



Rising Tide Martial Arts

White to Orange Belt Curriculum

Equipment required for this belt: Gi pants & black shirt

General Knowledge

- Student Creed
- Name the best defense
- Vocab**
 - Hapkido
 - Southpaw
 - Switch kick

1st Tip

- How to tie your belt
- Defensive stance
- 6 Basic Positions
 - Ready
 - At Ease
 - Listening
 - Guarding Stance
 - Attention
 - Bow
- How to hold focus mitts and air shields

Punches

- Jab
- Cross
- Hook

2nd Tip

Power Kicks

- Front kick
- Side kick
- Roundhouse kick
- Back kick

Kicking Combinations

- #1 - Low leg kick, front kick, side kick



Other Strikes

- Elbow Strike (horizontal, vertical and diagonal)

4 Corner Blocks

- Cover left, cover right, paddle left, paddle right, parry right, parry left, leg check left, leg check right

3rd Tip

4 Counts - 1st Half

- #1 - Right roundhouse, left hook, right cross, switch left roundhouse
- #2 - Switch left roundhouse, cross, hook, right roundhouse
- #3 - Right roundhouse, left hook, right cross, switch left knee
- #4 - Switch left roundhouse, cross, hook, right knee
- #5 - Right roundhouse, left hook, right cross, left elbow
- #6 - Switch left roundhouse, right cross, left hook, right elbow

Grappling - Brazilian Jiu Jitsu (BJJ) Flow

- Distance gauge
- Peek-a-boo block
- Clinch
- Front leg sweep



Rising Tide Martial Arts

Orange to Yellow Belt Curriculum

Equipment required for this belt: Kali sticks

General Knowledge

- Know the meaning of Hapkido - "The Way of _____"
- Name at least three of the styles practiced at Rising Tide (hint - check the website)

1st Tip

Kicks

- Inside ax kick
- Outside ax kick
- Inside crescent kick
- Outside crescent kick
- Cross step hook kick

Falls & Rolls

- Side fall
- Back fall
- Front fall
- Front shoulder roll

2nd Tip

Kickboxing Combinations

- #1 - Cross, hook, right kick, hook, cross, left switch kick

Kicking Combinations

- #1 - Low leg kick, front kick, cross step side kick
- #2 - Front kick, cross step side kick, cross step roundhouse kick

Kali

- Cup Cup
- X Pattern
- Three Count
- 6 Count Heaven

Judo

- Over the shoulder judo throw drills



3rd Tip

Timing and Defense

- Side kick against the attacker
- Step back back kick against the attacker

Sweeps

- Outside Sweep
- Inside Sweep

Kicks

- Jump Power Kicks**
 - Front kick to jump front kick
 - Sidekick to jump sidekick
 - Roundhouse to jump roundhouse

Four Counts - 2nd Half

- #1 - Right roundhouse, left hook, right cross, switch left roundhouse
- #2 - Switch left roundhouse, right cross, left hook, right roundhouse
- #3 - Right roundhouse, left hook, right cross, switch left knee
- #4 - Switch left roundhouse, right cross, left hook, right knee
- #5 - Right roundhouse, left hook, right cross, left elbow
- #6 - Switch left roundhouse, right cross, left hook, right elbow
- #7 - Right roundhouse, left hook, right cross, left hook
- #8 - Switch left roundhouse, right cross, left hook, right cross
- #9 - Jab, right cross, right roundhouse, left roundhouse
- #10 - Jab, right cross, switch left roundhouse, right roundhouse
- #11 - Jab, right cross, right knee, switch left knee
- #12 - Jab, right cross, switch left knee to right knee



Rising Tide Martial Arts

Yellow to Green Belt Curriculum

Equipment required for this belt: Fingerless boxing gloves, mouth guard

1st Tip

Double Kicks

- Low Snap Front Kick to high Roundhouse
- Cross step low Side Kick to High Side Kick
- Cross step Hook Kick to high Roundhouse

Jump Kicks

Power Kicks

- Jump front kick
- Jump roundhouse
- Jump side
- Jump back

Basic Kicks

- Outside axe kick to jump outside axe kick
- Hook kick to jump hook kick
- Outside crescent to jump outside crescent

Front Leg Kick Combinations

- Front leg front kick, jab, cross, hook
- Front leg round kick, jab, cross, hook
- Front leg side kick, jab, cross, hook

2nd Tip

Kali 1st Set

- Cup Cup, X Pattern, Three Count, 6 Count Heaven (Yellow Belt)
- 6 Count Standard
- 6 Count Earth
- Umbrella Heaven
- Umbrella Standard
- Umbrella Earth
- Crash



Kicking Combinations

- #1 (Orange Belt), #2 (Yellow Belt)
- #3 - Inside axe kick, cross step hook kick, turning back kick with left leg

Kickboxing Combinations

- #1 (Yellow Belt)
- #2 - Jab, outside sweep, hook, right roundhouse, jab, inside sweep, cross, switch left roundhouse

3rd Tip

Superman Punch

Basic Defense

- bob left, bob right, weave left, weave right, feint forward, feint back, feint down, parry, body block left, body block right, redirect left, redirect right, leg check left, leg check right

