

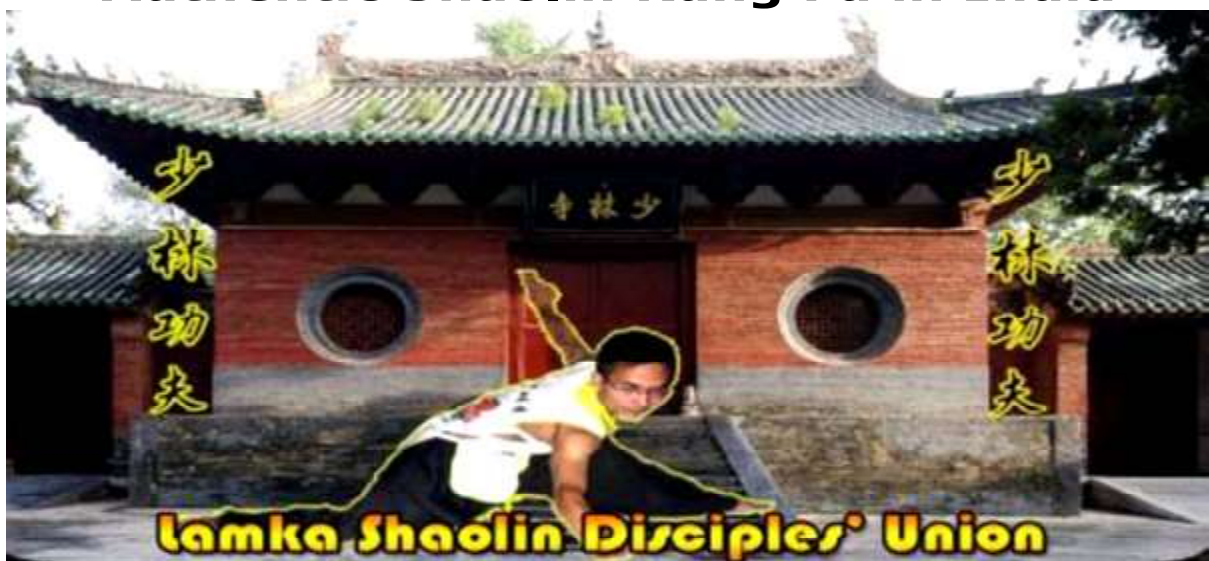
Lamka Shaolin Disciples' Union

COURSE BROCHURE

www.shaolinkungfuwushu.com



Introducing
Authentic Shaolin Kung Fu in India



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EMBRACE
SHAOLIN KUNG FU

Effective as from 01st January, 2022

What will you benefit from training with Shifu Zhao Hui?

*The Answer is
you BENEFIT all, from Beginner, Intermediate, and Advance
to*

High Ranking Most Respected Martial Artists.

*See the syllabus below that you'll be taught while training with Shifu Zhao Hui
and
your post training benefits:*

By Learning Shaolin Kungfu, automatically you are going to learn:

Kick Boxing, Muay Thai, Krav Maga, Sanda or Chinese Boxing Techniques, Kung Fu Gymnastic Movements, Kicks, Segments of Different and Unique Self Defense Techniques, Ground Combat Skills, and many more.

Sifu Zhao Hui will be conducting In-depth Theoretical Training on the History of Martial Arts, Philosophy of Kung Fu, Shaolin Lifestyles, Spreading out of Shaolin Kung Fu to the outside world and other Systems of Martial Arts.

Also, you will be learning major weapons like, Nan Dao (Southern Sword), Qiangshu (Spear), 2-Section Staff or Nun-Chaku, 3-Section Staff, Shaolin Meteor Hammer, Shaolin 13 Spear, Shaolin Damo Sword, Shaolin Ye Cha Staff, Yin Hand Cudgel or Negative-Hand (Yin Shou) Staff, Tending Fire (Shao Huo) Staff or Cudgel, Shaolin Bodhidharma Cane (Damo Guai Zhang), Single Broadsword (Dan Dao), Yin Yang Cudgel or Staff, Shaolin Mountain Shaking (Zhen Shan) Staff, Shaolin Breeze Sword (Qing Feng Jian), Shaolin Qi Mei Cudgel, Shaolin Pu Broadsword (Pu Dao), Shaolin 36-Form Cudgel or Staff, Shaolin Plum Blossom (Mei Hua) Hongyang Staff, Shaolin Jinna Luo Gun King Staff, Gun Combat and Defense Techniques, Knife and Small Armed Defenses, Disarming Techniques and Combats, Long Stick [Gunshu], Stick Fighting, Straight Sword, Tonfa, Cut Controls for Demonstrations, Short Sticks, Long Stick, Zui Quan, Individual and Group Forms, Sanshou Techniques, Shaolin Acrobatics, All Competition Rules and Regulations.

Shaolin Institute

國際少林學院

The Underlying Philosophy of Shaolin Kungfu Training:

The SPIRIT controls the Physical.

One's SPIRIT controls One's Body.

He who conquers is Strong.

He who conquers himself is MIGHT.

To the one who has realized the true self, there is neither Master nor Disciples.

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SHAOLIN KUNGFU CURRICULUM:**INTRODUCTION: About Sifu Zhao Hui @ N.Khup:**

Shifu Zhao Hui who's now 7th DUAN Shaolin Kung Fu Black Belt, has an experience of more than 20+ years in the field of Shaolin Wushu, Muay Chaiya, Kick Boxing, Taekwondo, Taichi, Qi Gong, Mixed Martial Arts, Wing Chun, Jeet Kune Do and Combat Systems like Krav Maga and all Chinese Weapons. Shifu Zhao Hui is highly trained in Military Combat and Close-Quarter Knife/Gun Defense and Disarming, Weapon Handling and tactics, Bayonet fighting and Strategy for Law Enforcement Units. Martial Arts will be always a passion and heart yearning throughout Shifu Zhao Hui's life.

1. Shaolin Kung Fu.

Shaolin Kung Fu has been widely practiced and studied for many centuries. It is an undeniable unique and extremely traditional style of Wushu (Martial Arts), and serves to both enhance health / fitness and fulfill performance purposes. Lamka Shaolin Disciples' Union is pleased to present what we believe is our ideal coaching plan, after 14 years of training and experience.

Basic Training has been classified into four stages:

Basics generally refer to the very essence of Wushu studies; every part of the body is challenged and forced to its maximum capabilities. Basics include: handwork and legwork, footwork, bodywork and eye work, complimented by kicking, striking, throwing, seizing, and stabbing, smoothly integrated as series or forms.

Form studies are classified into 16 stages:

We believe in the concept of building a strong basic foundation for our students before advancing to more difficult techniques. Although training may be difficult or challenging to students, the key to success is perseverance. Your mindset determines your potential.

We teach a variety of forms including open hand, weapons, sparring and animal imitations. As students improve on their technique and master each level, they will learn increasingly challenging hand and weapon forms.

Beginners

Stance, handwork, and legwork basics learned as a beginner are essential to future success as a martial artists

White and Yellow Belt:

- Shaolin Workout - 1, 2 and 3
- Shaolin Basic Instructional
- Shaolin Limbering Exercises
- Basic Skills in Shaolin Wushu - I
- Ji Ben Gong (18 Basic Methods)
- Qin Na (Art of Seizing and Locking)
- 8 Step Chang Quan (Long Fist)
- Wu Bu Quan (5 Steps Fist)
- Qi Gong - Stand Still and Be Fit
- Xiao Rou Quan (Small Soft Fist)
- Shaolin 5 Animals

The Shaolin Five Animal Form imitates the movements of the Dragon, Tiger, Crane, Snake and Leopard. This form is beneficial for proper body posture and strengthening the waist, leg, shoulder, and back muscles.

- Xiao Hong Quan (Small Red Fist)

Shaolin "Xiao Hong Quan" or "Small Red Fist" is considered the "Mother of 18 Forms", referring to the incorporation and connection of many basic movements. Students are challenged to synchronize the motions of their entire bodies, including handwork, footwork, bodywork, and stances in this form.

Orange Belt:

- Shaolin Basic Skills - II
- Shaolin Kungfu Fundamentals
- Qin Na Training Methods
- 12 Step Chang Quan
- Yin Shou Gun (Staff)
- Lian Huan Quan
- Qi Gong Fundamentals & Energizing Series
- Shaolin Broadsword

The Shaolin Broadsword is a primary weapon of the Kung Fu family. A single edged blade, whose primary techniques include thrashing, cutting, slicing, and thrusting, broadsword movements usually move close against the practitioners' body. As with any single weapon, the practitioner must also be aware of the rest of his or her body, particularly the left hand (must always be in a palm or similar hand formation)

Green Belt:

- Chang Quan Routine - 1
- 18 Luohan Hand
- Tong Bei Quan
- Xiao Jia Quan
- Tong Zi Gong
- Pressure Point Attack 1
- Pre Mordial Qi Gong - Spirit, Energy and Vitality
- 6 Qi Gong Exercises
- Qi Gong For Health - 5 Standing Meditation Part 1
- 2 Section Staff (Nun Chaku's)

The Two-Section Staff (better known as Nun Chakus or Nunchucks) is a powerful and practical weapon. Once a martial artists is familiar with this weapon, it becomes an elongation of his or her own arms. This weapon is useful in building one's hand/eye co-ordination, flexibility and agility.

Red Belt:

- 20 Techniques Kung Fu
- Taichi Warm Up
- Yang 8 Beginning Steps
- Yang Taichi 24 Form
- Long Fist Kung Fu Basic Sequence
- Qi Gong Exercises
- Jin Gang Jiu Gong
- Buddha Warrior Diamond 9 Powers
- Qi Gong For Health - 6 Seated Meditation Part 2
- Pressure Point Attack 2
- Wing Chun Basic Lesson 1 to 60
- 9 Section Whip or Shaolin Meteor Hammer
- Jinna Luo Gun King Staff
- Nan Quan (Southern Fist)

This open-hand form is a particularly fierce style, in which the practitioner must use inner energy to focus on low and strong stances, "Iron Fist" punches and strikes, and effective jumps and kicks. This style is often paired with loud and menacing sounding screams and shouts to add to its ferocity.

Blue Belt:

- Shaolin Luohan Sanda
- Shaolin Sparring Set
- Mei Hua Quan
- Ba Duan Jing

- Yi Jin Jing
- Yang Taichi 10 and 16 Forms
- Qi Secrets
- 36 Qin Na
- Pressure Point Attack 3
- Siu Nim Tao
- Shaolin Staff (36 Form Cudgel)

The Shaolin Staff is sometimes referred to as a "cudgel" and often mistakenly deemed "stick". Although simple-looking, the staff is a surprisingly damaging weapon. Staff practitioners usually pair their abilities with the broadsword, as both share similar strong and ferocious qualities.

Purple:

- Full Contact Sanda (Free Fighting Techniques)
- Xiao Luohan Quan
- Da Hong Quan
- Chen Taichi Old Frame Round 1 & 2
- Advance Shaolin Chin Na
- 6 Combination Breathings
- 6 Healing Sounds
- Understanding Qi Gong 1 & 2
- Chum Kiu
- Shaolin Tending Fire Staff
- Shaolin Straight Sword

The Shaolin Straight Sword wields a double-edged blade. With movements slicing away from the body, damage is usually inflicted by its flexible tip. Unlike the broadsword's thrashing, ferocious techniques, a straight sword practitioner must move in an agile and graceful manner. As with any single weapon, the practitioner must be aware of the rest his or her body, particularly the left hand (must always be in the "sword finger" or similar formation).

Brown Belt:

- Lian Shou Duan Da
- Da Luohan Quan
- Taizu Chang Quan
- Qin Na
- Falun Gong
- Understanding Qi Gong 3 & 4
- Emei Kung Fu
- Zui Jiu Quan (Drunken Boxing)
- Wu Dang Secret Sect Taiji Quan
- Biu Jee
- Introducing Basic 72 Skills
- Shaolin Double Sword

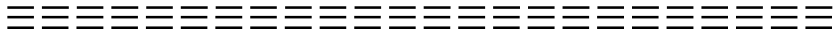
The Double Broad Sword is an impressive weapon, focusing on one's footsteps and movement along with the managing of two weapons. A true test of one's hand/eye co-ordination, the double broadsword challenges its practitioners to execute proper footwork, stances, and body work while maneuvering weapons in each hand.

Black Belt:

- 6 Rounds Kung Fu
- Elementary Chang Quan
- Xiao Zui Quan
- Da Zui Quan
- Wu Dang Big Dipper Fist
- Wu Dang Taoist Seated Qi Gong
- Xi Xui Jing
- Pressure Point Attacks
- Qi Gong Healing Love

- Qi Gong Jin Gang Chang
- Qi Gong 10 Symbols of Longevity
- Shaolin 3 Section Staff
- Shaolin Breeze Sword
- Flair Staff v/s Spear
- Shaolin Pu Dao

This sword variation requires both hands to maneuver, as it is a powerful and effective weapon. Fierce and strong, the martial artist carries a long weapon of overwhelming power in his or her hands, with the potential to leave devastating effects in their wake.



The Ten Commandments of Kung Fu

These are the regulations and commandments prescribed by the monk Chueh Yuan, a priest of the Shaolin Temple who lived and taught in the early part of the 16th century during the Ming dynasty. Although Commandments Nos. 7 and 8 is more a product of Chueh's Buddhist beliefs than of his concern to develop the discipline of novice monks, they are reproduced here for the sake of accuracy. Chueh Yuan was a great master of his art, a highly revered Shifu whose advice and instructions the young novice would do well to observe.

1st Commandment: A student must practice without interruption.

2nd Commandment: Boxing must be used only for legitimate self –defense.

3rd Commandment: Courtesy and prudence must be shown to all teachers and elders.

4th Commandment: A student must be forever kind, honey and friendly to all his colleagues.

5th Commandment: In travelling, a boxer should refrain from showing his art to the common people, even to the extent of refusing challenges.

6th Commandment: A boxer must never be bellicose.

7th Commandment: Wine and meat must never be tasted.

8th Commandment: Sexual desire cannot be permitted.

9th Commandment: Boxing should not be taught rashly to non-Buddhists lest it produce harm.

It can only be transmitted to one who is gentle and merciful.

10th Commandment: A boxer must eschew aggressiveness, greed, pride and boasting.

What about the Training Methods and Fees?

For Regular or Group Class Training Fee's Structures:

1.	White	- 4000 INR per month	Duration:	(3 Month)
2.	Yellow	- 4000 INR per month	Duration:	(3 Month)
3.	Orange	- 4000 INR per month	Duration:	(3 Month)
4.	Green	- 4000 INR per month	Duration:	(3 Month)
5.	Red	- 5000 INR per month	Duration:	(6 Month)
6.	Blue	- 5500 INR per month	Duration:	(6 Month)
7.	Purple	- 6000 INR per month	Duration:	(6 Month)
8.	Brown	- 7000 INR per month	Duration:	(6 Month)
9.	Black	- 8000 INR per month	Duration:	(6 Month)

Training Duration: 3 Years + 6 Months

Group Class Fee's Structure:

1. Admission Fee	: 1000 INR
2. Training Fees	: 4000 INR (Initial Only)
3. I-Card	: 100 INR
4. Membership	: Don't entertain any affiliations
5. Equipment's Contribution	: 500 INR every 4 Months

To be paid at the time of admission : Rs. 5000/-

Grading Systems

Traditionally, there's no belt or ranking systems in Shaolin Kungfu, however in order to differentiate or to know the advancement of trainee's, we laid down the belt system in the simplest form:

Regular Course		
0. White	<input type="text"/>	
1. Yellow	<input type="text"/>	Beginner - [9 Months]
2. Orange	<input type="text"/>	
3. Green	<input type="text"/>	
4. Red	<input type="text"/>	Novice - [1 Year + 3 Months]
5. Blue	<input type="text"/>	
6. Purple	<input type="text"/>	Intermediate - [6 Months]
8. Brown	<input type="text"/>	Advance - [6 Months]
9. Black	<input type="text"/>	Senior - 6 Months]

Daily 2 Hours
Practice
or as per Shaolin

* **For Private Training:** - **Rs. 18500/-** [White to Red Belt]
 - **Rs. 25000/-** [Blue to Black Belt]
 * conditions apply

For Businessman, Executives, Corporate, Ladies, Students and People who are looking for Self-Defense and Stress Relieve Courses

"There will be an interview before accepting for this course"

2-Months Intensive Training Curriculum

- | | |
|---|-------------------------------|
| 1. Sanshou / Sanda | 14. Destroying the Base |
| 2. Knife Defense and Disarming | 16. Bridge and Roll |
| 3. Gun Defense and Disarming | 17. Trap and Roll |
| 4. Chin Na | 18. Elbow Escape 1, 2 and 3 |
| 5. 2-by-1 Fighting | 19. Take Down and The Clinch |
| 6. Arm Lock 1 & 2 | 20. Pressure Points |
| 7. Triangle Choke 1 & 2 | 21. Taichi 24 Form |
| 8. Kimura | 22. Ba Duan Jing |
| 9. Sweep - 1, 2, 3 | 23. Yi Jin Jing |
| 10. Guillotine | 24. Back Kicks |
| 11. Arm Lock and Sweep | 25. Elbows |
| 12. Neck Crank | 26. Nun Chaku |
| 13. Tacking the Back | 27. Shaolin Exercise Routines |
| 14. Shoulder Lock w/ transition to Arm Lock | 28. And More..... |



Duration: 2 Months

Timing : 2 Hours Daily (Choose your convenient timing)

Fees : 45000 INR [Lump Sum Payment only]

Note: Student's enrolling in this course will avail the same benefits as other courses.

