



Falcon 1 Defense

7 Core Concepts of Self Defense

- 1) ADVANCE
AWARENESS
- 2) EVASIVE MOVEMENTS
- 3) DEFUSE CONFLICT
- 4) FLOW LIKE WATER
- 5) BE UNPREDICTABLE
- 6) ATTACK WEAK SPOTS
- 7) HUNT, NOT BE
HUNTED



Falcon 1 Defense

F1 Culture Points

- 1) Look, Listen, Learn – 3 Ls
- 2) Strive for Constant Growth. Growth mentality (not yet). Never give up or quit – Persevere
- 3) Choose to be the best at what you do
- 4) Be a positive Vessel – filled with virtue
- 5) Be a leader in action and character. We influence others by our words and actions
- 6) Be Proactive, Vigilant (see truth of situation, danger far off, solve problem before it gets bigger)
- 7) Respond, don't react – think about best response, don't react with negative emotion
- 8) Be a Defender! Defend not just ourselves, family, friends but also your character/integrity. Defend right choices and virtuous behavior.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Orange Belt

I. Basics

Kicks

1. Snap kick
2. Side kick
3. Roundhouse

Hand Techniques

1. High Block
2. Middle Block
3. Low Block
4. Lunge punch
5. Reverse punch

II. Character Concepts

- Be Attentive: 3 Ls (Look, Listen, Learn)
- What comes out of a bullies mouth? “AIR!”
- Learn to walk away. What do we say to a bully? “Have a nice day and see you tomorrow”

III. Self Defense

Wrist grab pull away

look for where thumb and fingers come together, pull hard that way with single or both hands. Run or attack when free. Attention getter groin kick recommended before pull

Push turn w/arm bar variant

- 1) Enemy grabs shoulders
- 2) Punch to solar plexus, turn sideways to create distance
- 3) circle block with leading arm, grab wrist
- 4) sidekick to body / arm bar variant

IV. **Dojo Kata** – Must be able to follow along with Instructor and know the form of each technique

Watch: <https://www.youtube.com/watch?v=p1RWzWCza5U>

Or search youtube for “Falcon 1 Dojo Kata Reversed”

V. Board Breaking

Front Snap Kick (attitude, focus, eye contact, proper contact with foot)

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Orange Belt Advanced (Black stripe)

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Jump Kick
2. Grab, Knee strike

Hand Techniques

1. Backfist
2. High Lunge
3. Reverse High Lunge

II. Character Concepts

- What is the C word of Karate? Choose! We may not control all things that happen to us but we can control how we respond to those events.
- Make Every Day Special!
- Hard day – Easy Day: even when something is hard, don't give up! If somebody tells you it's too hard or you can't do it, Say "I can!"

III. Self Defense

Back fist reverse combo

Backfist

Opponent high block

Reverse

Block, score, get away

- 1) enemy backfist
- 2) high block
- 3) reverse, get away

IV. Board Breaking

Front Snap Kick (attitude, focus, eye contact, proper contact with foot)

V. Sparring

The student will be required to spar with other individual opponents.

Emphasis will be placed on techniques, control of those techniques, and spirit.

A good, competitive attitude is expected.

Core Concept Focus: ADVANCE AWARENESS

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Yellow Belt

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Angled Snap Kick
2. Double Roundhouse

Hand Techniques

1. High open hand block, reverse high lunge
2. Middle open hand block, spear hand
3. low open hand, shuto strike

II. Character Concepts

- Perseverance – Means Never giving up, even when things are hard.
“A black belt is a white belt who never gave up!”
- Growth Mindset– Always be learning and growing. If you cannot get something right the first time, do not think you have failed, you just have not got it yet but you will if you keep trying

III. Self Defense

- Role Play – Diffuse Tense Situation/Get to Exits: Youth– bully call them name, get in face, how to say “have nice day, see you tomorrow”, say nice things, respectful, apologize, when to defend physically. Also how to evade bully to get to exit or to adult. Instructor or student will try to corner student. They must get around them using speed and agility to escape.

