



TRINITY

MARTIAL ARTS

REQUIREMENTS FOR ADVANCED BLUE BELT TO 2nd GUP - BROWN BELT

Prerequisites:

Advanced Blue Belt or Advanced Blue Belt equivalent & Arnis Blue Belt
Minimum 48 of continuous training at adv. blue belt
Test fee due at test time: \$120.00
Must know all previous ranks forms

Mental Requirements:

Respect for yourself, your family, the school, and all the students
Self-confidence, on and off the training floor
Rarely misses coming to class
Doesn't need to brag about personal accomplishments

Basic Kicks:

#19 Reverse Front Kick
#20 Reverse Jump Side Kick
#21 Reverse Groin Kick

Bande Ap Cha Ki
Bande I Dan Yup Cha Ki
Bande Sabu Cha Ki

Flying side kick (Raise and kick same leg - raise and kick opposite leg)

Form Basics & Form:

Form Basics:

25. Double Side Knife Hand Block (Block and look behind, block and look front)
26. Double Knife Hand Attack (One Leg Guard – Side kick / Reverse Side Kick – Kife Hand Strike look behind / Knife Hand Strike look front)
27. Ridge Hand Attack (Reverse Ridge Hand – Take Down)
28. Reverse Low Knife Hand Guard (Low Guard – Reverse Step – Low Guard)

Form:

Tae Seung Hyung, Ja Yu Hyung – Foot Fighting Form, Free Fighting Form

Self Defense:

- o Release & Escape from a two-hands choke in front or a two-hands choke from behind. Use the “3-Step Method”: 1) Release 2) Yell “No!” 3) Run away to a safe person or a safe place.
- o Fighting Combination: Front / Reverse punch + Shin kick + Spinning back-heel kick with *Ki-hop*.
- o No Step Spars (Any attack - be quick and efficient. Demonstrate **reality** in your response)
- o Three intermediate take-downs 1) Center lock throw 2) Arm drag 3) Catch kicking leg and sweep
- o Sticky Hands and Feet against two people (Stay in place, see both opponents at the same time)
- o Fighting Style #3: Jammer.

Teen/Adult Students:

Release & Defend against being choked on the ground: 1) Opposite grab center lock 2) Arm bar and slide your hip out 3) Push the opponent far enough away so you can stand up safely 4) Escape to a safe person or place -or- 5) If the attack continues, use Safety Stance and say “Stop! Don't touch me!” 6) If the attack still continues, use Pushing Hands, and if necessary use as much force as needed to protect yourself from injury.