Number of Classes:

: 12 Classes a month for Personal Training and 1 hour durations of the training.

: 15 Classes a month for Group Training and 1 hour durations of the training.

MUAY THAI / KICK BOXING CURRICULUM:**Introduction:**

Muay Thai Grading's will be held four times a year. There are 11 grades to achieve in the Lamka Ultimate Muay Thai Syllabus. Our Grading Systems are as under:-

1. White (Prajied/Kruang Ruang)
2. Yellow
3. Orange
4. Green
5. Blue
6. Purple
7. Red
8. Brown
9. Brown and White – (Assistant Instructor)

To achieve Black level, you will have to be accepted by your Kru and have at least one year service. Or completed our assistant instructor course, which will be at the discretion of your instructor.

10. Black (Instructor-Kru) / Black and Silver (Senior Instructor)
11. Black and Gold (Chief/Head Instructor) - Kru DC Khup

Grading's can be nerve racking and although you may be unsure of some of the contents, your Instructor will be there to guide and advise you beforehand. One hour before grading's students can attend the gym to practice and ask any questions they may wish. Please remember that during the actual examination, you will be unable to ask questions and will have to complete your grading to the best of your ability.

Terminology is based on an orthodox stance and will be the opposite for the unorthodox boxer.

1. White (Prajied/Kruang Ruang):

Here is a list of information that you will need to pass the White armband.

- When your name is called, please answer "Yes Kru" and show respects – Bow/Wai.
- Warm up -1 minute of skipping, 10 press ups, 10 sit ups, 10 squats, 10 star jumps.
- Stretching – Show 3 different stretches of your choice.
- Demonstrate 1-11 Punches
- 30 seconds of Shadow Boxing using basic 'Boxing' moves – Jab, cross, hooks (left and right) uppercuts (left and right). You must be demonstrating the correct guard, stance and breathing technique at all times.
- Demonstrate with a partner a defence technique or evasion, to a move of your choice.

Boxing:

- 1x1 minute round of boxing on the focus mitts, demonstrating jabs, crosses, hooks and uppercuts. Lead by the instruction of the pad holder.

Elbows:

- Demonstrate on the pads horizontal elbow (left and right)
- Demonstrate on the pads uppercut elbow (left and right)
- Demonstrate on the pads reverse elbow (left and right)

Knees:

- Demonstrate on the pads, left skip front knee and right rear knee
- Demonstrate on the pads left skip knee and right front knee (10) in the clinch position

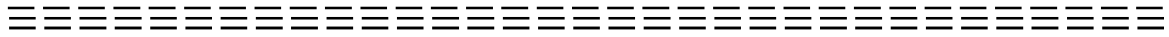
Kicks:

- Demonstrate on the pads left and right Teep /Front or Push Kick
- Left and Right Leg Round Kicks

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer one question about Muay Thai
- Explain the importance of protective equipment and why self care is important before training i.e., : being clean and wearing clean uniform, Ie: Respect, keeping the gym or training place clean & tidy for hygiene reasons etc.

Your grading will then finish, you must then Bow/ Wai to your Instructor and say in Thai – “**Ka Poon Cup**”, which means “**Thank You Very Much**”. You will then be dismissed.



2. Yellow Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Yellow armband. Please read carefully and make sure you are fully prepared on your day of grading.

- Warm Up – 1 and a half minutes of skipping, 15 press ups, 15 bicycle sit ups, 15 burpees, 15 squat thrusts.

- Show 3 Stretches of your choice
 - 1-11 Punches, 1-6 Punch blocks and 1-5 slips
 - Basic kick blocks – left & right
 - 1 minute of shadow boxing using jabs, crosses, hooks, uppercuts and incorporate kicks.

- Demonstrate with a partner, 2 defensive techniques, evasions, attacking or counter- ing moves of your choice.

Boxing:

- 1x2 minute round of boxing on the focus Mitts, Demonstrating Jabs, Crosses, Hooks and Uppercuts. You should also demonstrate cross to the body and hooks to the body, this will be instructed by the pad holder.

Elbows:

- Demonstrate on the pads horizontal elbow (left and right)
- Demonstrate on the pads uppercut elbow (left and right)
- Demonstrate on the pads reverse elbow (left and right)
- Demonstrate on the pads elbow slash (left and right)
- Demonstrate on the pads spear elbow (left and right)

Knees:

- Left skip front knee and right rear knee (pads)
- Left skip side knee and right side knee
- 10 skip knees on the pads and 10 skip side knees on bags

Kicks:

- Left and right teep/push kick (pads)
- Left mid section roundhouse kick – rear right roundhouse kick
- Left and right abdominal side kick

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 2 questions about Muay Thai.

Your grading will then finish, you must then Bow/ Wai to your Instructor and say in Thai – “**Ka Poon Cup**”, which means “**Thank You Very Much**”. You will then be dismissed.



3. Orange Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Orange armband. Please read carefully and make sure you are fully prepared on your day of grading.

- Warm up – 2 minutes of Skipping, 20 Press Ups, 20 Sit Ups, 20 Squats, 20 Burpees
 - Show 4 different Stretches of your choice
 - Show 1-6 Punch Blocks, 1-5 Punch Parry's (Side, Parry, Catch, Down & Up) , 1-5 Punch Slips (Chin Down, Slip, Lean Back, Duck & Bob 'n' Weave)
 - Basic Leg Blocks
 - Basic Kick Evasions
 - 1 minute of shadow boxing using Punches, Kicks and Knees
 - Demonstrate with a partner 3 Defensive, Evasions or Attacking moves of your choice.

Boxing:

- 1x3 minute round on the pads displaying...Jabs, Crosses, hooks and uppercuts to head and body. Left and right spinning back fist punch. By order of pad holder.

Elbows:

- Demonstrate on the pads horizontal elbow (left and right)
- Demonstrate on the pads uppercut elbow (left and right)

- Demonstrate on the pads reverse elbow (left and right)
- Demonstrate on the pads elbow slash (left and right)
- Demonstrate on the pads spear elbow (left and right)
- Demonstrate on the pads spin back elbow (left and right)

Knees:

- Left skip front knee and right rear knee (pads)
- Left skip side knee and right side knee (In & out of the clinch)
- (Long Knee) Left and Right

Kicks:

- Left and right teep/push kick (pads)
- Left mid section roundhouse kick – rear right roundhouse kick
- Left and right abdominal side kick
- Left and right head kick

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 3 questions about Muay Thai

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4. Green Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Green armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up – 2 minutes of skipping using skills of cross rope and double jump at least once before time is up. 25 press ups, 25 situps, 25 burpees, 25 leg thrusts
- Show 5 different stretches of your choice
- 1 and a half minutes of Shadow boxing using full muay thai moves - punches, kicks, knees and elbows
- Demonstrate with a partner 4 defensive moves of your choice, including evasions if you wish.
- Demonstrate with a partner, punch blocks, elbow blocks, leg blocks, kick evades (step back & lean back from head kicks), catching kicks, Teeps, roll leg over when kick is caught. knee parry out and in the clinch.
- Demonstrate jab, cross, kick – parry, parry, leg block with partner (shin guards on)

Boxing:

- 1x3 minute round on the pads displaying...Jabs, Crosses, hooks and uppercuts to head and body. Left and right spinning back fist punch and flying punch. By order of pad holder.

Elbows:

- Demonstrate on the pads horizontal elbow (left and right)
- Demonstrate on the pads uppercut elbow (left and right)
- Demonstrate on the pads reverse elbow (left and right)
- Demonstrate on the pads elbow slash (left and right)
- Demonstrate on the pads spear elbow (left and right)
- Demonstrate on the pads downward slash (left and right)
- Demonstrate on the pads spin back elbow (left and right)
- Demonstrate on the pads flying elbow
- Demonstrate on the pads Jumping downward elbow (Elbow chop)
- Demonstrate on the pads reverse uppercut elbow

Knees:

- Left skip front knee and right rear knee (pads)
- Left skip side knee and right side knee
- (Long Knee) Left and Right
- 10 skip knees, push with left forearm and right knee

Kicks:

- 10 Left Kicks and 10 Right Kicks to the middle section on the pads
- Left and right teep/push kick (pads) body and head on the bag
- Left mid section roundhouse kick – rear right roundhouse kick
- Left and right abdominal side kick

- Left and right head kicks
- Left and right back kicks
- Left and right front kick, down the chest
- Spinning heel kick

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 4 questions about Muay Thai

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5. Blue Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Blue armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up - 2 minutes of skipping including cross rope, double jump, knees up and one leg. 30 press ups, 30 situps, 30 burpees, 30 leg thrusts, 30 squats
- Show 5 stretches of your choice
- 1-5 knees (slap, side, straight, jump, long)
- 2 minutes of shadow boxing using punching, elbows, knees and kicks (All weapons)
- Demonstrate with a partner 5 self defence/evasions or attacking techniques of your choice

Boxing:

- 1x2 minute rounds on the focus pads, using jabs, crosses, hooks (body and head), uppercuts, right hand over the top punch (Cobra).

Elbows:

- 1x1 minute round demonstrating all elbow techniques by request of the pad holder

Knees (1-5):

- Left skip front knee and right rear knee (clinch pads)
- Left skip side knee and right side knee (clinch pads)
- (Long Knee) Left and Right
- Knee slap, left and right (on bag)
- Flying Knee

Kicks:

- 1x1 minute on the pads of any kicks requested by the pad holder including jumping Teep/front kick – left and right

Clinching:

Demonstrating with a partner basic clinch work, with at least 2 different clinch locks

Sparring:

2 x 1.5 rounds of controlled freestyle sparring using protective equipment

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 5 questions about Muay Thai

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6. Purple Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Purple armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up - 3 minutes of skipping using all skills & tricks when told, 40 pyramid press ups (10 each set), 35 sit ups, 35 burpees, 35 jumping squats
- Show 6 different stretches of your choice
- 1-5 Clinch throws
- 1x3 minute round of shadow boxing, using full Muay Thai weapons
- Demonstrate with a partner, a mix of 5 self defence, evasions, attacking or countering techniques with a partner
- Demonstrate on a partner how to wrap hands

Wai Kru/Ram Muay:

Perform the Ritual pre fight dance (wai Kru) to pay respect to your teacher and past masters.

Pad Work:

- 1x3 minute rounds of full Muay Thai combinations fed by pad holder

Sparring:

- 2x2 minute rounds of controlled freestyle sparring using protective equipment

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 6 questions about Muay Thai

**7. Red Prajied/Kruang Ruang**

Here is a list of information that you will need to pass the Red armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up – 4 minutes of skipping using all skills, 40 press ups, 15 partner press ups, 40 squats and 40 sit ups
- Stretches – 6 stretches of your choice
- Demonstrate with a partner 5 defence techniques
- Demonstrate with a partner how to wrap hands, boxing and Thai style

Ram Muay/Wai Kru:

- Perform ritual dance including sealing of the ring.

Shadow Boxing:

- 1x3 minute round of full muay thai techniques

Pad Work:

- 2x3 minute rounds of full Muay Thai weapons instructed by the pad holder

Sparring:

- 2x3 minute rounds of controlled freestyle sparring using protective equipment – demonstrating spectacular moves including: flying punch, flying knee, spinning back fist & jump teep

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 7 questions about Muay Thai

**8. Brown Prajied/Kruang Ruang**

Here is a list of information that you will need to pass the Brown armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up – 5 minutes of skipping using all skills, 1 minute jogging on the spot and punching, 1 minute of star jumps, 1 minute of squats
- Stretches – 6 stretches of your choice
- Demonstrate with a partner a mix of 6 defensive, evasions & attacking techniques

Combinations:

- 1x3 minutes of displaying full advanced & spectacular Muay Thai techniques on the pads held by a partner.

Shadow Boxing:

- 1x3 minutes of shadow boxing, full Muay Thai Weapons

Pad Work:

- 3x3 minute rounds of freestyle moves held by a senior practitioner

Kick Challenge:

- To get over 200 kicks on the pads within 3 minutes

Sparring:

- 3x3 minute rounds of freestyle sparring, using protective equipment

Muay Thai Knowledge:

- Recite the Lamka Shaolin Muay Thai pledge
- Answer 8 questions about Muay Thai



9. Brown and white Prajied/Kruang Ruang

Here is a list of information that you will need to pass the Brown armband. Please read carefully and make sure you are fully prepared on your day of grading.

- When your name is called, please answer "yes Kru" and show respects – Bow/Wai.
- Warm up – 5 minutes of skipping using all skills, 1 minute of press ups, 1 minute of sit ups, 1 minute of squats & 1 minutes of burpees
- Stretches – 7 stretches of your choice
- Demonstrate with a partner, a mix of 7 defensive, evasions and attacking techniques of your choice

Shadow Boxing:

- 1x3 minutes of full muay thai moves

Pad Work:

- 5x5 minute rounds on the pads with a senior practitioner, full muay thai techniques. Including kick- same time jumping punch.

Pad Holding:

- 1x3 minutes of pad holding for a student, demonstrating correct techniques for a pad man.

Advanced Techniques:

- Flying Knee, Jumping Spinning Round Kick, Spinning Elbow, Flying Punch

Sparring:

- 5x3 minute rounds of controlled sparring, using protective equipment with a senior student

Muay Thai Knowledge:

- Recite the Lamka Ultimate Muay Thai pledge
- Answer 9 questions about Muay Thai
- Explain how to treat cuts and bruises in a fight

=====

*To reach Level 10 (Black Prajied) you will need to complete one year of assisting with teaching others, competing and the decision will be at the Head Instructors discretion. Black Prajied will also include: Thai Fighters Massage, Teaching Methods (Class Structures), Basic communication in Thai language.
Khrub Khun Kup!*

What about the Training Methods and Fees?

For Regular or Group Class Training Fee's Structures:

1.	White(Prajied/Kruang Ruang)	- 4000 INR per month	(3 Month)
2.	Yellow	- 4000 INR per month	(3 Month)
3.	Orange	- 4000 INR per month	(3 Month)
4.	Green	- 4000 INR per month	(3 Month)
5.	Blue	- 4500 INR per month	(3 Month)
6.	Purple	- 4500 INR per month	(3 Month)
7.	Red	- 5000 INR per month	(3 Month)
8.	Brown	- 5000 INR per month	(3 Month)
9.	Brown/White – (Assistant Instructor)	- 6000 INR per month	(3 Month)
10.	Black/Silver (Senior Instructor)	- 7000 INR per month	(3 Month)
11.	Black and Gold (Chief/Head Instructor)	- 8000 INR per month	(3 Month)

Training Duration: 2 Years + 9 Months

Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.

"There will be an interview before accepting for this course"

2-Months Intensive Training Curriculum

- | | |
|---------------------------------------|---------------------------------------|
| 1. Way Kru | 11. Muay Thai Chaiya Wanarat 1-9 |
| 2. Muay Thai Fundamentals | 12. Muay Thai Boran Chaiya |
| 3. Mastering the Clinch | 13. 2- Clinching and Knee Techniques |
| 4. Attack and Defense Techniques | 14. Leg Attacks |
| 5. Ultimate Thai Pad Drills | 15. 6 Counters and Defense |
| 6. Heavy Bag and Mitt Training Drills | 16. 7 Combinations and Drills |
| 7. How to Beat a Grappler | 17. Basic Footwork, Punches & Elbows |
| 8. Muay Thai Techniques | 18. Fighting Techniques |
| 9. The Relationship Between 9 Weapons | 19. Kicks and Knees |
| 10. Ten Chaiya Basics | 20. Muay Thai Special Training Drills |

Duration: 2 Months

Timing : 2 Hours Daily (Choose your convenient timing)

Fees : Rs. 45000/-

Note: Student's enrolling in this course will avail the same benefits as other courses.

*** For Private Training: -**

** conditions apply*

- Rs. 18500/- [White to Blue] Per Month

- Rs. 24000/- [Purple to Black/Silver (Senior Instructor)] Per Month

- Rs. 29000 per month for [Black and Gold (Chief Instructor)] per Month

Number of Classes:

: 12 Classes a month for Personal Training and 1 hour durations of the training.

: 15 Classes a month for Group Training and 1 hour durations of the training.

TAEKWONDO CURRICULUM:**System of Rank (Dan Gup Jedo):**

In Taekwondo, Character Development, Fortitude, Tenacity, and technique are graded as well as individual capacity. The promotional scale is divided into nineteen ranks – 10 grades (Gups) and nine Degrees (Dans). The former begins with 10th Grade (Gup) the lowest and ends at first grade. Degrees begin with the first degree (Dan) and end with the ultimate, ninth Degree.

Criteria for Grade and Degree

This criteria is based on the total number of hours and days required for the student to obtain first degree Black Belt, and years for the further Black Belt degrees. There are actually three programs as beginner may follow:

1. A 30 month course; an hour and a half per day, three days per week for a total of 585 hours.
2. An 18 months course; an hour and a half per day, six days per week for a total of 702 hours.
3. A 12 month course; for hours per day, six days per week for a total of 1248 hours.

Test (Simsa):

There are two categories; **Grade** and **Degree**. Grade testing is conducted at an appropriate training place to which the student belongs.