- Sidestep a punch

- 1) enemy lunge punch
- 2) middle block side step 45 degrees
- 3) reverse punch

IV. Board Breaking

Front Snap Kick – weak leg
(attitude, focus, eye contact, proper contact with ball of foot)

V. Sparring

The student will be required to spar with other individual opponents.
Emphasis will be placed on BACKFIST REVERSE, FRONT LEG KICK AWAY, BLOCK SCORE GET AWAY, MOVING IN A CIRCULAR FASHION TO GET BEHIND ENEMY

Core Concept Focus: EVASIVENESS

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Yellow Belt Advanced (Black stripe)

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Hook Kick
2. Double Snap Kick

Hand Techniques

1. Palm circle block
2. Palm circle block, reverse punch
3. Ridge hand

II. Character Concepts

•Confidence: Moral and Physical

- Physical Confidence: Belief in your mind and body that you can accomplish what you set your mind to. Ex. Board breaking, scoring touchdown, earning an A on a hard test at school
- Moral Confidence: Knowing the difference in Right and Wrong and having the strength to speak up for what is right even if those around you are doing wrong.

III. Self Defense

Sidestep a Kick – leg sweep

1. enemy front leg snap
2. low block, side step 45 degrees
3. Reverse punch

Windshield Wipers & 4 Corners Block: defensive movements

Stay in the Ring – instructor will set up a ring and student will have to be able to move quickly around the ring without stepping out or on the lines with opponent. Move quick side to side, shoot to back side. Instructor may place obstacles in the ring to simulate desks, trees, chairs in real life situation. Be a Helicopter, not a train

IV. Board Breaking

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with ball of foot)

V. Sparring

The student will be required to spar with other individual opponents.

Emphasis will be placed on BACKFIST REVERSE, FRONT LEG KICK AWAY, BLOCK SCORE GET AWAY, MOVING IN A CIRCULAR FASHION TO GET BEHIND ENEMY

Core Concept Focus: EVASIVE MOVEMENT

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are allowed to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Blue Belt

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Axe Kick
2. Hook kick front leg, turn, roundhouse

Hand Techniques

1. Backfist front hand, ridgehand back hand
2. Backfist front hand, then ridgehand other side of opponent's head same hand

II. Character Concepts

- Discipline: Discipline is the ability to control yourself and your emotions... being able to focus on what's important... control the urge from doing the wrong thing, have enough self control to do the right thing
- Forming good habits: discipline is founded upon good habits. Habits are formed by everyday activities. Begins with simple things like brushing teeth, combing hair, but it should also include moral choices, telling the truth, putting others needs before your own, good work ethic

III. Self Defense

Bear hug (front), arms free: grab, pinch, twist, 2 knee strikes, 2 elbows, grab and finish opponent with knee strike to body or head

Bear hug (front), arms pinned: grab, pinch, twist, 2 knee strikes, uppercut to their chin and back fist, two palm strikes, finish opponent with knee strike to body or head.

IV. Board Breaking

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with heel of foot)

V. Sparring

The student will be required to spar with other individual opponents.

Emphasis will be placed on LEG SWEEPS, GOING TO BACKSIDE OF OPPONENT, SIMULTANEOUS BLOCK AND COUNTERATTACK (BLOCK PUNCH OR BLOCK KICK)

Core Concept Focus: DIFFUSE CONFLICT

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Blue Belt Advanced (Black Stripe)

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Back Kick
2. Spinning Back Kick

Hand Techniques

1. Seiuchin stance punches (1 to 5 punches)
2. high, middle, low block and 5 punches
3. palm block 2 hammer fist, one side, one head

II. Character Concepts

- Goal Setting: get into a habit of visualizing what you want to accomplish. Write it down and look at it every day to work towards accomplishing it. Plan out short term goals that will help you accomplish the long term
 - Long term goals: May take you years and a lot of dedication to accomplish. Examples: earning black belt, eagle scout, college degree.
 - Short term goals: smaller, easier to accomplish goals that are stepping stones to the long term. Examples: earning your next belt rank, earning an A on your next school test.

