



FULL CIRCLE MARTIAL ARTS

Smart. Fun. Real.

GOLD STRIPE CURRICULUM

GERI WAZA: kicking techniques

test kicks

back leg front	back leg round	back leg side
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partner kicks

step up naihanchi, reverse punch	step up inside snap, reverse punch	Step up inside crescent, reverse punch
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KIHON WAZA: break fall techniques

low side	low back	low front
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KATA: forms

naihanchi shodan	gekisai dai ni
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IPPON KUMITE WAZA: one step sparring techniques

ATTACK: (open stance) jab to face	DEFENSE: (inside technique) inside parry, reverse punch, back leg knee strike
ATTACK: (closed stance) reverse punch to face	DEFENSE: outside slap/parry, shuto to neck

PUNCHES AND COUNTERS :

chambered shuto	double shuto	double punch	chambered middle counter
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PHYSICAL SKILLS:

5 straight across

- INSTRUCTORS MAY ALTER REQUIREMENTS AT ANY TIME AS DEEMED APPROPRIATE -

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