The Goals of The Taekwondo Grading Syllabus

To develop health, physical fitness, balance, strength, self-defence skills, focus, discipline, co-ordination, greater sense of awareness, persistence, self-managed and responsibility of ones' own actions. Also to develop taekwondo poomsae, taekwondo self-defence and sport taekwondo skills.

Syllabus & Minimum Waiting Time Between Gradings

This Grading Syllabus is designed for students aged 05 years and over

Attendance Criteria:

The Following Information Is A Guide Only. Some Students May Need Longer Or Shorter Intervals Between Grades. The Chief Instructor Will Individually Assess All Students' Progress During Pre-Grading Week. Below are the general grading systems of LUMMAFC:-

JUNIOR GRADINGS:

1. White Belt
2. Purple Stripe
3. Orange Stripe
4. Yellow Stripe
5. Yellow
6. Green Stripe
7. Green
8. Blue Stripe
9. Blue
10. Red Stripe
11. Red
12. Black Stripe
13. Black

Quote from General Choi's Encyclopedia:

A belt should only be wrapped around the waist once.

This signifies: -

- Ohdoikwan – Pursuit of one goal.
- Ilpyondanshim – To serve one master.
- Ilkyokpilsung – To gain victory in one blow.

SENIOR GRADINGS:

Grade (Kup)	Duration	Belt	Patterns
10th	1 Month	White	4 Direction Punch 4 Direction Block
9th	1 Month	Yellow Stripe	4 Direction Block Chon Ji
8th	2 Month	Yellow	Chon Ji Dan Gun
7th	2 Month	Green Stripe	Dan Gun Do San
6th	3 Month	Green	Do San Won Hyo
5th	3 Month	Blue Stripe	Won Hyo Yul Gok
4th	4 Month	Blue	Yul Gok Joong Gun
3rd	4 Month	Red Stripe	Joong Gun Toi Gye
2nd	5 Month	Red	Toi Gye Hwa Rang
1st	6 Month	Black Stripe	Choong oo
			Member of Test Board:

Course Wise Grading Pattern:

1. White Belt to Yellow Tag (10th Kup to 9th Kup)
2. Yellow Tag to Yellow Belt (9th Kup to 8th Kup)
3. Yellow Belt to Green Tag (8th Kup to 7th Kup)
4. Green Tag to Green Belt (7th Kup to 6th Kup)
5. Green Belt to Blue Tag (6th Kup to 5th Kup)
6. Blue Tag to Blue Belt (5th Kup to 4th Kup)
7. Blue Belt to Red Tag (4th Kup to 3rd Kup)
8. Red Tag to Red Belt (3rd Kup to 2nd Kup)
9. Red Belt to Black Tag (2nd Kup to 1st Kup)
10. Black Tag to Black Belt (1st Kup to 1st Dan)

Junior Gradings**Junior Grading.1 - White Belt****Practical**

- | | |
|-----------------------------------|----------------------------|
| - Sitting Stance | - Guarding Stance |
| - Front Punch (10 Single Punches) | - Double Punch |
| - Rising Kick | - Walking Stance |
| - Counting 1 -10 | - Single Punch |
| - Press Ups | - Low Block (Static) |
| - Middle Block (Static) | - Self Defense Drill 1/2/3 |

Questions:

1. Who is your instructor and what is his/her grade? Shifu Zhao Hui 5th Degree
2. Which country does TKD come from? – Korea
3. What does white belt signify? – Innocence, a beginner student.
4. Count 1-10 in Korean – Hanna, Dool, Set, Net, Tasot, Yasot, Ilgop, Yodul, Ahop, Yoll.
5. Demonstrate how to form a proper fist.

Junior Gradings

Junior Grading.1 - Purple Belt

Practical

- | | |
|------------------|---------------------------------|
| - Sitting Stance | - Guarding Stance |
| - Double Punch | - Front Kick Double Punch |
| - Counting 1- 10 | - 4 Corner Block (1 -4) |
| - Press Ups x 10 | - Middle Block (Forward & Back) |
| - Double Punch | - Low Block (Forward and Back) |
| - Walking Stance | - Rising Block (Static) |

Questions:

1. What is the Korean for Training suit? – Dobok
2. What is the Korean for Training Hall? – Dojang
3. What is the Korean for Stance? – Sogi
4. What is the Korean for Kick? – Chagi
5. Who is the founder of TKD? – General Choi Hong Hi, 9th Degree.
6. How many movements are in Sajo Jirugi? – 7 movements

Junior Gradings

Junior Grading.2 - Orange Stripe Belt

Practical - Line Work

- | | |
|-------------------------------------|---------------------------------|
| - Sitting Stance | - Jumping Front Kicks |
| - Double Punch | - Guarding Stance |
| - Counting 1- 10 | - Walking Stance |
| - Press Ups | - Single Punch (x 4 FWD + Back) |
| - Mid Block, Reverse Punch (Static) | - Rising Block (x 4 FWD + Back) |
| - 4 Corner Block (1 - 8) | |

Set Movements:

- Sajo Jirugi 1 or Sajo Jirugi 2

Pad Work:

- Turning Kick Using Instep Against Pad

Questions:

What is Korean for :-

1. Punch – Jirugi
2. Block – Makgi
3. Forearm – Palmok
4. Inner Forearm Block – An Palmok Makgi
5. Outer Forearm Block – Bakat Palmok Makgi

Also:-

6. What does Sajo Jirugi Mean? – 4 directional punch
7. How many moves in Sajo Jirugi? – 7 moves
8. What does yellow belt signify? – It signifies the earth from which a plant sprouts and takes root as the TKD foundation is being laid.

Junior Gradings

Yellow Stripe Belt (9th Kup)

Practical - Line Work

- Press Ups x 20
- Sitting Stance
- Front Punch (10 Double Punches)
- Walking Stance
- Front Kick, Double Punch (FWD + Back)
- Mid Block, Reverse Punch (FWD + Back)
- Low Block, Rising Block (FWD + Back)
- Any Combination of above blocks and punches, or from pattern and set sparring

Set Movements:

- Sajo Jirugi 1 or Sajo Jirugi 2
- Sajo Makgi
- Chon-Ji Pattern
- Chon-Ji Meaning
- Chon-ji Meaning for interest

Pad Work:

- Side kick

Questions:

- Questions will be taken from any of the previous questions from the PUMA grades.

Junior Gradings**Yellow Belt (8th Kup)**

This Belt signifies earth, from which a plant sprouts and takes root as the Tae kwon Do foundation is laid.

Korean Terms**General Terms:**

Inward	- Anaero
Outward	- Bakaero
Upward	- Ollyo
Downward	- Naeryo

Offensive Moves

Side Front Snap Kick	- Yo ap cha Busigi
Middle Knifehand Strike	- Kaunde Sonkal Taerigi
Middle Reverse Punch	- Kaunde Bandae

Defensive Moves

Knifehand Guarding Block	- Sonkal Daebi Makgi
Twin Forearm Block	- Sang Palmok Makgi
Inward Outer Forearm Block	- Anaero Bakat Palmok Makgi

Sparring

3 step sparring (3&4)	- Sambo Matsoki
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Typical Yellow Belt Questions

1. How many moves in Dan-Gun?
2. What is the meaning of Dan-Gun?
3. How do you form a knifehand Guarding block and what's the Korean name?
4. How do you form twin forearm block and what's the Korean name?
5. How do you form inward outer forearm block and what's the Korean name?
6. When performing twin forearm block, which is the primary block & why?
7. What is the Korean for side front snap kick (from 3 step sparring no.4)?
8. What is the difference between front snap kick & side front snap kick?
9. What is L-stance in Korean?
10. What is the weight distribution in L-stance?
11. What is the Korean for 3 step sparring?
12. Name 5 blocks in English & Korean?
13. What is the blocking tool when using rising block?
14. Is Rising block performed half or full facing?
15. What is the Korean for middle knifehand strike?
16. What is significant about the year 1967?
17. What does the colour Yellow signify?
18. Name 4 stances in English & Korean?
19. What is the Korean for inward and outward?
20. What does the pattern diagram look like?

Dan Gun Meaning for grading [Meaning of Dan Gun]**Dan Gun Pattern****Dan Gun Meaning for interest****Other Requirements:**

- Sitting Stance - Double Punch x 10, counted in Korean
- Front Rising Kick Exercise x 10, counted in Korean
- Press Ups x 20, counted in Korean
- Walking Stance - Middle Block, Reverse Punch x 4, counted in Korean
- Walking Stance - Low Block, Rising Block x 4, counted in Korean
- 3 Step Sparring - Numbers 1, 2, 3 and 4

Junior Gradings**Green Stripe Belt (7th Kup)**

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.

Korean Terms**General Terms**

Kick	- Chagi
Thrust	- Tulgi
Straight	- Son

Defensive Moves

High Outer Forearm Block	- Nopunde Bakat Palmok Makgi
Wedging Block	- Hechyo Makgi
Release Move	- Jappyolsol Tae

Offensive Moves

Backfist Strike	- Dung Joomuk Taerigi
Side Kick	- Yop Chagi
Straight Fingertip Thrust	- Sun Sonkut Tulgi
Turning Kick	- Dollyo Chagi

Sparring

Three step semi free sparring	- Sambo Banjayo Matsoki
Three step sparring (5&6)	- Sambo Matsoki

Parts of the Body

Footsword	- Balkal
Ball of Foot	- Ap Kumchi
Fingertips	- Sonkut

Typical Grading Questions

1. How many moves in Do-San?
2. What is the meaning of Do-San?
3. How do you form a high outer forearm block and what's the Korean name?
4. How do you form wedging block and what's the Korean name?
5. How do you perform straight fingertip thrust and what's the Korean name?
6. How do you perform the release move, what's its purpose & the Korean name?
7. How do you perform high backfist strike and what's the Korean name?
8. What is the Korean for side kick and what part of the foot is used?
9. What is the Korean for turning kick and what part of the foot is used?
10. Describe sitting stance?
11. What is the Korean for 3 step semi free sparring?
12. Name 6 blocks in English & Korean?
13. What is the attacking tool when using straight fingertip thrust in English & Korean?
14. Is Wedging block performed half or full facing?
15. What is the Korean for thrust and strike?
16. What is the Korean for punch, kick, block & stance?
17. What does the colour Green signify?
18. Name 4 stances in English & Korean?
19. What is the Korean for the 2 parts of the foot which can be used for turning kick?
20. What is the Korean for forearm guarding block?

Do San Meaning for grading**Do San Meaning for interest****Do San Pattern****Other Requirements:**

- Walking Stance - Wedging Block x 4, counted in Korean
- L-Stance - Front Snap Kick x 4, counted in Korean
- L-Stance - Turning Kick x 4, counted in Korean
- L-Stance - Side Kick x 4, counted in Korean
- 3 Step Sparring - Numbers 7, 8, 9 and 10
- Semi Free Sparring - Basic Level

Junior Gradings**Green Belt (6th Kup)**

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop

Korean Terms**General Terms**

Back	- Dwit
Stances	
Bending Stance	- Guburyo Sogi
Fixed Stance	- Gojong Sogi
Closed Ready Stance A	- Moa Chunbi Sogi

Defensive Moves

Forearm Guarding Block	- Palmok Daebi Makgi
Waist Block	- Hori Makgi
Circular Block	- Dollymio Makgi
X-Fist Pressing Block	- Kyocha Joomuk Moolyo Maki
Upward Palm Block	- Ollyo Sonbadak Makgi

Offensive Moves

Reverse Side Kick	- Bandae Yop Chagi
Twin Vertical Punch	- Sang Sewo Jirgi
Inward Knifehand Strike	- Anaero Sonkal Taerigi
Side Elbow Strike	- Yop Palkup Taerigi

Sparring

Free Sparring	Three Step	Semi Free	Two Step Sparring (1&2)
Jao Matsoki	Sambo Banjayo	MatsokiIbo	Matsoki

Parts of the Body

Foot Parts	- Habansin
Hand Parts	- Sangbansin
Elbow	- Palkup

Typical Grading Questions

1. How many moves in Won-Hyo?
2. What is the meaning of Won-Hyo?
3. How do you form closed ready stance A and what's the Korean name?
4. How do you perform inward knifehand strike and what's the Korean name?
5. How do you perform bending ready stance A and what's the Korean name?
6. How do you perform circular block, what's its purpose & the Korean name?
7. How do you perform X-fist pressing block and what's the Korean name?
8. What is the Korean for front, side and back?
9. What is the Korean for back piercing kick and what part of the foot is used?
10. Describe bending ready stance A?
11. What is the Korean name for 2 step sparring?
12. Name 7 blocks in English & Korean?
13. What is the Korean for twin vertical punch?
14. Is Circular block performed half, full or reverse half facing?
15. What is the Korean for fixed stance & describe it?
16. What is the Korean for elbow?
17. What does the colour Green signify?
18. Name 5 stances in English & Korean?
19. What is the Korean for waist block?
20. What is the Korean for upward palm block?

Won_Hyo Meaning for grading**Won_Hyo Meaning for interest****Won-Hyo Pattern**

Other Requirements

- L-Stance - Front Kick, Turning Kick
- L-Stance - Turning Kick, Side Kick
- L-Stance - Side Kick, Reverse Side Kick
- 2 Step Sparring - Numbers 1, 2, 3 and 4
- 3 Step Semi-Free Sparring - Intermediate Level
- Free Sparring

Junior Gradings**Blue Stripe Belt (5th Kup)**

Signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-do progresses..

Korean Terms**General Terms**

Jumping - Twigi

Stances

X-Stance - Kyocha Sogi

Defensive Moves

Double Forearm Block	- Doo Palmok Makgi
Hooking Block	- Golcho Makgi
Twin Knifehand Block	- Sang Sonkal Makgi
Inward Palm Block	- Anaero Sonbadak Makgi

Offensive Moves

Twin Upset Punch	- Sang Dwijibo Jirugi
Hooking Kick	- Golcho Chagi
Reverse Turning Kick	- Bandae Dollyo Chagi
Upward Knee Strike	- Ollyo Moorup Taerigi
Front Elbow Strike	- Ap Palkup Taerigi
Flat Fingertip Thrust	- Opun Sonkut Tulgi

Sparring

Free Sparring	- Jao Matsoki
Three Step Semi Free	- Sambo Banjayo Matsoki
Two Step Sparring (3&4)	- Ibo Matsoki

Parts of the Body

Arc Hand	- Bandalson
Back Sole	- Dwit Kumchi
Back Heel	- Dwit Chook

Typical Grading Questions

1. How many moves in Yul-Gok?
2. What is the meaning of Yul-Gok?
3. How do you perform hooking block and what's the Korean name?
4. How do you perform double forearm block and what's the Korean name?
5. How do you perform twin knifehand block and what's the Korean name?
6. How do you perform inward palm block and what's the Korean name?
7. How do you perform twin upset punch and what's the Korean name?
8. What is the Korean for jumping?
9. What is the Korean for reverse turning kick and what part of the foot is used?
10. Describe X stance and what's the Korean name?
11. What is the advantage of being in X stance ?
12. Name 7 blocks in English & Korean?
13. What is the Korean for flat fingertip thrust?
14. Describe the first movement of Yul-Gok and its purpose?
15. What is the Korean for upward knee kick & describe it?
16. What is the Korean for front elbow strike?
17. What does the colour Blue signify?
18. Name 6 stances in English & Korean?
19. What is the Korean for downward (axe) kick and what part of the foot is used?
20. What is the Korean name for free sparring?

Yul Gok Meaning for grading**Yul Gok Meaning for interest****Yul Gok Pattern****Other Requirements**

- Combinations in Line Work - Taken from patterns
- 2 Step Sparring - Numbers 5, 6, 7 and 8
- 3 Step Semi-Free Sparring - Advanced Level
- Free Sparring

Junior Gradings**Blue Belt (4th Kup)**

Signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-do progresses..

Korean Terms**Parts of the Body**

- | | |
|-------------------|----------------|
| Reverse Knifehand | - Sonkal Dung |
| Side Sole | - Yop Balbadak |

Stances

- | | |
|---------------------|-------------------|
| Closed Ready Stance | - Moa Chunbi Sogi |
| Rear Foot Stance | - Dwit Bal Sogi |
| Low Stance | - Nachuo Sogi |

Defensive Moves

- | | |
|-------------------------|-------------------------------|
| U-Shape Block | - Digutcha Makgi |
| Reverse Knifehand Block | - Sonkal Dung Makgi |
| Rising X-Fist Block | - Kyocha Joomuk Chookyo Makgi |

Offensive Moves

- | | |
|------------------------------|------------------------------|
| Angle Punch | - Kiokja Jirugi |
| Upper Elbow Strike | - Wi Palkup Taerigi |
| Downward Kick | - Naeryo Chagi |
| Pressing Kick | - Nollyo Chagi |
| Side Thrust Kick | - Yop Cha Tulgi |
| Reverse Turning Hooking Kick | - Bandae Dollyo Golcho Chagi |
| Consecutive Kick | - Yonsok Chagi |

Sparring

- | | |
|-------------------|---|
| One Step Sparring | - Ilbo Matsoki (using 3 step attacks & counter attacks) |
| Free Sparring | - Jayo Matsoki |

Typical Grading Questions

1. How many moves in Joong-Gun ?
2. Meaning of Joong-Gun ?
3. What is the Korean for U-shape block ?
4. What other name is given to U-shape block. Both English & Korean ?
5. What is the purpose of U-shape block ?
6. What is the Korean for Rear foot stance & explain it ?
7. What is the Korean for Low stance & explain it ?
8. What is the release move in Joong-Gun & explain it ?
9. Name 8 different blocks. Both in Korean & English ?
10. Name 6 different kicks. Both in Korean & English ?
11. Name 7 different stances. Both in Korean & English ?
12. Name 7 different hand parts. Both in Korean & English ?
13. Name 6 different foot parts. Both in Korean & English ?
14. Name 6 different hand attacks from pattern Joong-Gun. Both in Korean & English ?
15. What is the ready position in Joong-Gun. Both in Korean & English ?
16. Why do we perform 1-step sparring ?
17. Why do we perform patterns ?
18. Why do we learn the meanings of patterns ?
19. Name the Founder of Taekwon-Do & when Tkd started officially ?
20. Name each pattern you know & how many moves in each 1 ?
21. What does any colour upto red signify ?
22. What is the meaning of any pattern upto Joong-Gun ?