III. Self Defense

Wrist Grab Criss Cross

Hand on top of their hand, circle your hand towards the back of their elbow, step towards their elbow with your other arm and perform an arm bar, push down, and elbow their temple (no contact in class)

Wrist Grab Straight Across

Hand on top, push up like a bridge, push their hand up making their fingers point towards the ceiling, place your two thumbs on the back of their hand and perform a wrist lock by pressing your thumbs towards the opponent, follow up with a snap kick

IV. Board Breaking

Side Kick Strong Leg

(attitude, focus, eye contact, proper contact with heel of foot)

V. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG SWEEPS, GOING TO BACKSIDE OF OPPONENT, SIMULTANEOUS BLOCK AND COUNTERATTACK (BLOCK PUNCH OR BLOCK KICK)

Core Concept Focus: DIFFUSE CONFLICT

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Green Belt

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Distance Kick

Hand Techniques

1. Palm Strike (head, chest, groin)
2. Elbow Strikes (side, upper, top down)
3. Circle block, grab, step in elbow strike

II. Character Concepts

•Work Ethic: Do not count on things being given to you in your life. Things that are worth having require hard work and dedication. You must earn them, not demand them; black belt, family, education. Get out of bed every day asking yourself “how can I make myself better today?”

III. Self Defense

Evade/Flow kick – Palm Circle Roundhouse /arm bar vairant

1. Enemy lunge punch
2. Palm, circle grab enemy's wrist
3. Lean to backside and roundhouse to body

Arm sweep/arm drag

1. Enemy side punch lead hand or grab shoulder straight across
2. Sweep with front hand enemy arm so that their back is towards you, circle under with other hand then grab their gi sleeve near elbow and pull them to side
3. Side step 45 degrees
4. Finish them with punch, elbow, hammer fist or take down

IV. Board Breaking

Side Kick Weak Leg

(attitude, focus, eye contact, proper contact with heel of foot)

V. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG/ARM SWEEPS, GOING TO BACKSIDE OF OPPONENT, DEFLECTING ATTACKS

Core Concept Focus: FLOW LIKE WATER

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Green Belt Advanced (Black Stripe)

I. Basics – in addition to improving all previous basics from lower level

Kicks

1. Flip kick
(snap kick turn roundhouse)
2. Hook Kick Roundhouse (same leg)

Hand Techniques

1. Backward Fall
2. Safe stand up from fall

II. Character Concepts

•Honor: showing those around you that you are trustworthy, loyal, respectful, and morally upright in your actions. You have a reputation that others want to follow.

III. Self Defense

Water Off Rock

- Palm up, spin to back, break arm over shoulder
- Palm side, spin, break arm, elbow in back

Defensive Side Kick (Blick: Block-kick)

1. Enemy lunge
2. Shuffle back or stand firm, throw sidekick. Highblock if necessary simultaneously

IV. Board Breaking

Side Kick Weak Leg

(attitude, focus, eye contact, proper contact with heel of foot)

V. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on LEG/ARM SWEEPS, GOING TO BACKSIDE OF OPPONENT, DEFLECTING ATTACKS

Core Concept Focus: FLOW LIKE WATER

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Purple Belt

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Inside Crescent Kick
2. 3 Level roundhouse (low, middle, high)

Hand Techniques

- 1) sideways roll slap
- 2) sideways roll stand up

II. Character Concepts

Humility – freedom from arrogance or selfishness. Putting other people first...Being courteous..... not thinking that you are better or more important than someone else; not bragging about yourself.

III. Self Defense

Offensive Side Kick

1. Enemy shows opening
2. Slide, step across or shuffle sidekick towards enemy

Shoulder Grab Straight Across

Pin opponents hand to your shoulder across your body, place other hand on enemy's elbow and push over and down to arm bar them. You stand up straight while pushing enemy down, step back with outside leg, kick beside enemy's bend over head

IV. Board Breaking

- Roundhouse – strong leg
(attitude, focus, eye contact, proper contact with ball of foot)
- Palm strike – strong hand

V. Sparring

The student will be required to spar with other individual opponents. Emphasis will be placed on UNPREDICTABILITY. USE OF FAKES, EXPERIMENT WITH DIFFERENT MOVES NOT USUALLY USED, WEAK SIDE ARM AND LEGS

Core Concept Focus: BE UNPREDICTABLE

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Purple Belt Advanced (Black Stripe)

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Flying Side Kick

Hand Techniques

1. Kuzushi Waza – step behind front foot and trip with front hand

II. Character Concepts

•Grateful – Being thankful for the good things in your life. Not to be a complainer or selfish. We all have many things to be thankful for and it is good to reflect on these things daily; like our family, our home, our education, coaches, teachers. Be grateful for what you have and to those who work hard to make sure you have these important things. Say “thank you” often.

