



Falcon 1 Karate

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 Karate

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 Karate

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

Two hand grab escape / Push turn

- 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

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)

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

Instructor signature

Date



Falcon 1 Karate

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. Back fist
2. High Lunge
3. Reverse High Lunge
4. Backfist Reverse Combo

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

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

Block, score, get away

- 1) Opponent back fist's to your head
- 2) You high block
- 3) Reverse punch, get away

IV. Board Breaking

Front Snap Kick – strong leg (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: Advanced Awareness

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

Instructor signature

Date



Falcon 1 Karate

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.

Windshield Wipers or 4 Corners block: one hand or two handed (cover Up)

Hold both hands up in a close guard position in front of face and torso. This protects head and body well using the whole hand and forearm. Only move arms slightly to meet attacking punches or kick and return to guard. Will look like windshield wipers moving back and forth. If in angled seisan stance may only use front arm as the windshield wiper and move side to side to guard.

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

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

Instructor signature

Date



Falcon 1 Karate

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 Punch/Kick

1. enemy front leg snap or punch
2. Low sweeping block, side step 45 degrees (for kick)
3. Middle or high block for a punch
4. Sidestep 45 degrees
3. Reverse punch

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.

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 MOVEMENTS

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Blue Belt

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

Kicks

1. Axe Kick

Hand Techniques

1. Back fist front hand, ridge hand back hand
2. Back fist front hand, ridge hand 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, thinking of others, good work ethic

III. Self Defense

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. Kata: Begin Learning Naihanchi Kata. Can be found on Youtube: <https://www.youtube.com/watch?v=C7RTwjfnSN4>, or by going to falcon1karate website and looking under instructional video Kata tab.

V. 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: DEFUSE DANGEROUS SITUATIONS

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

Instructor signature

Date



Falcon 1 Karate

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

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)

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: DEFUSE DANGEROUS SITUATIONS

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Green Belt

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

Kicks

1. Defensive/retreating side kick

Hand Techniques

1. Palm Strike

2. Elbow Strikes (side, upper, top down)

3. Circle block, grab, 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

1. Enemy lunge punch

2. Palm across with front hand and circle block with you opposite hand

3. Lean to backside and roundhouse to body

IV. Kata: Memorize Naihanchi Kata. Can be found on Youtube:

<https://www.youtube.com/watch?v=C7RTwjfnSN4>, or by going to falcon1karate website and looking under instructional video Kata tab.

V. Board Breaking

Side Kick Weak Leg

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

VI. 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

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

Instructor signature

Date



Falcon 1 Karate

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

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 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

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

Instructor signature

Date



Falcon 1 Karate

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

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

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. Wansu Kata– Must be able to follow along with Instructor for the first half of kata up to the fireman carry throw and know the form of each technique

Watch: <https://youtu.be/J5VddUrmsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”. Can also be found on website falcon1karate.com under training videos tab.

VI. 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

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Purple Belt Advanced (Black Stripe)

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

Kicks

1. Advancing Side Kick

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

Step behind trip

1. Opponent steps toward you with right foot and swings their right hand punching or grabbing at you
2. Step back right foot to seisan stance and X block, step behind enemy’s leading foot with your right foot
3. Use your right hand to circle their hand down to enemy’s groin.
4. Raise you right hand to their throat and trip them over your right leg as you bend into seiuchin stance, knees bent deep.
5. After they land keep knees bent and back straight, chop to throat with your left hand and punch solar plexus

IV. Board Breaking

–Roundhouse – strong leg

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

–Palm strike – strong hand

V. Wansu Kata– Continue learning and improving Wansu

Watch: <https://youtu.be/J5VddUrmsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”. Can also be found on website falcon1karate.com under training videos tab.

VI. 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

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

Instructor signature

Date



Falcon 1 Karate

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 by hooking their head and using 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

IV. Board Breaking

–Roundhouse – weak leg

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

–Palm strike – weak hand

V. Wansu Kata– Be able to walk through the full kata with instructor

Watch: <https://youtu.be/J5VddUrmsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”. Can also be found on website falcon1karate.com under training videos tab.

VI. 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 weak spots

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Brown Belt II

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

Kicks

1. Spinning Hook kick

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. Wansu Kata– Be able to walk through the full kata with instructor

Watch: <https://youtu.be/J5VddUrmsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”. Can also be found on website falcon1karate.com under training videos tab.

VI. 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 weak spots

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Brown Belt III

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

1. Double Kick

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

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)

V. Wansu Kata– Be able to walk through the full kata with instructor

Watch: <https://youtu.be/J5VddUrmsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”.

Can also be found on website falcon1karate.com under training videos tab.

VI. 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 weak spots

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

Instructor signature

Date



Falcon 1 Karate

REQUIREMENTS FOR PROMOTION TO Black Belt

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

Kicks

1. Leg Sweep take down (Seen in Naihanchi kata foot sweep): Grab opponent and leg sweep. grip partners front wrist and shoulder and work to unbalance them (push then pull and twist upper body) and use your foot to sweep their front foot out from under them as their weight first moves off foot then you twist them in direction of swept foot.

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

Rear choke hold/shield

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 Karate

REQUIREMENTS FOR PROMOTION TO Black Belt (cont.)

IV. Board Breaking

–Back Kick

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

–Palm strike weak hand

–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. Wansu Kata– Be able to perform the full kata by themselves with passion and proper form.

Watch: <https://youtu.be/J5VddUrsm0>

Or search youtube for “Falcon 1 Wansu Kata Slow with Instruction”. Can also be found on website falcon1karate.com under training videos tab.

VI. 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, Don't 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