



## Prep Class Outline and Information

**Who is invited:** Anyone of the rank Red belt and up is invited. Consistent attendance required at Brown belt. **There is no additional charge or fee for attending this class.**

Black belts are welcome to attend to review both black belt and under-belt curriculum!

**Class Dates:** Every Friday that does not line up with a belt testing (regular or black belt)

**Class Time:** 6:10-7:00 pm **Note:** All prep classes are marked on our website's calendar

**Attendance requirements:** To prepare for your test, attending prep and 2 regular classes will help the most. Before brown-black belt you should prioritize your regular A and B day classes. If at the rank of brown-black it is a hardship to attend everything we recommend prioritizing prep class over regular classes.

**What will be covered:** Each class will consist of three sections – Traditional, practical self-defense, and sparring. Students can be graded on the traditional and practical self-defense portions to receive a 'passing' grade and get one step closer to a ring ready tip, which is a requirement for testing. You can see the material and grading on the back of this sheet.

**What you should bring:** Students must wear their full Gi and current belt (no T-shirts, different gis, or old belts are allowed) and should **bring all sparring gear**. Running shoes are not required or expected.

**Additional requirements:** A qualification code must be turned in and fully filled out before testing. You must earn a ring ready tip by showing proficiency in all requirements on the evaluation sheet. **You must attend and perform at the extravaganza after your test to earn your black belt.** The extravaganza is at the High School's performing arts building. Rehearsal is typically from 1-3pm and the performance typically from 4-6pm.

**Dates of tests and Extravaganzas T.B.A.**

### Training hints:

- This is your test – remember that no one can test for you. Always give 110% energy and effort at all times. Practice does not make perfect – perfect practice makes perfect.
- Consult with Manoi Cree for a 5-10 min private lesson during his open times.
- Ask for help! From black belts and higher ranking students!
- Record instructors performing the material you need help with. (Don't be afraid to ask!!)
- Download and watch the curriculum from our website!
- If you have a question for us after normal business hours please contact us via email:
  - o Entire team at [director@inspiredojo.com](mailto:director@inspiredojo.com) and Manoi Cree at [cree.smithers@gmail.com](mailto:cree.smithers@gmail.com)
- **Set up time to practice at home.** Consistent practice is key – not just practice at the school.

# Evaluation Sheet - Black Belt Ring Ready Tip

Name: \_\_\_\_\_

**P = Pass**

## Traditional

**Pinions:** 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 6 \_\_\_\_\_

**GAD:** 3 \_\_\_\_\_ 4 \_\_\_\_\_

**PAD:** 2 \_\_\_\_\_ 5 \_\_\_\_\_

**Weapons:** 5 strikes \_\_\_\_\_ 5 blocks \_\_\_\_\_ Double Sinawali \_\_\_\_\_  
Single Sinawali \_\_\_\_\_ Single Double Sinawali \_\_\_\_\_  
Sombrada \_\_\_\_\_ Disarm forehand \_\_\_\_\_ Disarm back hand \_\_\_\_\_

**Kicks:** Hook \_\_\_\_\_ Jump turn back \_\_\_\_\_ Kenpo \_\_\_\_\_ Front/Side/Turn back/Round house \_\_\_\_\_

## Self-Defense

### **Krav Maga:**

Club defense 1 \_\_\_\_\_ 2 \_\_\_\_\_

Bear hug defense 1 \_\_\_\_\_ 2 \_\_\_\_\_

Krav Choke defense = Front \_\_\_\_\_ Front push \_\_\_\_\_ side \_\_\_\_\_  
back push \_\_\_\_\_ back pull \_\_\_\_\_ headlock from side \_\_\_\_\_

**Muay Thai flows:** 1: jab/cross: \_\_\_\_\_ 2: elbow/knee \_\_\_\_\_  
3: push kick + round \_\_\_\_\_ 4: hook/uppercut \_\_\_\_\_ 5: push kick/ 360 round \_\_\_\_\_  
\*not memorize but be able to execute

**Wrist Defense:** Single \_\_\_\_\_ Double \_\_\_\_\_

**Rolls/Falls:** Forward Roll \_\_\_\_\_ Forward Fall \_\_\_\_\_ Backward Roll \_\_\_\_\_  
Break fall \_\_\_\_\_

## Conditioning & Misc

3 mile run \_\_\_\_\_

10 Sparring rounds against black belts \_\_\_\_\_