Joong-Gun Meaning for grading**Joong-Gun Meaning for interest****Joong-Gun Pattern****Other Requirements**

- Various Combinations in Line Work
- 1 Step Sparring
- Free Sparring
- Traditional 1 step sparring
- Attack: use 3 step sparring attacks
- Defence & counter attack: use 3 step sparring defence and counter attack
- Attacker should judge distance by eye.

Traditional 1 step sparring

- Attack: use 3 step sparring attacks
- Defence & counter attack: use 3 step sparring defence and counter attack
- Attacker should judge distance by eye.

Junior Gradings**Red Stripe Belt (3rd Kup)**

Signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

Korean Terms**Sparring**

One Step Sparring

- Free Sparring

General Terms

Flying

- Twimyo

Grasping

- Japki

Stances

Closed Stance

- Moa Sogi

Defensive Moves

W-Shape Block

- San Makgi

Lower Double Forearm Pushing Block

- Najunde Doo Palmok Miro Makgi

Offensive Moves

Upset Fingertip Thrust

- Dwijibun Sonkut Tulgi

Upward Knee Kick

- Ollyo Moorup Chagi

Front Grasp

- Ap Japki

Twin Side Elbow

- Sang Yop Palkup

Front Pushing Kick

- Ap Cha Milgi

Ilbo Matsoki (Using 3 step attacks, with any blocking defence and single counter attack.)

Jao Matsoki

Typical Grading Questions

1. How many moves in Toi-Gye?
2. Meaning of Toi-Gye?
3. What is the 3rd and 6th move of Toi-Gye. Both in Korean & English?
4. Demo & what is the Korean for slow twin side elbow trust?
5. Demo & what is the Korean for W-shape block?
6. How do we generate power into W-shape block?
7. What is the Korean for sitting stance and explain it?
8. What is the Korean for the knee technique (upward knee kick) in Toi-Gye?
9. Name 3 different fingertip trusts. Both in Korean & English?
10. What is the purpose of the jump in Toi-Gye?
11. What is the Korean for X-stance and explain it?
12. Name 9 different blocks. Both in Korean & English?
13. Name 7 different kicks. Both in Korean & English?
14. Name 8 different stances. Both in Korean & English?
15. Name 7 different hand parts. Both in Korean & English?
16. Name 6 different foot parts. Both in Korean & English?
17. Name 5 different hand attacks from pattern Joong-Gun. Both in Korean & English?
18. What is Neo-Confucianism?
19. The 38 moves in Yul-Gok refer what 2 things?

20. What are the 5 tenets of Tkd. Which 1 best represents you?
21. When was Tkd introduced into the UK and by whom?
22. Name each pattern you know & how many moves in each 1?
23. What does any colour upto red signify?
24. What is the meaning of any pattern up to Toi-Gye ?

Toi-Gye Meaning for grading**Toi-Gye Meaning for interest****Toi-Gye Pattern****Other Requirements**

- 1 Step Sparring - Advanced Level
- 2 Step Sparring - Numbers 5, 6, 7 and 8
- Semi-Free Sparring
- Free Sparring

Traditional 1step sparring

- Attack: use 3 step sparring attacks
- Defence: use blocks from patterns
- Counter: any counter attack. Students should ensure that they finish in a stance.
- Attacker should judge distance by eye.

Junior Gradings**Red Belt (2nd Kup)**

Signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

Korean Terms**Typical Grading Questions**

1. How many moves in Hwa-Rang ?
2. Meaning of Hwa-Rang ?
3. What is the 1 st move of Hwa-Rang. Both in English and Korean & explain its purpose ?
4. What is the Korean for the upward punch in Hwa-Rang & explain its purpose ?
5. What is the Korean for Vertical stance & explain it ?
6. What is the release move in Hwa-Rang & explain it ?
7. Which 3 patterns have release moves. Demo & explain the difference between them ?
8. When performing L-stance & punch in Hwa-Rang. Is it obverse or reverse & why ?
9. What is the ready position in Hwa-Rang. Both in English and Korean ?
10. What is the Korean for Walking stance and explain it ?
11. Name 10 different blocks. Both in Korean & English ?
12. Name 9 different kicks. Both in Korean & English ?
13. Name 9 different stances. Both in Korean & English ?
14. Name 8 different hand parts. Both in Korean & English ?
15. Name 6 different foot parts. Both in Korean & English ?
16. Name 5 different hand attacks from pattern Hwa-Rang. Both in Korean & English ?
17. Name the 4 parts of your forearm. Both in English and Korean ?
18. What does Black signify. Then, what is meant by impervious to darkness & fear ?
19. What is the difference between ITF & WTF Tkd ?
20. What is the difference between a martial artist & a sports person ?
21. How have you supported your club and organisation ?
22. Why do you want to be a Blackbelt ?
23. What's your philosophy on Tkd ?
24. Why do we do free sparring and 2 on 1 sparring ?
25. Explain the Korean Flag ?
26. Name each pattern you know & how many moves in each 1 ?
27. What does any colour upto black signify ?
28. What is the meaning of any pattern upto Hwa-Rang ?
29. Who's your greatest inspiration in Tkd ?
30. What is Tkd ?

Hwa-Rang Meaning for grading**Hwa-Rang Meaning for interest****Hwa-Rang Pattern**

Other Requirements

- Step Sparring - Advanced Level
- 2 Step Sparring - Numbers 5, 6, 7 and 8
- Semi-Free Sparring
- Free Sparring

Traditional 1 step sparring

- Attack: use 3 step sparring attacks.
- Defence: use blocks from patterns, body shifting and dodging is also allowed.
- Counter: any counter attack. Students should ensure that they finish in a stance.
- Attacker should judge distance by eye.

Red Belts will also be required to perform two against one free sparring

Sparring

One Step Sparring	Free Sparring
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Parts of the body

Palm	- Sonbadak
Instep	- Baldung
Reverse Footsword	- Baldal Dung

Stances

Vertical Stance	- Soojik Sogi
Closed Ready Stance	- Moa Chunbi Sogi

Defensive Moves

Palm Pushing Block	- Sonbadak Miro Makgi
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Red belts will also be required to perform basic self defence releases

Offensive Moves

Downward Knifehand Strike	- Maeryo Sonkal Taerigi
Upward Punch	- Ollyo Jirugi

Ilbo Matsoki (Using 3 step attacks, with any blocking or dodging defence and any counter attack.)Jao MatsokiRed belts will also be required to perform two against one free sparring.

Junior Gradings**Black Stripe Belt (1st Kup)**

Signifies maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

Korean Terms**Parts of the body**

Side Instep	- Yop Baldung
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Stances

Bending Ready Stance B	- Guburyo Sogi B
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Defensive Moves

Twin Upward Palm Block	- Sang Ollyo Sonbadak Makgi
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Side x Kifehand Checking Block Yop Kyocha Sonkal Momchau Makgi

Offensive Moves

Back Piercing Kick	- Dwitcha Jirugi
Twisting Kick	- Bituro Chagi
Flying Side Kick	- Twimyo Yop Chagi
Front Knife Hand Strike	- Ap Sonkal Taerigi
Front Reverse Knifehand Strike	- Ap Sonkal Dung Taerigi

Sparring

One Step Sparring	- Ilbo Matsoki (Using 3 step attacks, with any blocking and counter attack. Also doing self defence one step, with middle punch attack)
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Free Sparring

- Jao Matsoki

*Red belts will also be required to perform two against one free sparring***Typical Grading Questions**

1. How many moves in Choong-Moo?
2. Meaning of Choong-Moo?
3. What is the purpose of the 360 jump spin in Choong-Moo?
4. What is the Korean for front reverse knifehand strike?
5. What is the Korean for twisting kick?
6. What is the Korean for X-knifehand checking block and explain its use?
7. What is the Korean for twin upward palm block?
8. Which 3 patterns have release moves. Demo & explain the difference between them?
9. Describe the difference between closed ready stance A,B & C ?
10. What is the Korean for Walking stance and explain it fully?
11. Name 10 different blocks. Both in Korean & English ?
12. Name 9 different kicks. Both in Korean & English ?
13. Name 9 different stances. Both in Korean & English ?
14. Name 10 different hand parts. Both in Korean & English ?
15. Name 6 different foot parts. Both in Korean & English ?
16. Name 6 different hand attacks from pattern Choong-Moo. Both in Korean & English ?
17. Name the 4 parts of your forearm. Both in English and Korean ?
18. What does Black signify. Then, what is meant by impervious to darkness & fear ?
19. What is the difference between ITF & WTF Tkd ?
20. What is the difference between a martial artist & a sports person ?
21. How have you supported your club and organisation ?
22. Why do you want to be a Blackbelt ?
23. What's your philosophy on Tkd ?
24. Why do we do free sparring and 2 on 1 sparring ?
25. Explain the Korean Flag ?
26. Name each pattern you know & how many moves in each 1 ?
27. What does any colour upto black signify ?
28. What is the meaning of any pattern upto Choong-Moo ?
29. Who's your greatest inspiration in Tkd?
30. What is Tkd?
31. Why did you start Tkd?
32. What is your greatest moment in Tkd?
33. If you had to pick a 6 th tenet of Tkd what would it be and why?
34. What are the important dates of Tkd and why?
35. What is the difference between a strike and a thrust?
36. Name 3 fingertip thrusts in Korean & English and describe their use.

Choong-Moo Meaning for grading**Choong-Moo Meaning for interest****Choong-Moo Pattern****Other Requirements**

- Various Combinations in Line Work
- 1 Step Sparring
- 2 Step Sparring
- 3 Step Sparring
- Free Sparring

Traditional 1 step sparring

- Attack: use 3 step sparring attacks.
- Defence: use blocks from patterns, body shifting and dodging is also allowed.
- Counter: any counter attack. Students should ensure that they finish in a stance.
- Attacker should judge distance by eye.

Free style 1 step

- Attack: Middle punch in walking stance.
- Defence: Any block or counter, the student can also incorporate locks and restraints.

Black Stripe belts will also be required to perform two against one free sparring

Yellow Stripe - 9th Kup (SENIOR GRADING)Minimum Time: 2 Months

10 x Horse Riding	middle section punch
4 x Front	high section block
4 x Front	middle inward section block
4 x Front	low section block
4 x Walking	front kick
4 x Walking	45 turning kick
4 x Walking	front raising kick

Sparring: Fighting Stance One to OneBackground: Understanding which weapons are used when striking, blocking and kicking
The meaning of 'Taekwondo'**Yellow Belt - 8th Kup (SENIOR GRADING)**Minimum Time: 2 MonthsPatterns: Taegeuk Il Jang (1)Basics:

5 x Horse Riding	middle section block, double punch
4 x Front	high section block, reverse punch
4 x Front	middle section block, reverse punch
4 x Front	low section block, reverse punch
4 x Walking	front kick
4 x Walking	turning kick
4 x Walking	push kick
4 x Walking	front raising kick

Sparring: One to One
One Step
Sparring - (no contact)Background: Description of weapons used when blocking, striking and kicking
Meaning of the colour yellow
The meaning of Taegeuk Il Jang**Green Tags - 7th Kup (SENIOR GRADING)**Minimum Time: 2 MonthsPatterns: Taegeuk Ee Jang (2)
Taegeuk Il Jang (1)Basics:

4 x Back	knife hand block
4 x Back	knife hand strike
4 x Front	side back fist strike
4 x Front	front back fist strike
4 x Walking	chop kick
4 x Walking	turning kick
4 x Walking	turning kick
4 x Walking	side kick
4 x Walking	back kick

Sparring: One Step
One to One
Sparring - (light contact)Background: Understanding which weapons are used when blocking, striking and kicking
Meaning of Taegeuk Ee Jang

Green Belt 6th Kup (SENIOR GRADING)Minimum Time: 3 Months

Patterns: Taegeuk Sam Jang (3)
Taegeuk Ee Jang (2)

Basics:

4 x Front	outer forearm block
4xFront	inner forearm block
4 x Back	inward knife block
4 x Back	inward knife hand strike
4 x Fighting	side kick
4 x Fighting	back kick
4 x Fighting	skip in side kick
4 x Fighting	skip in turning kick

Sparring: One Step
One to One
Sparring (light contact)

Background: Understanding the weapons used in Taekwondo
The meaning of the colour green
The meaning of Taegeuk Sam Jang

Blue Tags 5th Kup (SENIOR GRADING)Minimum Time: 3 Months

Patterns: Taegeuk Sah Jang (4)
Taegeuk Sam Jangn (3)
Taegeuk Ee Jang (2)

Basics:

4 x Fighting	back kick
4 x Fighting	spin kick
4 x Fighting	reverse turning kick

Sparring: One Step - (include locks and takedowns)
One to One
Sparring - (light contact)

Background: Korean names of kicks kicks
Meaning of Taegeuk Sah Jang

Blue Belt 4th Kup (SENIOR GRADING)Minimum Time: 4 MonthsPatterns:

Taegeuk Oh Jang (5)
Taegeuk Sah Jang (4)
Taegeuk Sam Jang (3)

Basics:

Combination kicking - Examiners choice

Sparring:

One Step - (include locks and takedowns)
One to One
Sparring - (light contact)

Self Defence:

Basic release and counter

Background: The meaning of the colour blue, The meaning of Taegeuk Oh Jang
Korean names of blocks

Red Tags 3rd Kup (SENIOR GRADING)

Minimum Time: 4 Months

Patterns: Taegeuk Ryuk Jang (6)
Taegeuk Oh Jang (5)
Students choice

Basics:
Combination kicking - Examiners choice

Sparring:
One step - (include locks and takedowns)
One to One - (including jumping techniques)
Sparring - (light contact)

Self Defence:
Include locks, releases, counters and takedowns

Background:
Meaning of Taegeuk Ryuk Jang

Red Belt 2nd Kup (SENIOR GRADING)

Minimum Time: 5 Months

Patterns:
Taegeuk Chil Jang (7)
Taegeuk Ryuk Jang (6)
Students Choice

Basics:
Combination strikes, blocks and kicks
Examiners choice

Sparring:
One Step - (include locks, takedowns, hand only and foot only techniques)
One to One
Sparring - (light contact)

Self Defence:
Include locks, releases, counters, and takedowns

Breaking:
Side Kick - (one inch)

Background: Meaning of the colour red
Meaning of Taegeuk Chil Jang
Korean name of stances, commands and Taekwondo terminology

Black Tags 1st Kup (SENIOR GRADING)

Minimum Time: 6 Months

Patterns: Taegeuk Pal Jang (8)
Taegeuk Chil Jang (7)
Students Choice

Sparring: One to One - (stationary)
One to One - (moving around)
One Step - (include locks, takedowns, hand only and foot only techniques)
Two on One - (defend against two attacking students)
Sparring - (Semi contact - students must wear body protectors and show point scoring techniques)

Self Defence:
Minimum of two attacks to the front and two to the rear, include locks, counters and takedowns where possible

Breaking:

Side Kick - (two boards)

Background:

Students will receive a short written test (if aged 16 and above) or verbal test (if aged 15 and below) on the following subjects:

- The Tenets of Taekwondo
- The meaning of the belt colours
- The meaning of the Taeguks
- Korean Taekwondo terminology
- Counting in Korean
- Korean Terminology

PATHWAYS TO BECOMING A BLACK BELT

Minor students 7-10 years	Red three stripe to 'MINOR CHO POOM BO' <ul style="list-style-type: none"> * Minimum Age 7years * Minimum classes 30 classes between Red 3 stripe to Minor Cho Poom Bo * Minimum duration between Red 3 stripe to Minor Cho Poom Bo 3 months on Red 3 grade * Belt colour; Red and Black belt * Syllabus requirements; Please refer to Wolves grading syllabus 	'MINOR CHO POOM BO' to 'CHO POOM' (Junior Black Belt) <ul style="list-style-type: none"> * Minimum Age 9years * Minimum classes 50 classes between Minor Cho Poom Bo to Cho Poom * Minimum duration six months on grade * Belt colour; Full Black belt * Syllabus requirements; Please refer to Wolves grading syllabus
Junior students 11-15 years	Red three stripe to 'CHO POOM BO' <ul style="list-style-type: none"> * Minimum Age 11 years * Minimum classes 30 classes between Red 3 stripe to Cho Poom Bo * Minimum duration between Red 3 stripe to Cho Poom Bo 3 months on Red 3 grade * Belt colour; Red and Black belt * Syllabus requirements; Please refer to Wolves grading syllabus 	'CHO POOM BO' to 'CHO POOM' (Junior Black Belt) <ul style="list-style-type: none"> * Minimum Age 9years * Minimum classes 50 classes between Cho Poom Bo to Cho Poom * Minimum duration six months on grade * Belt colour; Full Black belt * Syllabus requirements; Please refer to Wolves grading syllabus
Senior students 16 years and over	Red three stripe to 'CHO DAN BO' <ul style="list-style-type: none"> * Minimum Age 16years * Minimum classes 30 classes between Red 3 stripe to Cho Dan Bo * Minimum duration between Red 3 stripe to Cho Dan Bo 3 months on Red 3 grade * Belt colour; Black belt with Red stripe * Syllabus requirements; Please refer to Wolves grading syllabus 	'CHO DAN BO' to 'CHO DAN' <ul style="list-style-type: none"> * Minimum Age 16years * Minimum classes 50 classes between Cho Dan Bo to Cho Dan * Minimum duration six months on grade * Belt colour; Full Black belt * Syllabus requirements; Please refer to Wolves grading syllabus

