunchaku
- Circle up and down to leg
- Circle down and up to armpit
- Hit your side and circle up (strike)
- Switch sides with Nunchaku
- Low block, strikes and upper cut with Nunchaku
- Around the Neck and spinning circle to side then circle up
- Nunchaku Form # 1

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- Kickboxing Combination # 1(receiving / blocking)
(C-H-RK-H-C-LK)
- Kickboxing Combination # 2 (receiving / blocking)
(J-OUTSIDE SWEEP-H-RK (pause) J-INSIDE SWEEP-C-SWITCH LK)
- Kickboxing Combination # 3 (giving and receiving)
(SWITCH J-FRONT KICK-C-RT- KNEE-RT ELBOW)
- Hubud with wing block to left side Hubud
- Hubud to armbar, wrist twist

Grappling

- From distance gauge to Americano armlock.

Kali - 1st set

Cup/Cup, x Pattern, 3 Count, 6 Count Heaven, Standard, Earth. Umbrella Heaven, Standard, Earth, Crash

Kali – 2nd set

Abanicko, high, high low, low high, low low, low low squatting, florette

Red Tip Test Date and Instructor's signature _____