III. Self Defense

Shoulder Grab Criss–Cross

Pin opponents hand to your shoulder across your body, reach other arm over theirs and grab their elbow, pull up and over to arm bar them, step back outside leg and kick beside enemy’s head

2 Hand Shoulder Grab from behind – opponent grabs your shoulders from behind, you raise one arm above your head and quickly turn that direction to opponent. This should break their arms off your shoulder so you can escape

Elbow lock Variant: do the same as above but as you turn, wrap your raised arm around enemies arm, try to get both, keeping their elbow facing downward and your raise your arm that is pinning them to lock their elbows, follow with knee strike

IV. Board Breaking

–Roundhouse – strong leg

(attitude, focus, eye contact, proper contact with ball of foot)

–Palm strike – strong hand

V. Sparring

The student will be required to spar with other individual opponents.

Emphasis will be placed on UNPREDICTABILITY. USE OF FAKES, EXPERIMENT WITH DIFFERENT MOVES NOT USUALLY USED, WEAK SIDE ARM AND LEGS

Core Concept Focus: BE UNPREDICTABLE

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Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Brown Belt I

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Sliding Side Kick
2. 4 Way Kick (front snap, side kick, roundhouse, back kick)

Hand Technique

1. Double Punch

II. Character Concepts

•Accountability – take responsibility for your actions, positive or negative. When you do well, you should feel proud of your accomplishments, but when you make a mistake or bad decision, do not blame others. Own up to the mistake and devote your self to improvement so as to not make same mistake again.

III. Self Defense

Take Down/Grab Defense: Single/Double Frame – opponent leans over for a take down attempt. Single frame: make front arm into a L shape with bent elbow and push it into their shoulder or collar bone area with a solid frame of your whole body, strong stance to stop them. Double frame is same idea but you use both arms in the L shape if your body is more straight on and keep them at distance. Follow with elbow or knee strikes

Double Frame/Double High Block throw variant – after you double frame their arms, grab their gi top with both hands, step across their body with one foot so your back is facing them and rotate your hips and shoulders forward and down to throw them over your hip

Flip Kick Fake/double kick

1. Snap kick front leg
2. Enemy use front hand to block/sweep leg away
3. Pull snap back and turn roundhouse or second snap kick

Fake Snap, Backfist

1. Snap kick front leg halfway and pull back quick
2. Enemy sweep or low block down
3. Explode off back leg and strike enemy in exposed head with backfist

IV. Board Breaking

–Roundhouse – weak leg

(attitude, focus, eye contact, proper contact with ball of foot)

–Palm strike – weak hand

V. Sparring

The student will be required to spar with other individual or multiple opponents.

Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: ATTACK THE WEAK SPOTS

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Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Brown Belt II

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Spinning Hook kick
2. Roundhouse, switch double roundhouse other leg , low high or mid high

II. Character Concepts

•Role Model – Embody the virtues and behaviors that others should want to follow. Remember that people are always watching your behavior and how you treat others. Let them see honorable behavior. You will attract other individuals who value virtue like you do and that will make good friends and mentors. It will help you recognize negative behavior and avoid it.

III. Self Defense

Bear Hug Behind Arms Free

Attention getter (stomp enemy foot, strike groin – slap leg in class), elbow back to enemy head one arm, elbow back other arm, turn your whole body around to face them, palm strike to head both hands, grab their shoulders and knee strike

Bear Hug Behind Arms Pinned

Attention getter (stomp enemy foot, strike groin – slap leg in class), step to side wide and sink into seiuchin stance while extending both arms out forcefully in front. This pushes enemy's arms up breaking their grip, elbow backwards to their groin or solar plexus

IV. Board Breaking

–Jump Kick – strong leg

(attitude, focus, eye contact, proper contact with ball of foot)

–Palm strike

V. Sparring

The student will be required to spar with other individual or multiple opponents. Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: ATTACK THE WEAK SPOTS

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Brown Belt III

I. Basics – in addition to improving all previous basics from lower levels

1. Double Kick
2. Axe kick combo (axe kick, back fist, reverse punch)

II. Character Concepts

•Friendship – Be a friend someone would want to have. Treat them like you would want to be treated. Be encouraging to them and be ready to help them when they ask. Be forgiving of other's faults and understand that all of us make mistakes, do and say things we would later wish we had not.