PROVISIONAL BLACK BELT GRADING REQUIREMENTS**RED BELT 3 STRIPE to MINOR CHO POOM BO (3-6 years)**

- * Shuffle round house kick and reverse turning kick
- * 45's and back
- * Jumping up back kick
- * SELF DEFENCE 1- One hand grab towards chest or shoulder
- * SELF DEFENCE 2 - two handed grab towards chest or shoulder
- * SELF DEFENCE 3 - Grab to neck or hair
- * SELF DEFENCE 4 - bear hug from front
- * Good behaviour reference form Parents or Guardian for six month period
- * Good behaviour reference form school teacher or any community member for six month period
- * SPECIAL TASK: DO A PROJECT / ESSAY ON "The value of teachers and parents / carers". MIN. 200 words
- * CONTACT SPARRING - NO HEAD CONTACT

RED BELT 3 STRIPE to CHO POOM BO (11-15 years)

- * Koreyo
- * 45 kick and 180 kick and 45 kick
- * Shuffle round house kick and Axe kick and reverse turning kick
- * Jumping up back kick
- * SELF DEFENCE 8 - Choke from behind.
- * SELF DEFENCE 9 - grab to hair from behind.
- * Good behaviour reference form Parents or Guardian for six month period
- * Good behaviour reference form school teacher or any community member for six month period
- * SPECIAL TASK: DO A PROJECT / ESSAY ON "The value of teachers and parents / carers". MIN. 400 words
- * CONTACT SPARRING - NO HEAD CONTACT

RED BELT 3 STRIPE to CHO DAN BO (16 years and over)

- * Koreyo plus Taeguk 7 and Taeguk 8
- * 45 kick and 180 kick and 45 kick
- * Shuffle round house kick and Axe kick and reverse turning kick
- * Jumping up back kick
- * SELF DEFENCE 8 - Choke from behind.
- * SELF DEFENCE 9 - grab to hair from behind.
- * SPECIAL TASK: DO A PROJECT/ ESSAY ON "The value of self-control and self-discipline"- Min. 500 words
- * CONTACT SPARRING - NO HEAD CONTACT

What about the Training Methods and Fees?For Regular or Group Class Training Fee's Structures:

1. White Belt to Yellow Stripe (10th Kup to 9th Kup) - 1 Month - 4000 INR per month
2. Yellow Stripe to Yellow Belt (9th Kup to 8th Kup) - 1 Month - 4000 INR per month
3. Yellow Belt to Green Stripe (8th Kup to 7th Kup) - 2 Month - 4000 INR per month
4. Green Stripe to Green Belt (7th Kup to 6th Kup) - 2 Month - 4000 INR per month
5. Green Belt to Blue Stripe (6th Kup to 5th Kup) - 3 Month - 4500 INR per month
6. Blue Stripe to Blue Belt (5th Kup to 4th Kup) - 3 Month - 4500 INR per month
7. Blue Belt to Red Stripe (4th Kup to 3rd Kup) - 4 Month - 5000 INR per month
8. Red Stripe to Red Belt (3rd Kup to 2nd Kup) - 4 Month - 5500 INR per month
9. Red Belt to Black Stripe (2nd Kup to 1st Kup) - 5 Month - 6000 INR per month
10. Black Stripe to Black Belt (1st Kup to 1st Dan) - 6 Month - 8500 INR per month

Training Duration: 2 Years + 7 Months**Group Class Fee's Structure:**

- | | |
|-----------------------------|---|
| 1. Admission Fee | : 1000 INR |
| 2. Fees | : 4000 INR (Initial Only) |
| 3. I-Card | : 100 INR |
| 4. Membership | : Don't entertain any affiliations |
| 5. Equipment's Contribution | : 500 INR every 4 Months |

To be paid at the time of admission : Rs. 5000/-**Duration: : 2 Months****Timing : 2 Hours Daily (Choose your convenient timing)****Fees : Rs. 45000/-***Note: Student's enrolling in this course will avail the same benefits as other courses.*

*** For Private Training: -** * conditions apply
- Rs. 18500/- per Month

Number of Classes:

- : 12 Classes a month for Personal Training and 1 hour durations of the training.
- : 15 Classes a month for Group Training and 1 hour durations of the training.

KRAV MAGA CURRICULUM

Krav Maga (contact combat in Hebrew) is a highly effective, battle-tested, modern day self-defence system. Krav-Maga was created and developed by Imi Sde-or (Lichtenfeld), Israeli Grand-master (1910-1998) who started Krav Maga in the late 1940's whilst serving as Chief Instructor for hand-to-hand combat and combat fitness training for the Israeli Defence Forces.

Who is it for?

The reality of Krav Maga is that it excludes nobody. The system is designed to be learned quickly by anyone. It was originally designed so that any member of the Israeli armed forces, whether a chef or a Special Forces soldier could be brought up to a similar level in a short period of time. Below are just some examples of people who use Krav Maga:-

- Israeli Defence and Security Forces
- FBI
- SWAT
- Military units around the globe
- 200,000 everyday people like you and me.

What Will I Learn with Krav Maga?

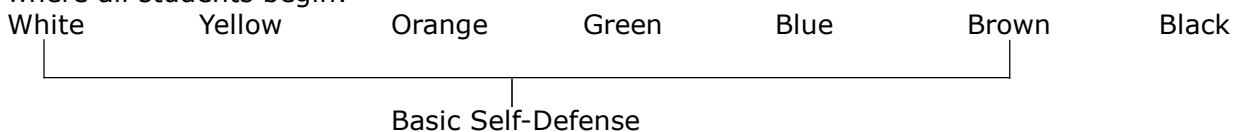
We deal with attacks and scenarios that are statistically commonplace in the urban environment. Knife crime is far more prevalent, than for example, firearms attacks. We focus heavily on the common attacks and realistic threats to ours and our loved ones' safety. We teach adaptable tools and fluid concepts, not "one size fits all" techniques for every situation. This way we learn quickly, ensuring our found skills can adapt to unknown situations and scenarios. Faced with a new problem we do not freeze, WE ADAPT.

As our training kicks in, we drill with a high degree of energy, understanding that combat is never a static in any confrontation.

- Defence against attacks from all angles and whilst in a variety of postures.
- Unarmed and armed attacks featuring, edged weapons, impact weapons and firearms.
- Dealing with multiple attackers who may be armed or unarmed.
- Attacks in confined spaces.
- How to function under the stress brought on by an attack
- How to deploy common objects when under attack
- Prevention, avoidance, escape and evasion
- Verbal de-escalation techniques

GRADING SYSTEMS:

There are two systems to describe the level of student. First is Judo based belt system, where all students begin:



1st-5th Dan Black Belt

Advanced material including military applications and teaching

6th Dan Black Belt & Up: Recognition of services to the style of Krav Maga

Another system is levels, there are:

Practitioner **G**raduate **E**xpert **M**aster.

Each of the P, G E levels have 5 Grades and the Master have 3 (this system is in used f.ex Scandinavian countries).

After the first 8-12 weeks practise, students should be ready to test for their Yellow belts or 1st practitioner level.

Practitioner 1 & 2 equals	- Yellow belt.
Practitioner 3 & 4 equals	- Orange belt.
Practitioner 5 & Graduate 1 equals	- Green belt.
Graduate 2 & 3 equals	- Blue belt.
Graduate 4 & 5	- Brown belt
Expert 1 -3 equals	- Black belt 1-3 dan
Expert 4 -5 equals	- Black belt 4-5 dan
Master 1 - 3	

Level 1 (For Entry White)

This entry level class is designed for all new Krav Maga students. The goal of the class is to teach the basics of self defense and fighting. Students will learn Krav Maga's fighting stance and movement, various punches, kicks from standing position as well as from on the ground, elbows and knees, and how to defend against punches, chokes, headlocks and wrist grabs. Students who train an average of two to three times per week should expect to complete the curriculum in four months before testing into KM Level 2.

Level 2 (For Yellow Belt Students)

Upon completing KM Level 1, students will participate in a Yellow Belt workshop and test into KM Level 2. In this intermediate level class, students will continue to review and hone the skills learned in KM Level 1, as well as learn additional punches and kicks, punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bearhugs. Students who train an average of two to three times per week should expect to complete the curriculum for this level in six months before testing into KM Level 3.

Level 3 (For Orange Belt Students)

Upon completion of KM Level 2, students will test into KM Level 3. In this intermediate class students will continue to train on strikes, defenses against strikes, and self defense, including more advanced techniques that involve defending against weapons such as knives, guns, and sticks. Students who train two to three times per week should expect to be ready to test for Green Belt in nine months.

Level 4 (For Green Belt Students)

This class was designed specifically for Green Belt students interested in more advanced training with emphasis on Blue Belt techniques. The curriculum includes additional punches and kicks, more defenses against punches and kicks, defenses against knives, guns, and sticks, as well as advanced ground fighting techniques. Green Belt students are encouraged to continue training in KM Level 3 classes as well. Students who train two to three times per week should expect to be ready to test for Blue Belt in twelve months.

Level 5 (For Blue And Brown Belt Students)

This class is for advanced students only and covers all the advanced curriculum including fighting, ground fighting, advanced self defense, all weapons defenses, and third party protection.

Law Enforcement (For Sworn Officers Only)

This class will teach defenses against a variety of armed and unarmed attacks relevant to peace officers. Use of force issues will be incorporated into the training.

KM-X™ Youth Training

Motivating kids through exercise, personal safety and discipline is a powerful way to help them build their confidence and self esteem. KM-X™ is a dynamic self-defense program that motivates and enriches kids with crucial life skills so that they can become champions in all aspects of their life.

NB: A grading is simply a tool that lets you and the instructor know where you are in the system and gives you a goal to work towards. Gradings are held regularly throughout the year and normally you can grade every 2-3 months depending on your commitment. If you are training 3 times per week then you should progress faster than someone training only once a week. The more you practice the better and faster you progress. The more you put in the more you get out.

KRAV MAGA CIVILIAN INSTRUCTOR COURSE

Krav Maga was originally developed for the military sector. This is the reason why standard Krav Maga training is addressed to as "civilian".

Civilian Krav Maga training is practically divided into three "sub- sectors" referred to as adult Krav Maga (or just "civilian"), Women's Krav Maga and Children's (Kid) Krav Maga.

The Civilian Instructor Course has been divided into three main groups:

- Practitioner levels (or just "**P**" levels),
- Graduate levels ("**G**" levels) and
- Expert Levels ("**E**" levels).

G levels are usually veteran Kravmaga trainees and very often have also been qualified as instructors.

Civilian Krav Maga training syllabus is compiled of 5 P levels and 5 G levels. Each element of the curriculum is based upon real life scenarios describing real life attacks. Every P or G level includes various self defense solutions and counter-attacks that derive from such scenarios. Through kravmaga training the student practices these scenarios according to respective rank. As one advances in grading the scenarios upon which the syllabus is built become increasingly dangerous and complex, and self defense solutions are provided accordingly.

General info:

- The course is compiled of three parts referred to as CIC1, CIC2. CIC3.
- The total duration of the course is 24 days or 180 hours.
- The Civilian Instructor Course will educate you in most Krav Maga techniques, various fighting techniques, Principles of Krav Maga doctrine, Teaching and practice methods, Training methods, Basic management, Promotion and marketing of a training place and more.

During the course participants will be supplied with the instructor's manual, pictures and Logo for future use once qualified, Grading and curriculum material, lessons plans and more. An Instructor Diploma will be issued to qualified participants by the LUMMAFC Authority.

Basic Qualifications:

1. A recommendation from the local Krav Maga organization in your country Or A police / Military officer Or a manager of a security company.
3. 4 year background in other martial arts is plus.
4. No criminal record by declaration
5. Health insurance
6. A personal interview
7. Health declaration

KIDS KRAV - SELF DEFENSE

Kid self defense enables children, in a relative short period of time, to learn self defense techniques carefully adapted to match their respective age, physical and mental abilities.

Through Kravmaga training the children are taught how to recognize common threats like bullies and kidnappers. The training also aims to improve their self esteem, build confidence respect and discipline.

LSDU Kid Krav Maga methods, especially in the younger age group are mostly taught through Kravmaga games.

Games help the children develop coordination; learn how to follow directions and foster assertiveness. Through these games kids are taught how to avoid confrontation, and how to defend themselves when necessary in order to escape. Kid krav maga openly and cautiously explains attack scenarios kids may encounter the difference between being bullied by a classmate or by an unknown adult, their options in each situation, what is the proportional response and so on. The LSDU system divides kids' krav to five main age categories. As the

children get older training includes fewer games and resembles the adult curriculum more.

Children who train Krav maga learn a lot about commitment and endurance. Kravmaga teaches them to appreciate and be proud of their achievements when learning a new technique or passing their grade test. They get a true sense of the path they are on and their progress and they realize that no goal is impossible. In the process they also get a great workout! Kids who need to let out steam can also get a break in Krav maga training.

They're permitted to hit the punching bag, fight with another student under the instructor's supervision and in the process learn that without these pre-conditions it is not ok to hit or fight.

Kids Krav-Maga/ Self-Defense Instructor Course

Just as other specific groups have their own unique sub-sections in the Krav-Maga – so do children. They have their own sub-section because:

- They have specific characteristics
- You can categorize their threats into specific groups

Characteristics

The main reasons for regarding children as a special group are their lack of experience, their small physique, their anatomy and their psyche.

Threats

One can categorize into three categories the threats that children must confront:

- Environmental dangers
- Life threatening (adult assault)
- Dealing with school fights or fights with peers (child vs. child).

In the 1990's, when the late Prime Minister Yitzhak Rabin was informed that terrorists were planning to stab children in schools, he told the heads of the Ministry of Education to "Give the children sticks."

"But if we will give the pupils sticks, the teachers will run". "Perhaps we should teach them self-defense."

The Mayor of Tel-Aviv then decided to start a project for teaching children which has now become a very profound way of reducing violence and educating children to become better people.

WOMEN KRAV MAGA

Women Krav Maga techniques were developed to meet the growing demand as part of Krav Maga self defense solutions created for the various civilian sectors. Women self defense qualifications enable women of all ages to learn, in a relative short period of time, central self defense techniques specifically designated to provide them with defense tools while attacked.

LSDU offers several women Krav Maga qualifications; A 3 to 4 hours seminar, Three day workshop and a five day women's instructor course aimed for certified LSDU Krav Maga civil instructors.

Women Krav Maga methods deal with situations from a woman's daily routine, point out scenarios where threat may appear and teaches, step by step, how to maintain your calm defend yourself counter attack and eliminate danger. Women self defense Krav Maga sector logically concentrates on sexual assault scenarios, as they are the central threat for women.

As this issue is highly disturbing and sometimes difficult to discuss women self defense techniques involve substantial emotional training to insure women they are possess the ability to defend themselves, foster self confidence and also necessary aggressiveness. Defenses have been modified to accommodate women's physiques and state of mind.

Additional issues included in women self defense have to do with home invasion, third side protection (protecting your children) and using common objects (keys, handbag etc.) to block the assailant and counterattack.

What about the Training Methods and Fees?For Regular or Group Class Training Fee's Structures:

- | | | | |
|----|--------|----------------------|-----------|
| 1. | Yellow | - 4000 INR per month | (1 Month) |
| 2. | Orange | - 4000 INR per month | (3 Month) |
| 3. | Green | - 5000 INR per month | (3 Month) |
| 4. | Blue | - 5500 INR per month | (3 Month) |
| 5. | Brown | - 6500 INR per month | (5 Month) |
| 8. | Black | - 4500 INR per month | (6 Month) |

Training Duration: 2 Years + 3 Months**Group Class Fee's Structure:**

- | | |
|-----------------------------|---|
| 1. Admission Fee | : 1000 INR |
| 2. Fees | : 4000 INR (Initial Only) |
| 3. I-Card | : 100 INR |
| 4. Membership | : Don't entertain any affiliations |
| 5. Equipment's Contribution | : 500 INR every 4 Months |

To be paid at the time of admission : Rs. 5000/-***Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.****"There will be an interview before accepting for this course"***2-Months Intensive Training Curriculum**

Krav Maga Basics
 Super Secret Work Out
 Natural Response to Danger
 Kapap Combat
 Knife Defense and Disarming
 Gun Defense and Disarming
 20 Most Deadly Ground Fighting Movies
 and more.....

