



# Rising Tide Martial Arts

## Sea Samurai White to Orange Belt Curriculum

*Required equipment for this belt: Gi pants and black shirt*

### General Knowledge

- Have a respectful attitude. (Say yes sir, yes ma'am, or yes sensei)
- Student Creed
- Name the best defense
- How to make a fist
  - Meaning of making a fist (*the first 4 fingers are "be nice and tell the teacher," 5th finger is "no more nice"*)
- Stretches
  - Pike Stretch
  - L Stretch
  - Butterfly Stretch
  - Straddle Stretch (20 sec. middle, right, left, middle)
- Tuck Position
- Forward Roll

### 1st Tip

- Jab, Cross, Hook
- Kicks
  - High Kick
  - Front Kick
    - Counting Front Kick
- 6 Basic Positions
  - Ready
  - At Ease
  - Listening
  - Guarding Stance
  - Attention
  - Bow



## 2nd Tip

- Stances
  - Horse stance
  - Switching guarding stance
- Kicks
  - Side Kick
    - Counting side-kick
  - Roundhouse Kick
    - Counting Roundhouse Kick
- Elbow Strikes - horizontal, vertical, diagonal

## 3rd Tip

- Falls
  - Left Side/Right Side
- Blocks
  - 4 Corner Blocks
  - High Blocks, Low Blocks

## 4th Tip

- Kicks
  - Standing Back Kick (no turn)
  - Ax Kick
- BJJ Basics
  - Clinch, guard, mount, side control
- Dojo Information
  - What are the names of your instructors?
  - What is the name of your martial arts school?
  - What is the name of the martial art you are learning?
- Safety Information
  - What is your first and last name?
  - What are your parents' names?
  - What town do you live in?



# Rising Tide Martial Arts

## Sea Samurai Orange to Yellow Belt Curriculum

*Required equipment for this belt: Martial arts bag*

### General Knowledge

#### When do you bow?

- When you enter/leave the mat
- To show respect to others

#### Fitness

- 20 sit ups, 15 push ups, run for 3 mins.

### 1st Tip

#### Stances

- Defensive stance
- Footwork: forward/backward triangle

#### Punching

- Chain punches
- Outward chop
- Palm strike (both hands)
- Traditional karate punches (single and double)

### 2nd Tip

#### Strikes

- Back fist to spinning back fist (left and right side)
- Knee to elbow attack

#### Stances

- Footwork: step and slide every direction

### 3rd Tip

#### Strikes

- Step sweep to knee ride

#### Four Counts and Partner Work

- How to hold focus mitts
- #1 - Right roundhouse, left hook, right cross, switch left roundhouse
- #2 - Switch left roundhouse, right cross, left hook, right roundhouse



# Rising Tide Martial Arts

## Sea Samurai Yellow to Green Belt Curriculum

*Required equipment for this belt: Mouth Guard, Kali Sticks*

### 1st Tip

#### Stances

- Front stance
- Pass of front stance – front/round kick and put it down in front

#### 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

#### Jump kicks

- Jump front
- Jump round
- Jump side
- Jump back

#### Kicking combinations

- #1 - Low leg kick to front kick to cross step side kick
- #2 - Front kick to cross step side kick to cross step in front then roundhouse

### 3rd Tip

#### Kick and Block Drills

- Attacker rear leg front kick, defender low block, switch roles
- Attacker rear leg round kick, defender paddle block, switch roles
- Attacker rear leg side kick, defender low block, switch roles

#### Focus Mitt Training

- Attacker attacks with jab, cross, hook, defender receives with parry, parry, cover



## 4th Tip

### Falls

- Shoulder rolls to falling positions (left and right side)

### Grappling

- BJJ
  - Takedown
  - Side control, mount
  - Low and high swim
  - Shrimping
- Demonstrate both grappling with control and sparring with control

## 5th Tip

### Kali

- Kali double sticks (cup/cup, x pattern, three count, six count heaven)

### Form

- Basic Form #1