



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/3 Basic Rules
 - ☐ Bubble Space
 - ☐ Take Turns
 - ☐ Be Here, Be Now
- ☐ 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



Rising Tide Martial Arts

Sea Samurai Green to Blue Belt Curriculum

Required equipment for this belt: Pair of Nunchucks

1st Tip

Basic Defense

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

Boxing Combinations 1-5

- ☐ #1 - Jab, cross, hook
- ☐ #2 - Jab, cross, weave left, hook, cross, hook
- ☐ #3 - Jab, cross, weave right, cross, hook
- ☐ #4 - Jab, cross, roll back, cross, hook
- ☐ #5 - Jab, cross, body block left, cross, hook

2nd Tip

4 Counts

- ☐ #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

Forms

- ☐ Basic Form #2

3rd Tip

Kicks

- ☐ Ground power kicks
- ☐ Standing power kicks

Forms

- ☐ Nunchaku Form #1
 - ☐ Bow, basic swing, circle up, circle down, circle up, switching circle up to the left side, circle down, circle up



Rising Tide Martial Arts

Sea Samurai Blue to Brown Belt Curriculum

Required equipment for this belt: Bō (staff)

1st Tip

Kicking

- ☐ **Basic Double Kicks**
- ☐ Front snap kick to roundhouse
- ☐ Cross step low, then high side kick
- ☐ Cross step hook kick to roundhouse
- ☐ **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
- ☐ #3 - Inside ax kick to cross step hook kick to turning back kick with left leg
- ☐ #4 - front snap kick to roundhouse to cross step low then high side kick to cross step hook kick to roundhouse

2nd Tip

Forms

- ☐ Basic Form #1
- ☐ Basic Form #2
- ☐ Four Directional Circle
- ☐ Nunchaku Form #1

3rd Tip

Pass of Spin Kicks

- ☐ Round house then pass of spinning outside crescent kick
- ☐ Round house then pass of spinning hook kick
- ☐ Round house then pass of spinning heel kick

Punches

- ☐ All punches listed in other belts
- ☐ Chain punching
- ☐ Chain punching to clinch



Ground Work

- ☐ Turtle
- ☐ Scissor kick
- ☐ Knee break

Kali

- ☐ 1st set with double sticks
 - ☐ (cup/cup, x pattern, three count, six count heaven/standard/earth, umbrella heaven/standard/earth, crash)

Bō (Staff)

- ☐ 17 angles of attack
- ☐ Four Directional Staff

Gymnastics

- ☐ Cart Wheel, Handstand against mat, forward roll to jumping straddle



Rising Tide Martial Arts

Sea Samurai Brown to Red Belt Curriculum

Second Half of Boxing Combinations (Full list below)

- ☐ #1 - Jab, cross, hook
- ☐ #2 - Jab, cross, weave left, hook, cross, hook
- ☐ #3 - Jab, cross, weave right, cross, hook
- ☐ #4 - Jab, cross, roll back, cross, hook
- ☐ #5 - Jab, cross, body block left, cross, hook
- ☐ #6 - Jab, cross, low hook, high hook, cross, hook
- ☐ #7 - Jab, cross, uppercut, hook, cross, hook
- ☐ #8 - Jab, shovel punch, feint back, cross, hook, cross, hook
- ☐ #9 - Jab, cross, low hook, shovel punch, hook, cross, hook, cross, hook

Second Half of Four Counts (Full list below)

- ☐ #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

Wing Chun Trapping

- ☐ Slap hit
- ☐ Slap hit, pull hit
- ☐ Slap hit to slap hit
- ☐ Slap hit, eye strike, slap hit

Forms

- ☐ Staff



- ☐ Staff Form #1
- ☐ Staff Form #2
- ☐ Four Directional Staff
- ☐ Combat Staff
- ☐ **Nunchaku**
- ☐ Nunchaku Form #1
- ☐ Nunchaku Form #2
- ☐ **Forms**
- ☐ Basic Form #1
- ☐ Basic Form #2
- ☐ Basic Form #3
- ☐ Basic Form #4