Duration : 2 Months**Timing** : 2 Hours Daily (Choose your convenient timing)**Fees** : Rs. 45000/-**Note:** Student's enrolling in this course will avail the same benefits as other courses.*** For Private Training: -**** conditions apply***- Rs. 18500/- [White to Green]****- Rs. 25000/- [Blue to Black]**

Shifu Zhao
 赵光军

WING CHUN CURRICULUM

Wing Chun (also written Wing Tsun, Ving Tsun and Yong Chun, amongst others) is one of the many types of Chinese martial arts known collectively as Kung Fu. Wing Chun Quan, which means 'the eternal spring fighting system', is an extremely sophisticated and effective martial art.

There are **12 student grades** and **1 Master grade**. The **first 4 student grades** are considered the **beginner level**, **5 - 8 intermediate** and **9 - 12 advanced**.

No secrets - all the concepts - Shifu Zhao Hui doesn't believe it should take 5 years to complete the system as he has proven time and again many of his students have gone on to open their own schools and organisations and become masters themselves. 'Those that teach, usually can't do, those who can do, usually can't teach - those who can do both - innovate!'

There are then **4 TG grades** and **1 Master Level (5 PG)** and then **1 Grand Master Level**. When one reaches the 5th Practitioner grade he has attained a technical, philosophical and physical understanding of the Wingchun system and more importantly a deeper understanding of himself. There is no more set techniques and sequences, no more sections and forms, just angles, forces, vectors, an understanding of different energies and a level of autonomy that separates the Master from the Technician.

The Benefits of Wing Chun

Wing Chun is an excellent self defence system and in addition to this the movements are all fundamentally beneficial to health. Wing Chun teaches correct posture, structure and alignment; once these are balanced effectively you will be stronger. Often strength is associated with hardness, and stiffness, but, due to the way that you achieve strength through training in Wing Chun, one of the key benefits is that you will also learn to become more relaxed and more responsive.

The Aims of Wing Chun

Wing Chun seeks to find the answer to being simultaneously soft/flexible (spring like) and strong. This combination of qualities can enable a much smaller practitioner to defeat a larger opponent. However the idea of 'soft strength' has many greater applications than just in combat and it is our aim to teach our students not only to be able to defend themselves effectively but more importantly to teach them how being both flexible and strong in their minds and their bodies can benefit them in every aspect of their lives.

Wing Chun employs the strategies of the Chinese classic General Sun Tzu's 'The Art of War', which is what helps to make it such a highly effective martial art for self defence. Cambridge Kung Fu students learn to understand the ways in which they are inherently strong and weak and how to be able to identify this in others. The aim is that knowing oneself and ones 'opponent' gives us confidence and the ability to be successful in whatever conflict type situation we may find ourselves in.

The Beginners class teaches the basics of Wing Chun as a martial art and as a form of self defence. After a period of one year, sometimes more, you will be ready to progress to the Intermediate/Senior/Advanced class; here the work gets more technical and there is a bit more expectation placed on you especially during your gradings. However, by this time you will have started to learn strategies to deal with this pressure, understanding one of the most important lessons in martial arts; that everyone feels fear and that unless you feel fear it is impossible to show courage and be brave.

Wing Chun Grading

Grades (1 - 4) Beginner	- Every 3 Months (Wear White T -Shirt)
Grade (5 -8) Intermediate	- Every 4 Months (Wear Green T - Shirt)
Grades (9 - 12) Senior	- Every 4 Months (wear Brown T - Shirt)
Advance (12 Pass)	- (Wear Black T - Shirt)
Technicians	- (Wears Black and Red)

We hold regular gradings for those who wish to progress through our syllabus. For beginners we have grading every 3 months, when students can choose to take their next grade if they feel ready. For the basic grades, three months is normally plenty of time. For the intermediate and senior grades we grade every 4 months. Some higher grades often require more than one grading rotation to pass.

Apart from the 12 Student Grades, *the First Technician Grade is the 'Black Belt' equivalent in Wing Chun*. After the Technician Grades are completed there are 2 Master Grades. There are also several Instructor Grades for anyone who wants to pass their knowledge on to fellow students.

STUDENT GRADES 1-4 (BEGINNER)

(Beginner) Grade 1

- **Form:** Siu Nim Tao, Sections 1 to 2
- **Lat Sao:** Pak Sao entry & defence, Punching and stepping in drill
- **Self Defence Rotation:** Side Guards / Flat Guards / Grabs
- **Theory:** Define Kung Fu, Wing Chun Chuan, Siu Nim Tao

(Beginner) Grade 2

- **Form:** Siu Nim Tao, Sections 3 to 6
- **Chi Sao:** Sticking and Sliding Arm Impulses
- **Lat Sao:** Paksao Punch and Following Drills
- **Self Defence Rotation:** Side Guards / Flat Guards / Grabs
- **Theory:** Wing Chun Centre Lines, Tracking/Feeding

(Beginner) Grade 3

- **Form:** Siu Nim Tao, Sections 7 to 9
- **Chi Sao:** Danchi
- **Lat Sao:** Roll, Changes, Swing Defences, Pak-Gum Punch Drills
- **Self Defence Rotation:** Side Guards / Flat Guards / Grabs
- **Theory:** Wing Chun Fighting Principles

(Beginner) Grade 4

- **Form:** Siu Nim Tao Complete, plus Footwork
- **Chi Sao:** Revise SG1-3 at a higher level
- **Lat Sao:** Revise SG1-3 at a higher level
- **Self Defence:** Revise SG1-3 at a higher level
- **Theory:** Revise SG1-3

STUDENT GRADES 5-8 (INTERMEDIATE)

(Intermediate) Grade 5

- **Form:** Intermediate Footwork
- **Chi Sao:** Poonsau Roll, Changes, Basic Attacks
- **Lat Sao Rotation:** Close Range Attacks / Anti-Grappling / Anti-Ground Fighting
- **Theory:** Define Chum Kiu and explain the Fighting Ranges

(Intermediate) Grade 6

- **Form:** Chum Kiu, Section 1
- **Chi Sao:** Section 1
- **Lat Sao Rotation:** Close Range Attacks / Anti-Grappling / Anti-Ground Fighting
- **Theory:** Explain the Cham Kiu Concepts

(Intermediate) Grade 7

- **Form:** Cham Kiu, Sections 2 to 4
- **Chi Sao:** Jut Kuen Drills
- **Lat Sao Rotation:** Close Range Attacks / Anti-Grappling / Anti-Ground Fighting
- **Theory:** Explain the Force Principles

(Intermediate) Grade 8

- **Form:** Siu Nim Tao and Cham Kiu Complete, plus all Footwork
- **Chi Sao:** Revise SG1-7 at a higher level
- **Lat Sao:** Revise SG1-7 at a higher level
- **Self Defence:** Revise SG1-3 at a higher level
- **Theory:** Revise SG1-7

STUDENT GRADES 9-12 (SENIOR)**(Senior)Grade 9**

- **Form:** Hand Form, Drills and Applications
- **Chi Sao:** Section 2
- **Lat Sao Rotation:** Restraints / Weapons / Multiple Assailents

(Senior) Grade 10

- **Form:** Siu Nim Tao
- **Chi Sao:** Section 3
- **Lat Sao Rotation:** Restraints / Weapons / Multiple Assailents

(Senior) Grade 11

- **Form:** Chum Kiu
- **Chi Sao:** Section 4
- **Lat Sao Rotation:** Restraints / Weapons / Multiple Assailents

(Senior) Grade 12

- **Form:** Siu Nim Tao and Chum Kiu Complete, plus Hand Form and all Footwork
- **Chi Sao:** Revise SG1-11 at a higher level
- **Lat Sao:** Revise SG1-11 at a higher level
- **Self Defence:** Revise SG1-3 at a higher level
- **Theory:** Revise SG1-7

Advanced Level

When you pass the Twelfth Grade, you receive your Black T-Shirt. This signifies you have completed the Student Syllabus, and are now ready to train for your Technician Grade. The Technician Grade is the 'Black Belt' equivalent in Wing Chun. There is a minimum age of eighteen to take this test, due to the maturity required to get through the examination. At this stage you are able to take the Instructor Course and become a Wing Chun Instructor.

1. PWC SNT GRADE 1**Practical Wing Chun Siu Nim Tao Drills - SG1**

All movements are used against Maijan unless specified.

Aim for Palm Strike with Controlling Arm, Punch with Power Arm.

Static:	1: Dry (solo).	2. Neutral.	3: Juen Ma.
Dynamic:	1: Dan Bin Ma.	2: Latsao Roll.	3: Application Circle.

SNT 1

1. Gaucha-Tansao
2. Gaucha-Gansao
3. Pulling Gauchasao
4. Combinations

SNT2

1. Maijan Punch
2. Chut Kune
3. Feijan Punch

SNT3

1. Hao Paksao
2. Hao Paksao, Tansao
3. Fooksao
4. Wusao

5. Hao Paksao, Tan, Fook, Wu
6. Hao Paksao, Ching Cheung (Palm Strike)
7. Hao Paksao, Tansao, Palm Strike
8. Hao Paksao, T-Fooksao, Palm Strike

Extras

- Combos from all moves this grade.
- Primal-flinch (total surprise / ambush).

2. PWC SNT GRADE 2**Practical Wing Chun Siu Nim Tao Drills – SG2**

All movements are used against Maijan unless specified.

Aim for Palm Strike with Controlling Arm, Punch with Power Arm.

- | | | | |
|-----------------|------------------|-----------------|------------------------|
| Static: | 1: Dry (Solo). | 2. Neutral. | 3: Juen Ma. |
| Dynamic: | 1: Ching San Ma. | 2: Latsao Roll. | 3: Application Circle. |

SNT 4

1. Gumsao
 - Shoulder Barge vs Attempted Arm Lock
2. Elbow Strikes and Palms
 - vs Grab from Behind
 - Plus Grab and Pull with Turn
3. Hoisao
4. Hapsao
 - vs wide elbow punch/cross
5. Hoisao Hapsau Combinations
6. Hau Paksau, Dirksao
7. Hoisao, Hapsao, Dirksao
8. Fansao
9. Hau Paksao, Funsap
10. Biu Jee Fansau - Vs Swing
11. Fansao, Biu Jee Fansau - Vs Straight Plus Hook/Swing
12. Jutsao
13. Fansao, Jut Da
14. Jutsao, Biu Jee Fansau - Vs Straight Plus Hook/Swing
15. Biu Jee Fansao, Jut Biu - Vs Swing/Hook Plus Straight
16. Toisao
17. Hau Paksau, Toisao
18. Dai Cheung - Vs Shoot Tackle
19. Gumsao, Bein Kune
20. Gumsao (Sorsao), Bein Kune, Hau Paksao, Lai-Bein Kune

SNT 5

1. Paksao
 - Contact and Slide
2. Dropping Huensao
3. Huensao, Dai Wang Cheung
4. Paksao, Huensao, Dai Wang Cheung

Extras

- Combos from all moves this grade.
- Technical-flinch (have a plan and starting position).

3. PWC SNT GRADE 3**Practical Wing Chun Siu Nim Tao Drills – SG3**

All movements are used against Maijan unless specified.

Aim for Palm Strike with Controlling Arm, Punch with Power Arm.

Static:	1: Dry (solo).	2. Neutral.	3: Juen Ma.
Dynamic:	1: Ching San Ma.	2: Latsao Roll.	3: Application Circle.

SNT 6

1. Hao-Paksao + Tiusao.
2. Hao-Paksao + Tiusao, Jumsao.
3. Huensao + Wang-Cheung. (horizontal palm)
4. Hao-Paksao, Tiusao, Jumsao, Huensao + Wang-Cheung.
5. H-Pak, Tiu, Jum, Huen + cover pack hand.
6. H-Pak, Tiu, Jum, Huen Da.
7. Reactive Latsao –Tiu Da
 - on front and back arms
 - vs Paksao punch
 - vs X arm contact, then Paksao punch
 - vs X arm contact, then Lapsao punch
8. Tiu Da.

SNT 7

1. Dropping Gansao.
2. Dropping Gansao + Punch.
3. Laisao.
4. Forward Jumsao.
5. Dropping Gansao, Laisao.
6. Dropping Gansao, Forward Jumsao.
7. Dropping Gansao, Laisao, Forward Jumsao.
8. Huensau + Go-Wang-Cheung.
9. Drop-Gan, Lai, For-Jum, Huen + Go-Wang-Cheung.
10. Dropping-Gansao, Forward Gansao
11. Dropping-Gansao, Forward Gansao, Huen + Go-Wang-Cheung.
12. Reactive Latsao – Huen Da
 - on front and back arms
 - vs Xo arm contact then Lapsao

SNT 8

1. Bonsao
 - Not neutral
 - Plus Pin Ca Ma walking
2. Bonsao, Absorbing Tansao
 - Not neutral
3. H-Paksao, Daicheung
4. Bonsao, H-Paksao, Daicheung
 - 2 punches
5. Bonsao, H-Paksao, Daicheung
 - 3 punches
6. Reactive Latsao – Bonsao Wusao Plus each of the following against the 2nd punch:
 - Laisao and Palm
 - Tiu Da
 - Lap Da
 - H-Pak, Daicheung
 - Tan, H-Pak, Daicheung
 - Plus step in with Bonsao Wusao.

SNT 9

1. Lai-Huensao + cover
 - High [] wrist grab
 - High [] grab and punch
2. Fook-Huensao, Lap-Da
 - Low [] wrist grab
3. Lai-Huensao + Forward Gansao

- High X wrist grab
- 4. Fook-Huensao + Forward Gansao
 - Low X wrist grab

Extras

- Combos from all moves this grade.
- Micro-flinch (Have a plan, but still be suprised).
- Danchi.

4. PWC SNT GRADE 4

Practical Wing Chun Siu Nim Tao Drills – SG4

Static: 1: Neutral. 2: Juen Ma.
 Dynamic: 1: Ching San Ma. 2: Latsao Roll. 3: Application Circle.

8 Punches

Mai-Jan
 Fei-Jan
 Lai-Da
 Jam-Da
 Gwat-Da
 Tjuun-Da
 Yat Loi Yat Ngoi
 Yat Ngoi Yat Loi

Whole SNT vs Chain punch

- Static
- Dynamic

Whole SNT from Latsao Roll

Latsao Variations

- normal wedge
- Hao-Paksao + Maijan punch
- Sliding Paksao + Palm strike
- Double X outside punch
- In/Outside wedge punches

Random SNT movements

- static
- latsao roll
- walking (3 steps each way)

5. PWC SNT GRADE 5

Practical Wing Chun Siu Nim Tao – SG5

Static: 1: Neutral. 2: Tjuun Ma.
 Everything must be done both sides! The focus is on drilling the movements from contact.

Chisao

1. Gaucha Sao
 - cross on Fooksao
 - outside Fooksao
 - inside Fooksao
 - splitting Gan/Tan
 - pulling against Tansao
2. Maijan
 - oX against Fooksao (under own Bonsao)
 - i[] inside their Fooksao against Bonsau (+Jutsao)

- i[] inside their Fooksao under Bongsao (+Hapsao)

3. Faijan

- oX against Fooksao (under own Bongsao)
- oX against Fooksao (over own Bongsao)
- oX against Bongsao

4. Tansau

- oX against Fooksao (under own Bongsao)
- i[] inside their Fooksao against Bongsao (+Jutsao)
- i[] inside their Fooksao under Bongsao (+Hapsao)

5. Fooksau

- oX against Fooksao (under own Bongsao)
- oX against Fooksao (over own Bongsao)
- oX against Bongsao

6. Wusau

- i[] inside Fooksao, against Bonsao
- oX against Fooksao
- (A) makes Wusao, (B) punches either side to test.

7. Ching Cheung (Palm Strike)

- oX against Fooksao (under own Bongsao)
- i[] inside their Fooksao against Bongsao (+Jutsao)
- i[] inside their Fooksap under Bongsao (+Hapsao)

a) iX high Lansao grab against Fooksao with Palm underneath (step with Power leg)

- extra: when Lansao pushed down, Palm over top of low Lansao

b) iX high Lansao grab against Fooksao with Palm underneath and T-Fooksao (step with Controlling leg),

- follow up: 2 Palmstrikes with stepping
- follow up: Faijan while standing on foot

8. Gumsao

o[] spiral hand lock against Bongsau into Tansau, with iX Gumsao

- defend spiral with Seurksao

9. Lapsao (always via GCS for correct structure)

- oX Double pressing Lapsao against Bongsao (over own Fooksao)
- oX Lap-Da against Bongsao (over own Fooksao)
- oX against Bonsao elbow (under own Fooksao) (+turn)
- oX against Fooksao (over own Bongsao)
- oX against Fooksao (under own Bongsao) (+turn)

10. Hoisao

- oX against Fooksao (over own Bongsao)
- oX against Fooksao (under own Bongsao)
- i[] against Fooksao

11. Dirksau (via Hoisao for structure)

- oX against Fooksao (over own Bongsao)
- oX against Fooksao (under own Bongsao)
- i[] against Fooksao
- o[] against Bonsao (+Huen-Tansao to cover 2nd arm).