III. Self Defense

Choke Hold Behind (enemy grabbing with right arm)

Attention getter (stomp enemy foot, strike groin – slap leg in class), pull down enemies elbow to place chin in crook of their elbow to maintain open airway and allow blood flow to head, step back left foot behind right between yourself and enemy into crane stance, push up enemy's elbow over your head as you spin out to the right, place feet shoulder width while maintaining arm bar on enemy elbow, kick head

Full Nelson Behind

Attention getter (stomp enemy foot, strike groin – slap leg in class), drop into seiuchin stance as you pull both arms down hard to side breaking their grip on your head, grab one of their hands with your same side hand with thumb in middle of the back of their hand, spin to the outside of enemy as you turn their arm over, placing your free hand next to first with thumb on center of the back of enemy's hand, wrist bar, kick head

IV. Board Breaking

–Jump Kick – strong leg

(attitude, focus, eye contact, proper contact with ball of foot)

–Palm strike

V. Sparring

The student will be required to spar with other individual or multiple opponents.

Emphasis will be placed on PRECISE ACCURACY AND SPEED, ELIMINATE SLOPPINESS, STRAIGHT TO TARGET, NO WIND UP OR TELEGRAPH

Core Concept Focus: ATTACK THE WEAK SPOTS

Two stripes on a student's belt shows that they have shown proficiency in the above areas and are able to participate in the next rank test.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Black Belt

I. Basics – in addition to improving all previous basics from lower levels

Kicks

1. Tornado kick
2. Grab opponent and leg sweeps, inside and outside

II. Character Concepts

•Leadership – Become someone other want to follow and be like, not because they are forced to by your power or seniority, but because of your character and ability. Lead by example of your actions, not just by your words. Your behavior must match what you promote or others will see you as a fake and not follow you. Be courageous, honest, and respectful with your dealings with others, and do not look down upon those who you lead. They are who will support you and help you accomplish your goals. If you do not have loyal support, you are not a leader.

III. Self Defense

Overhead Fist/Knife Strike Take Down (choke hold variant)

Step back X block, step behind enemy's leading foot with your back foot, use your front hand to circle their hand/weapon down to enemy's groin. Raise you same hand to their throat and trip them over your front leg as you bend into seiuchin stance. After they land keep knees bent and back straight, chop to throat and punch solar plexus or disarm.

–Variant: instead of the take down, after you circle their arm out of the way, step behind enemy and use same hand that circled down to put enemy into choke hold. Wrap arm around their throat and push opposite hand into the small of their back to bend them off balance. You can then either choke out or use them as shield.



Falcon 1 Defense

REQUIREMENTS FOR PROMOTION TO Black Belt (cont.)

One Arm Pinned Behind

Attention getter: stomp their foot or slap groin with free hand. Bring free arm up and over their arm that is holding your shoulder, bring your elbow down on their arm, breaking it free from your shoulder. Spin your body opposite direction and as you do, use the pinned hand to grab enemy's wrist. Continue spinning until you are free and use free hand to press on enemy's elbow putting them in arm bar. Kick to head with outside leg

IV. Board Breaking

–Jump Kick – weak leg

(attitude, focus, eye contact, proper contact with ball of foot)

–Palm strike

–any previous board breaking technique instructor chooses

–Circle board break – multiple boards placed around you and you must find them quickly and break with appropriate kick or palm technique.

V. Sparring

The student will be required to spar with other individual or multiple opponents.

Emphasis will be placed on FINISHING THE FIGHT (TAKE DOWN OR CHOKE),

PERSEVERE WITH ENDURANCE, ENGAGING MULTIPLE OPPONENTS, STRIKING ENEMY AS EARLY AS POSSIBLE TO KEEP THEM FROM GETTING CLOSE

Core Concept Focus: HUNT, NOT BE HUNTED

Instructor has certified that _____ has shown proficiency in the above areas and is able participate in the next rank test.

Instructor signature

Date