Basic Form #1

- Left low block with right leg back, step, right punch, step/fold, left low block, step, right punch, turn around with left leg back, left low block, step, right punch, step, left punch, step, right punch, turn around, left low block with left leg back

4th Tip

Hubud

- Right side - check, raise, slap elbow, hit

Ground Fighting

- Ground Kicks
 - Front kick
 - Roundhouse
 - Sidekick
 - Back kick
- Getting up from sitting position



Ground Fighting (continued)

- On your back drills
 - Spinning drill
 - Grab pant leg
 - Grab leg
 - Scissor sweep
- Grappling
 - Side control
 - mount
- Turtle
 - Turtle position (rolling)
 - Turtle position to left inside sidekick (getting up)
 - Turtle to right side kick (low and high)
 - Turtle to inside sweep and outside sweep
 - Turtle to knee break (left leg hooks their leg, right side kick)



Rising Tide Martial Arts

Green to Blue Belt Curriculum

Equipment required for this belt: Nunchaku, shin guards

1st Tip

Boxing

- #1: Jab, cross, hook
- #2: Jab, cross, weave left, hook, cross, hook
- #3: Jab, cross, weave right, cross, hook
- #4: Jab, cross, roll right, cross, hook
- #5: Jab, cross, body block, cross, hook
- #6: Jab, cross, low hook, high hook, cross, hook
- #7: Jab, cross, uppercut, hook, cross, hook
- #8: Jab, right hook to body, faint back, cross, hook, cross, hook
- #9: Jab, cross, left hook to body, right hook to body, hook, cross, hook, cross, hook

2nd Tip

Kicking

- Spin Kicks**
 - Spinning crescent
 - Spinning hook
 - Spinning heel
- Pass of Spin Kicks**
 - Pass of roundhouse to spinning crescent
 - Pass of roundhouse to spinning hook
 - Pass of roundhouse to spinning heel
- Pop-Up Power Kicks**
 - Front, round, side, back

Kicking Combinations

- #1 (Orange Belt), #2 (Yellow Belt), #3 (Green Belt)
- #4 - Double Kicks - Front-round, low-high side, hook-round

Kickboxing Combinations

- #1 & #2 (Green Belt)
- #3 - switch left jab, left front kick, right cross, right knee, right elbow



3rd Tip

Shoulder Rolls

- Back fall to back shoulder roll
- Spinning heel kick to back shoulder roll

Forms

- Basic Form #1 (Yellow Belt)
- Basic Form #2

Grappling - BJJ Flow

- Distance gauge to front leg sweep (White Belt)
- Mount
- Low swim - buck right, swim right, buck left, swim left
- High swim
- Americano armlock

4th Tip

Nunchaku Form #1

- Circle up, circle down to leg
- Circle down, circle up to armpit
- Strike - hit each side, circle down, circle up
- Switching sides - repeat previous on left side
- Cat stance low block with nunchaku
- Front kick
- Strike left, strike right
- Circle around the neck, circle around the back
- Lasso over head, bounce off hip, circle up

Kali - 2nd Set

- Cup Cup to Crash (Green Belt)
- Abanicko - high, high low, low high, low low, low low squatting, florette, redondo, x pattern, three count



Rising Tide Martial Arts

Blue to Brown Belt Curriculum

Equipment required for this belt: Bo-staff

1st Tip

Kicking

- Front leg kicks after spin kicks**
- Jump Spin Kicks**
 - Basic Kicks
 - Jump spinning crescent kick
 - Jump spinning hook kick
 - Jump spinning heel kick
 - Pass Of Spin Kicks
 - Pass of jump spinning crescent
 - Pass of jump spinning hook kick
 - Pass of jump spinning heel kick
 - Low sweep
 - Low spinning sweep
- Kicking Combination #5** - butterfly kick, spinning hook, pop up front kick, then repeat on left side

2nd Tip

Grappling - BJJ Flow

- Distance gauge to Americana arm lock (Blue Belt)
- Armbar
- Punch Block Series - grab and hug, punch ribs, arms over knees, knee to hips, feet to hips
- Triangle Choke

Basic Defense (Offense)

- bob left (jab), bob right (cross), weave left (hook), weave right (cross), feint forward (jab), feint back (cross), feint down (jab), parry (cross), body block left (cross), body block right (jab), redirect left (right kick), redirect right (left kick), leg check left (jab), leg check right (cross)



3rd Tip

Silat Entries (Right and Left)

- #1: Outside
- #2: Inside
- #3: Backhand
- #4: Split High
- #5: Split Low
- #6: Direct

Forms

- 4 Directional Circle

4th Tip

Kali with Staff

- 17 Angles of Striking
- X Pattern
- Upward Figure Eight
- Downward Figure Eight
- Upward and Downward Figure Eight with Female Triangle
- Hourglass Figure Drill
- 8 Count Pattern - high high, low low, high low, low high
- 12 Count Pattern - high high high, low low low, high low high, high low high

Forms

- Four Direction with Staff
- Basic Form #3