12. Hapsao

- o[] against Bongsao elbow (+turn)

13. Faansao
 - oX against Fooksao (under own Bongsao, incl. Kwansao)
 - oX against Bongsao
14. Jut-Da
 - o[] against Bongsao
 - o[] against Fooksao
 - iX against Fooksao (over their Tansao)
15. Jut-Biu
 - oX against Fooksao, Biu with defensive step for range
16. Toisao
 - o[] against Bongsau elbow, change to 2nd arm
17. Ohn Cheung + Bein Kune
 - o[] against Tansao, step back with pull then Bein Kune.
2nd hand x-Tan to cover
 - iX against Fooksau (over Tansao), step back with pull then Bein Kune. 2nd
hand x-Tan to cover
18. Lai-Bein Kune
 - o[] against Fooksao (elbow narrow)
 - o[] against Fooksao (elbow wide)
 - i[] against Fooksao (over Bonsau)

What about the Training Methods and Fees?For Regular or Group Class Training Fee's Structures:

1. Grades (1 - 4) Beginner (White T - Shirt) – (12 Months)
 - Grade 1 & 2 = 4000 INR Per Month
 - Grade 3 & 4 = 4000 INR Per Month
2. Grade (5 -8) Intermediate (Green T - Shirt) – (16 Months)
 - Grade 5 & 6 = 5000 INR Per Month
 - Grade 7 & 8 = 5000 INR Per Month
3. Grades (9 - 12) Senior (Brown T - Shirt) – (16 Months)
 - Grade 9 & 10 = 6500 INR Per Month
 - Grade 11 & 12 = 8500 INR Per Month
4. Advance (12 Pass) (Black T - Shirt) – No Limit
5. Technicians (Wears Black and Red) – No Limit

Training Duration: 3 Years + 6 Months**Group Class Fee's Structure:**

- | | |
|-----------------------------|------------------------------------|
| 1. Admission Fee | : 1000 INR |
| 2. Fees | : 4000 INR (Initial Only) |
| 3. I-Card | : 100 INR |
| 4. Membership | : Don't entertain any affiliations |
| 5. Equipment's Contribution | : 500 INR every 4 Months |

To be paid at the time of admission : 5000 INR

Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.

"There will be an interview before accepting for this course"

2-Months Intensive Training Curriculum

1. Wing Chun Basics
2. Sticky Hand Practice
3. Sticky Hand Techniques
4. Wing Chun Combat Drills Part One and Two Advanced Blocks & Traps
5. Wing Chun Self Defense
6. Wing Chun Wooden Dummy

Duration : 2 Months**Timing : 2 Hours Daily (Choose your convenient timing)****Fees : Rs. 45000/-**

Note: Student's enrolling in this course will avail the same benefits as other courses.

*** For Private Training: -**

- Rs. 18500/- [Grade 1 to 8] per month

- Rs. 25000/- [Grade 9 to 12] per month

** conditions apply*

Number of Classes:

: 12 Classes a month for Personal Training and 1 hour durations of the training.

: 15 Classes a month for Group Training and 1 hour durations of the training.

TAICHI CURRICULUM

One of the golden rules/philosophical roots of Tai Chi is to 'be like water and constantly seek the lowest point via the way of least resistance'. This must be firmly understood, appreciated and accepted to permit and then encourage an attitude of first 'non-attainment' and then later 'no-mind'. This is all achieved ONLY with diligent and repetitive practice and never completed. Those that find fault in this system or 'culture' are those who hold on to an attitude of superiority that should not/cannot be tolerated or endorsed as True Martial Art.

Chinese Martial Arts Ranking System

Based on the needs and development of martial arts in China, the Chinese Martial Arts Ministry of The People's Republic of China formally implemented a Chinese Martial Arts Ranking System in 1997. The ranking system was developed in order to evaluate the skill level and the contributions of practitioners in Chinese martial arts. This ranking system has already achieved notable success in the Chinese Martial Arts community.

The Purposes of the Ranking System are to:

- Provide a means to assess the proficiency of Association members in Traditional Tai Chi skills and knowledge;
- Regulate the Organization's requirements for authorizing instructors to teach;
- Acknowledge extraordinary contributions of individuals to the organization and to Tai Chi Family;
- Support the purposes and functions of the Organization's Division of Education and Training;
- Promote the benefits and expand the influence of Traditional Tai Chi.
- Promote the benefits of regular practice of Tai Chi;
- Contribute to the future development of Traditional Tai Chi.

Taichi Grading

1. White Sash Level 1

- Tai Chi Warm up Exercises
- Short Hand Form (Round)
- Pushing Hands (5 x 2 Min Bouts)

2. Yellow Sash Level 2

- Short Hand Form (Square)
- 4 Self Defense Moves against an Opponent
- 4 Attack Moves against an Opponent
- Fixed Step Free Style Pushing Hands, 4 x 4 Min. Bouts

3. Orange Sash Level 3

- Short Hand Form (Square)
- Short Hand Form (Round)
- Full Short Form Self Defense Applications
- 1 Minute or Rolls
- Fixed Step Free Style Pushing Hands, 3 x 5 Min. Bouts

4. Green Sash Level 4

- Short & Long Hand Forms (Round)
- Any One Weapon Form
- 4 Attack Techniques with That Weapon
- Full Contact Free Style Sparring & Pin Down Submission Holds, (4 x 3 Min Bouts)

5. Blue Sash Level 5

- Short & Long Hand Forms (Round)
- 2 Weapons & 4 Self Defense Techniques with Each
- Give a Verbal Account of Yin & Yang, & History of Tai Chi
- Moving Step Pushing Hands, (10 x 2) Min Bouts in A Circle

6. Brown Sash Level 6

- All Weapon Forms
- Soft Weapon Sparring, Sabre Vs. Spear, (2 x 3) Min. Bouts
- Short & Long Hand Forms
- Full Contact Sparring, Throws & Pin Downs, (4 x 3) Min. Bouts
- Dutch Style Pushing Hands, (5 x 2) Min. Bouts

7. Black Sash Level 7

- All Weapon & Long Hand Form
- Mirror or Short Hand Form, Sabre & Spear Forms
- Short & Hand Form with Eyes Closed
- Supervise & Give Instructions at a Class
- Prepare a 500 Word Written Paper

What about the Training Methods and Fees?

For Regular or Group Class Training Fee's Structures:

1. White	- 1 Month	= 4000 INR per Month
2. Yellow	- 3 Month	= 4000 INR per Month
3. Orange	- 3 Month	= 4500 INR per Month
4. Green	- 5 Month	= 5000 INR per Month
5. Blue	- 5 Month	= 5500 INR per Month
6. Brown	- 6 Month	= 6500 INR per Month
7. Black	- 6 Month	= 7500 INR per Month

Training Duration: 3 Years + 6 Months

Group Class Fee's Structure:

1. Admission Fee	: 1000 INR
2. Fees	: 4000 INR (Initial Only)
3. I-Card	: 100 INR
4. Membership	: Don't entertain any affiliations
5. Equipment's Contribution	: 500 INR every 4 Months

To be paid at the time of admission : 5000 INR

Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.

"There will be an interview before accepting for this course"

2-Months Taichi / Qi Gong Intensive Training Curriculum

- | | |
|-----------------------------|---|
| 1. Taichi / Qi Gong Warm Up | 8. Taichi Weapons (Optional) |
| 2. Ba Duan Jing | 9. Transforming Negative Emotions |
| 3. Yi Jin Jing | 10. Iron Shirt |
| 4. Xi Xui Jing | 11. Health Preserving Gong Level 1 & 2 |
| 5. Yang Taichi | 12. Basic to Advance Qi Gong |
| 6. Chen Taichi | 13. Wisdom Qi Gong & Inner Smile Meditation |
| 7. Taichi Pushing Hands | 14. Qi Gong Healing 1 & 2 |
| | and more..... |

Duration: : 2 Months

Timing : 2 and a Half Hours Daily (Choose your convenient timing)

Fees : Rs.45000/-

Note: Student's enrolling in this course will avail the same benefits as other courses.

*** For Private Training: -**

- Rs. 18500/- [White to Green]

- Rs. 25000/- [Blue to Black]

** conditions apply*

Number of Classes:

- : 12 Classes a month for Personal Training and 1 hour durations of the training.
- : 15 Classes a month for Group Training and 1 hour durations of the training.

JEET KUNE DO CURRICULUM

What is JKD?

Jeet Kune Do (JKD) is the name Bruce Lee gave to his combat philosophy in 1967. Originally, when Lee began researching various fighting styles, he gave his own martial art his own name of Jun Fan Gung Fu. However, not wanting to create another style that would share the limitations that all styles have, he instead gave us the process that created it. JKD as it survives today - if one wants to view it "refined" as a product, not a process - is what was left at the time of Bruce Lee's death. It is the result of the life-long martial arts development process Lee went through. Bruce Lee stated that his ideals are not an "adding to" of more things on top of each other to form a system, but rather a winnowing out.

The metaphor Lee borrowed from Chan Buddhism was of constantly filling a cup with water, and then emptying it, used for describing Lee's philosophy of "casting off what is useless". He also used the sculptor's mentality of beginning with a lump of clay and hacking away at the "un-essentials", the end result what he considered to be the bare combat essentials, or JKD.

Benefits of JKD

1. Self preservation (not just self defence)
2. Weight loss
3. Stamina
4. Coordination
5. Strength
6. Flexibility
7. Confidence
8. Image
9. And much more...

SEGMENTS OF OUR JKD SYLLABUS

Salutation

Stances

- Yee Chi Kim yeung Ma (Character 2 Goat Restraining Stance)
- Bi Jong
- Right Lead & Left Lead

Footwork

- | | |
|--------------------------------------|---------------------------|
| - Step and Slide Advance | - Step and Slide Retreat |
| - Slide Step Advance | - Slide Step Retreat |
| - Push Shuffle Advance | - Push Shuffle Retreat |
| - Step and Slide Left | - Step and Slide Right |
| - Slide Step Left | - Slide Sep Right |
| - Push Shuffle Left | - Push Shuffle Right |
| - Forward (Female) Triangle | - Reverse (Male) Triangle |
| - Replacement Sep (Lateral Triangle) | |
| - Pendulum Step | |
| - Pendulum Step (One Foot) | |
| - Jag Step (Lead Step Three Ways) | |
| -Step & 1/4 Turn Left | -Step & 1/4 Turn Right |
| - 1/4 Turn Left | - 1/4 Turn Right |
| - Curve Step Left | - Curve Step Right |
| - Step Through | |
| - Step Back | |
| - Heel Toe Sway | |

The 5 Basic Jabs

- Finger Jab
- Speed Jab
- Full Body Jab
- Entering Jab
- Body Jab

Basic Punching

- Jab
- Hook (Lead)
- Over Head (Lead & Rear)
- Cross
- Upper Cut (Lead & Rear)
- Body Hook (Lead)

Basic Defense to Punching

- Sway Back
- Slip Left
- Single Cover Lead & Rear
- Peek - A - Boo
- Duck
- Bob & Weave
- Double Cover

Basic Hand Combinations - Attack By Combination (ABC)

- Jab, Cross, Hook
- Jab, Hook, Cross
- Cross, Hook, Cross
- Cross, Uppercut, Cross
- Jab, Cross, Uppercut
- Overhead, Uppercut, Overhead, (Lead, Rear, Lead & Rear, Lead, Rear)
- Uppercut, Overhead, Uppercut, (Rear, Lead, Rear & Lead, Rear, Lead)
- Cross, Body Hook, Cross
- Rear Uppercut, Hook, Cross
- Uppercut, Cross, Hook
- Jab, Lead Uppercut, Cross
- Jab, Cross, Rear Uppercut (On Same Mitt)

**** Add Two Kicks on End ****

Basic Kicking

- Jik Tek - Straight Kick - Toe or Flat of Foot
- Dum Tek - Stomp Kick (Lead & Rear)
- Juk Tek - Side Kick
- O'ou Tek - Round Kick (Hook Kick)
- Gua Tek - Crescent Kick to Groin
- How Tek - Back Kick (Donkey Kick)
- Jun Juk Tek - Spinning Side Kick
- Jun O'ou Tek - Spinning Hook Kick
- Jun Gua Tek - Spinning Crescent Kick
- Jun So Tek - Low Spinning Hook Kick (Sweep)
- Jeet Tek - Intercepting Kick

Basic Kicking Combinations

- Jik Tek to O'ou Tek
- O'ou Tek to Juk Tek
- O'ou Tek to Dum Tek Close Range
- O'ou Tek to Feeder Runs Back You Dum Tek
- Dum Tek To O'ou Tek

Basic Kick Defense

- Lead Leg Shield
- Cross Leg Shield
- Rear Leg Shield
- Middle Kick Defense Front Leg
- Middle Kick Defense Rear Leg
- High Kick Defense Left
- High Kick Defense Left
- High Kick Defense Right
- Sway Back
- Pak Tek (On Thigh, Stomach or Chest)
- Pendulum

Trapping

- Pak Sao (Slapping Hand)
- Lop Sao (Pulling Hand)
- Gua Choy - Back Fist
- Biu Jee (Finger Jab)
- Sut Sao (Knife Hand)
- Ping Choy (Horizontal Fist [Also Slant Left & Slant Right])
- Chop Choy (Extended Knuckle Punch)
- Juan Gern - Round Palm
- Jik (Dim) Gern - Straight Palm
 - Chung Choy (Vertical Fist)
 - Gin Choy (Upper Cut)
 - Da (Strike)
 - Biu Sao (Finger Block)
 - Mon Sao (Inquisitive Hand)
 - Wu Sao (Protecting Hand)
 - Lau Sing Choy (Rake Down)

Compound Trapping

- Pak Sao Dao to Lop Sao Da Same Arm
- Lop Sao Da to Pak Sao Da Same Arm
- Pak Sao Da Lop Sao Da (Block Past Centerline)
- Pak Sao Da Biu Jee Lop Sao Gua Choy
- Pak Sao Da Loy Pak Sao Da (Block on Centerline)
- Pak Sao Dao Biu Jee (Wedge) Pak Sao Da
- Lop Sao Da Lop Sao Da
- Lop Sao Da to Pak Sao Da
- Seung Pak Sao Da (Double Pak Sao)

Trapping - The 5 Pak Sao

- Before Punch
- During Punch
- From the Connection (Reference Point)
- From the Retraction
- After the Punch

Complex Trapping

- Chop Choy, Gua Choy (Low Knuckle Punch, Back Fist)
- Ping Choy, Gua Choy (Horizontal Fist, Back Fist)
 - a) Low Strike, [Block] Pak Sao Dao (Back Fist), [Lead Hand Block]
Against Lead arm Block Use Compound Trapping Series Above
 - b) Low Strike, [Block] Pak Sao Da (Back Fist), [Rear Hand Block]
Against Rear Arm Block Use:
 - [Block on Center] Loy Pak Sao Da
 - [Block on Center] Loy Pak Sao to Cup Sao Gin Choy
 - [Block Past Center] Lop Sao Da

Long Range Entries (Bridging the Gap)

Add Pak Sao Da to End of Each Entry

Medium/Long Range

- Biu Jee (Mon Sao)
- Chop Choy Gua Choy (Low, High)
- Biu Jee, Chop Choy Gua Choy (High, Low, High)

Long Range

- Biu Jee O'ouu Tek (Finger Jak to Round Kick with Slide Step Footwork)
- Chop Choy Gua Choy O'ou Tek (Low, High to Round Kick)
- Biu Jee, Chop Choy Gua Choy O'ou Tek (High, Low, High to Round Kick)

Entries to Focust Mitts (Mix Entries With Hand Techniques)Use Cross Instead of Pak Sao**Energy Drills**

- Lop Sao Cylce (Lop Sao Da, [Boang Sao, Wu Shao])
Switch By Grabbing as Opposite Blocks
Relax as Boang Sao, Tense as Strike
- Pak Sao Cycle (Seung Pak Sao & Sao & Sut Sao - Switch with Toy Sao - Track Hand Back)

Ung Moon (5 Gate Defense)

- | | |
|----------------------------------|--|
| - Tan Sao, Da | Palm Up Block |
| - Biu Sao, Da | Finger Block |
| - Ha Woang Pak Da | Low Oughtside Parry |
| - Goang Sao, Da | Low OUtside Wrist Block |
| - Ha Pak, Da | Slap Down with Palm |
| - Loy Woang pak, Biu Jee | Inside Parry + Finger Jab |
| - Noy Woang pak, Biu Jee | Outside Parry + Finger Jab |
| - Noy Biu Jee | Outside Finger Jab |
| - Loy Biu Jee | Inside Finger Jab |
| - Toy Sao, Biu Jee | Follow Back + Finger Jab |
| - Go Lon Sao, Da | Raised Arm Block |
| - Lon Sao, Da | Horizontal Forearm Block |
| - Lon Sao, Da (Go, Ha, Go) | As (Lon Sa, Da) with Punch High, Low, High |
| - Pak Sao, Jik Dum Tek | Straight Stomp Kick |
| - Kow Sao, Juk Tek | Scoop Arm, Side Kick |
| - Biu Jee - Boang Sao - Lop Sao: | |
| a) Chung Choy | Vertical Fist |
| b) Gua Choy | Back Fist |
| c) Lau Sing Choy | Rake Down Vertically |
| d) Sut Sao | Knife/Chopping Hand |
| e) Sot Que | Hammer Fist |
| f) Gin Choy | Uper Cut |
| g) Jik Gern | Straight Palm |
| h) Juan Gern | Round Palm |

Bow Out

Wooden Dummy Form (Mook Yan Jong)

What about the Training Methods and Fees?

For Regular or Group Class Training Fee's Structures:

As you know Jeet Kune Do is the way of the intercepting fist, developed and designed by Shi Gung Bruce Lee, it's main purpose is to improvise, adapt, and execute at the shortest range and shortest time. There is no belt or grading system in JKD.

The training duration depends on how good you are, and how dedicated you are. Normally, it might take you a year or two to be able to defend yourself. As already said, it totally relies on how you invest your time, patience, endurance and dedication. However, as an organization, we laid down few things as under for this JKD course

Training Duration: 3 Years + 6 Months

Group Class Fee's Structure:

1. Admission Fee	: 1000 INR
2. Fees	: 4000 INR
3. I-Card	: 100 INR
4. Membership	: Don't entertain any affiliations
5. Equipment's Contribution	: 500 INR every 4 Months

To be paid at the time of admission : 5500 INR

Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.

"There will be an interview before accepting for this course"

2-Months Intensive Training Curriculum

- | | |
|--|---|
| 1. JKD Basics Position | 7. JKD Intercepting Skills Techniques |
| 2. JKD Fist Technique | 8. JKD Free Combat Training |
| 3. JKD Elbow Technique | 9. Self Defense Skills Training |
| 4. JKD Throw & Attach Techniques | 10. JKD Basic Training And Self Defense |
| 5. JKD Catch & Lock Techniques | |
| 6. Block The hand To Attack n Pat The Hand and Punch | |

*** For Private Training: -**

- Rs. 18500/- per month

** conditions apply*

Duration : 2 Months

Timing : 1 Hours Daily (Choose your convenient timing)

Fees : Rs. 45000/-

Note: Student's enrolling in this course will avail the same benefits as other courses.

Number of Classes:

12 Classes a month for Personal Training and 1 hour durations of the training.

15 Classes a month for Group Training and 1 hour durations of the training.

MIXED MARTIAL ARTS (MMA) / GROUND COMBAT CURRICULUM

Introduction

For thousands of years, the thrill of seeing two athletes engaged in martial competition has garnered our attention as human beings. Spectators and audiences love to see two competitors intensely vying for supremacy, each trying to win the match and achieve victory. We become fascinated by the personal stories of the fighters, cheering them on as they test their strength, endurance, and skills against an adversary.

Today, we're witnessing the evolution of the combative arts. Singular arts have been combined and transformed into the newest and fastest growing sport in the world: mixed martial arts, or MMA. The quickest and easiest way to sum up this electrifying sport is that it is an integration of Olympic boxing, Olympic wrestling, Olympic judo, Muay Thai kickboxing and Brazilian Jiu-jitsu. Fighters go all out for anywhere from fifteen to twenty-five grueling minutes of hand-to-hand combat, pushing their minds and bodies to the limit.

The history of what we know today as mixed martial arts is a fascinating journey that takes us from the beaches of Brazil to the streets of Las Vegas. It is the story of how an idea can transition from a spectacle that draws enormous political criticism to the fastest growing sport in the world in under fifteen years. But like most stories, it started a long, long time ago in a place far, far away.

A Must-have Resource for all Warrior Athletes

- Master Cardio- and Strength-Training Drills
- Learn Explosive 17-, 29-, and 58-Minute Workouts
- Master Standup Striking, Wrestling, and Jiu-Jitsu Techniques
- Learn Advanced Combinations and Submission Tactics

Regardless of your skill or fitness level, Shifu Zhao Hui will Guide you to the proper training you need to accomplish that includes your workout goals and sharpen your techniques. With him you'll learn:

- Cardio and strength training exercises like mountain climber push-ups, partner closed guard sit-up reaches, and the Muay Thai scarecrow
- Striking and defense techniques such as the jab, cross, hook, overhand, Muay Thai knee, inner/outer thigh kick, and head kick
- Wrestling and countering techniques including the dirty boxing clinch, the over-under clinch, and the Muay Thai clinch
- Takedowns like the hip throw, shoot takedown, and single and double leg takedown
- Jiu-jitsu passing and escape techniques for the full mount, knee mount, closed guard, open guard, and more
- Winning submission moves like the arm bar, Kimura, omoplata, guillotine, ankle lock, and triangle choke
- Drills to improve your punching and kicking speed and accuracy
- Mental exercises to sharpen your focus, reduce your fears, and increase your concentration
- Diet and nutrition techniques the pros use to stay in top fighting condition.

Whatever your personal fitness and fighting ambitions might be, if you are a serious MMA enthusiast, you came to the right place.

Our MMA Curriculums:

1. HISTORY AND ORIGINS

The Greeks
The Romans
Wrestling
Boxing
Muay Thai
From Judo to Brazilian Jiu-Jitsu

2. BASIC SKILLS: STRIKING AND DEFENSE

- Solo Training
- Running and Jogging
- Jumping and Skipping
- Weight Lifting
- Equipping Your Gym
- Efficient Movement
- Stretching
- Drilling
- Other Types of Training

Basics

- The Fighting Stance
- Basic Principles of Defense
- Basic Goals of Wrestling
- Striking Techniques
- Defenses Against Strikes

3. BASIC GROUND SKILLS: WRESTLING, PINS, ESCAPES, AND SUBMISSIONS

- Throws and Defenses
- Double Leg Throw
- Single Leg Throw
- Back Throw
- Sweeping Hip Throw
- Inner Thigh Throw
- Shoulder Throw
- Winding Throw
- Hook Throws
- Foot Sweeps
- Push Down Throw

Pins and Escapes

- Guard
- Knee Through Pass
- Hop Over Pass
- Scoop Pass
- Scissors Sweep
- Elevator Sweep
- Butterfly Guard and Butterfly Elevator Sweep
- Half Guard
- Getting Back to Your Feet from Guard
- Turtle
- Leg Ride
- Face Down
- Back Control
- Full Mount
- Side Mount
- Knee on Belly
- Scarf Hold
- North-South
- Backward Hold

Submissions and Getting Out of Them

- Rear Naked Choke
- Triangle Choke
- Hand Triangle
- Armbar
- Omo-plata
- Kimura
- Americana
- Scarf Lock
- Guillotine
- Leglock

4. TACTICS AND STRATEGIES

The Importance of Upright Wrestling

Full Mount

Blocking

Escaping a Mount

Trap and Roll

Turtle

Rolling

Leglock Defense

Standing Up

Shoulder Throw and Winding Throw

Full Mount Drill

Handling the Turtle

Par Terre Drill

Fighting Through the Guard

On Top in Guard

On the Bottom in Guard

Guard Drill

Ground and Pound Drill

Getting to the Ground

Upright Wrestling Drill

Transitional Wrestling Drill

Striking in the Clinch

Clinch Striking Drill

Free Striking

Boxing

Dirty Boxing Drill

Retracting Punch

Kicking and Kneeing

Mixed Drills

Striker Versus Thrower Drill

Grappler Versus Wrestler Drill

5. SPARRING

Sparring Equipment

Isolated Sparring

Wrestling and Grappling Sparring

Upright or Clinch Wrestling

Wrestling

Greco-Roman Wrestling

Judo

Ground Grappling

Brazilian Jiu-Jitsu

The End Game: Scoring the Tap Out

From Standing

From Top in Guard

From Top in Half Guard

From Bottom in Guard

From Scarf Hold

From Side Mount

From Knee on Belly

From Full Mount

From Back Mount

Striking Sparring

Your Sparring Stance

Ground Striking

Boxing

MMA Kick Boxing

6. FULL MMA SPARRING AND COMPETITION**Pacing the Match**

Rhythms and Timing

Competition

Amateur Versus Professional MMA

Amateur Combat

What to Think About in the Cage

A Final Charge

A Final Charge**Group Class Fee's Structure:**

1. Admission Fee	: 1000 INR
2. Fees	: 4000 INR - 7500 INR
3. I-Card	: 100 INR
5. Equipment's Contribution	: 500 INR every 3 Months

To be paid at the time of admission : 5000 INR

Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, Individuals with special purposes only.

"There will be an interview before accepting for this course"

2-Months Intensive Training Curriculum

1. Training and Conditioning
2. Weight Training
3. Stand Up Punching and Elbow Striking Techniques
4. Kicking Techniques
5. Knees Strikes
6. Blocking and Slipping Techniques
7. Defensive Counters Against Strikes
8. Blocks and Counters Against strikes
9. Offensive Striking Combinations
10. Clinching Knee Techniques
11. Striking Reflex Drill
12. Hand Mitt Striking Routines
13. Speed Striking Drills
14. Ground strikes From the Mount Position
15. Ground Strikes from in the Opponent's Guard
16. Ground Strikes from the Top Side Mount Position
17. Ground Strikes From the Side Mound Position
18. Ground Strikes From in the Guard Position
19. Ground Strikes from the Bootom Position
20. Ground Strikes with Opponent in the Turtle Position
21. Kicking from the Ground Position
22. Takedowns and Defending Against Takedowns

Duration : 2 Months**Timing : 1 Hours Daily (Choose your convenient timing)****Fees : Rs. 45000/-***Note: Student's enrolling in this course will avail the same benefits as other courses.**** For Private Training: -****- Rs. 18500/- per month**** conditions apply***Number of Classes:**

12 Classes a month for Personal Training and 1 hour durations of the training.

15 Classes a month for Group Training and 1 hour durations of the training.

WEAPONS TRAINING CURRICULUM

1. Shaolin Broadsword (Single & Double)	-----	4500 INR / Month
2. Gun Combat and Defenses	-----	4500 INR / Month
3. Knife Defenses and Diarm	-----	5000 INR / Month
4. Stick Fighting	-----	5000 INR / Month
5. Double Stick	-----	5500 INR / Month
6. Shaolin Long Stick (Gun Shu)	-----	4000 INR / Month
7. Straight Sword (Jian Shu)	-----	4500 INR / Month
8. Qiangshu (Spear)	-----	4500 INR / Month
9. Shaolin Short Stick	-----	4000 INR / Month
10.Nun Chaku	-----	4000 INR / Month
11.3 Section Staff	-----	5500 INR / Month
12.9 Section Whip	-----	5500 INR / Month
13.Knife / Star Throwing Techniques	-----	7000 INR / Month
14.Drunken Stick	-----	6000 INR / Month
15.Tonfa	-----	5000 INR / Month
16.Taichi Ball Training	-----	4000 INR / Month
17. Taichi Sword	-----	4000 INR / Month
18. Taichi Stick	-----	4000 INR / Month

Note: Duration depends on how fast students can grab and understance the weapons baisic formula it's applications.

Classes: 12 Classes a month

CONTACT INFORMATION:**Website:** <http://www.shaolinkungfuwushu.com>Shifu Zhao Hui @ N.Khup
Chief Instructor,
Lamka Shaolin Disciples Union**Email:** shaolininaction@gmail.com**Course Enquiry**: **+91-9643574446**
+44-786-214-3466**TIMING: [Regular Batch]**Shaolin Kungfu AND Muay Thai**Evening:** [24/7]Krav Maga AND Jeet Kune Do**Evening:** [24/7]Wing Chun AND Tai Chi / Qi Gong**Morning:** [24/7]**Evening:** [24/7]Taekwondo & Mixed Martial Arts**Morning:** [24/7]*All classes will be conducted by Shifu Zhao Hui*

Note: Class Structure is subject to change without any notice. Your co-operation will be greatly appreciated.

Note: Requesting another class timing will result in extra charges of Rs. 1000/-

TIMING: [WEEKEND BATCH] [RUNNING CURRENTLY]

Shaolin Kung Fu and Krav Maga

Evening: [24/7]

Note: Requesting another class timing will result in extra charges of Rs. 1000/-

Training Timings are subjected to Change without any further notices to potential students

Many people have erroneously believe that training in martial arts can rescue them from virtually any dangerous situation. We have visions of a lone woman in a dark alley slaying an attacker with a swift kick to the face or a Shaolin Qin Na Hold, Lock and Release techniques. While martial arts can help, it is sometimes easier to prevail, or to save your life by doing nothing. An important concept in martial arts is winning by losing. Self Defense is part of the larger, overall approach to life. The self defense aspect alone is not necessarily a means to an end. The Eastern martial arts provide for far more internal, rather than external rewards. The training hall for martial arts (Kwoon in Chinese, Dojo in Japanese and Dojang in Korean) is traditionally called

"The Place of Enlightenment."

Application Form

Course Applied for: (Circle Your Choice)

- | | | |
|---------------------|--------------------------|-----------------------|
| 1. Shaolin & MMA | 2. Muay Thai/Kick Boxing | 3. Krav Maga |
| 4. Taichi / Qi Gong | 5. Taekwondo | 6. Mixed Martial Arts |
| 7. Jeet Kune Do | 8. Wing Chun | 10. Weapons |

Note: *Applicant can apply for more than once course.*

Title: Mr/Miss/Mrs/Dr./ Others.....

Full Name:.....

Other Name:.....

Address:.....

.....

.....

City:.....State:.....Zip Code:.....

Date of Birth:.....Nationality:.....

Occupation:.....

Email Address:.....

Phone No:.....Mobile No:.....

Other Number:(if applicable).....

Arts/Styles practice (if any).....

Rank:.....

Interested in: Tick your choice(s)

Duration: 3 Months Program Weekend Full Program

Others:.....(specify here)

Please state your purpose of training below:

.....

.....

.....

.....

Student's Signature

Date

Shifu's Signature

Paste one
Passport size
and
Clip 2 Thumb size
photograph

RULES: SELF - DISCIPLINING AND CONCENTRATION

"Rules may vary from School to School. The following are general rules that should be consistent in Lamka Ultimate Mixed Martial Arts & Fitness Club."

BOWING:

- (a) Standing Bow. When entering or exiting Kwoon (Training Hall).
- (b) Classes begin with formal bow and ends with formal bow and prayer.

UNIFORM:

- (a) Should be Black Pant and Black Uniform Shirt
- (b) Remove any types of ornaments during class.
- (c) Uniforms should be neat and tidy.

PERSONAL CONDUCT:

- (a) Honor and obedient to parents.
- (b) Always help the needy and poor.
- (c) Make facial expressions firm; walk and sit upright and straight; be respectful to other and well mannered; think before talking; always remain calm; work according to your position.
- (d) Patience is the antidote for any angry tongue.
- (e) Always be wholesome, clean and true speaking from the heart.
- (f) Be polite and chivalrous in front of ladies. Do not use off color language.
- (g) Do not compare yourself to others. Some will be lesser, some will be greater.
- (h) Be sincere and practical in whatever you doing.
- (i) Perfect your self-morality and lead a good example.
- (j) A student must be forever kind, honest and friendly to all his colleagues.

THE KWON (SCHOOL or TRAINING PLACE):

- (a) Remove your street shoes before entering and leaving the training area.
- (b) No joking, eating, spitting, chewing, smoking any types of ingredients.
- (c) Remain silent and concentrate.
- (d) Maintain free and fair competition to your partners.
- (e) Possession of drugs, alcohol, etc. is ground for immediate dismissal.
- (f) Refer to your Instructors with a title, Sir, Teacher, Sifu's, Master (The respect you show towards others is a reflection of the respect you have for yourself and to the art).
- (g) Respect the Ancestor for the transmission of the Arts, respect the Sifu's for his teaching, respect the elders for their dedication and loyalty, and respect the younger brothers for their dedication in training.

DECLARATION

1. I desire to apply for Shaolin Kungfu/Mixed Martial Arts/Other Styles/course of "LUMMAFC". I am not a member of any organization or group or any underground activities, that I have never been convicted of crimes or violence and that it admitted to coaching classes. I shall faithfully endeavor to fulfill the obligation of good sportsmanship. I have studied the rules and regulations of this organization and I agree to abide by the same.

Signature of the applicant:.....

2. THE SPIRIT OF LUMMAFC

To be signed by parents/guardians, if applicant is under 18 years of age.

As the parents/guardians of the applicant, I understand that the techniques taught in Shaolin and other branches of martial arts can be dangerous if practice in the Kwoon (Training Place). I will, therefore, do my best to ensure that the learners will not used the art off in the Kwoon except in life threatening situations. In the full knowledge that Martial Arts is not a sports in which injury may occur, I hold the trainers harmless from all claims of any kind.

Signature:.....

Date:.....

3. To be signed by applicant over 18 years of age.

(Parent/Guardian NOT required)

I wish to partake in the activities of the LSDU officials in full knowledge that Martial Arts is not a sport in which injury may occur. In doing so, I hold the officials harmless from all claims of any kind resulting from injury or damage.

Signature:.....Date:.....

Application Form for Xtreme Devastating Arts [72 Secrets and Other]

Name.....Date of Birth.....

Father's Name.....Age.....

Email.....Telephone.....

Address.....City.....State.....Country.....

Note: At least 1 Year Training in any martial arts needed. Parent/Legal Guardian consent required for all participants under the age of 18. Proof of Color/Black Belt certificate needed.

I, the undersigned submit my entry to participate in the Xtreme Martial Arts Training, subject to the acceptance of my participation by the organizing committee. I hereby assume all risks physical/mental injuries, disabilities and losses which may result from or in connection to my participation and arising from travelling and/or returning from the training and will neither hold responsible to the organizers. Neither LUMMAFC nor the association for the same. I hereby read and fully understood the waiver listed above. Enclosing herewith a sum of Rs.1500/- (Non-Refundable) admission fees. For details of duration of training and fees, contact me personally through my email or phone number.

Student's Signature

Parent's/Guardian's Signature

Instructor's Signature