

# ***STUDENT SUCCESS HANDBOOK***

All information in this document is subject to change without notice. Rising Sun Karate Academy is a progressive, multi-cultural system based on highly effective, practical applications.

It is the student's responsibility to keep this handbook current with updated information and improvements. We, as an organization, strongly believe in the concept of "Constant and never-ending improvement."

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**[www.risingsunkarate.com](http://www.risingsunkarate.com)**

California, Texas

Est. 1983

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Printed in the United States of America

## ***THIS HANDBOOK BELONGS TO:***

Name:

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Learning to set short and long-term goals is the first step to achieving success. People who truly enjoy life and great success set realistic and attainable goals. Then they follow up by making specific plans and a commitment to achieving them.

Written goals are much more powerful than those goals that are only spoken. This handbook is full of written goals and shows the path by which to accomplish them. Use this page to record basic information and to set your goals for each new journey toward Black Belt Excellence.

<u>Goal</u>	<u>Target Date</u>	<u>Date Achieved</u>
White		
Yellow		
Orange		
Blue		
Purple		
Green		
Brown 4 <sup>th</sup>		
Brown 3 <sup>rd</sup>		
Brown 2 <sup>nd</sup>		
Sho-Ho Black Belt		

1<sup>st</sup> Degree Black Belt

2<sup>nd</sup> Degree Black Belt

3<sup>rd</sup> Degree Black Belt

***Success Is A Journey,  
Not A Destination***

Dear Student,

Welcome and congratulations! You are now taking the first step on your journey toward **Black Belt Excellence**.

The entire **Rising Sun Karate Academy** welcomes you to an organization where people just like yourself find personal growth and challenges to be rewarding and exciting experiences. We view your personal accomplishments as a measure of your success in this organization. Our unique environment will provide you and your family with a truly positive experience.

This is your **Student Success Handbook**, a basic guide to assist you in the success ladder in our system of martial arts.

In this handbook, you will find specific requirements for each belt, along with other pertinent information to help you better understand the policies and procedures of our organization. It will help you note areas you have improved on in the program as well as areas in which you would like further improvement.

The development of this **Success Handbook** has been a cooperative effort on the part of our instructors and students from all belt ranks within our organization. Teamwork is a valuable component of our organization and it is vital to our success. We always welcome your feedback and input in any matter. Use this handbook for guidance. Use it for fun. Use it for **success!**

***“Today is the first day of the rest of your life.”***

Seize the day! Make it happen!

Sincerely,

Kyoshi Jason David Frank

Rising Sun Karate Academy/ President

# ***THE MAN IN THE GLASS***

When you get what you want in your struggle for gain  
And the world makes you king for the day,  
Just go to the mirror and look at yourself  
And see what that man has to say.

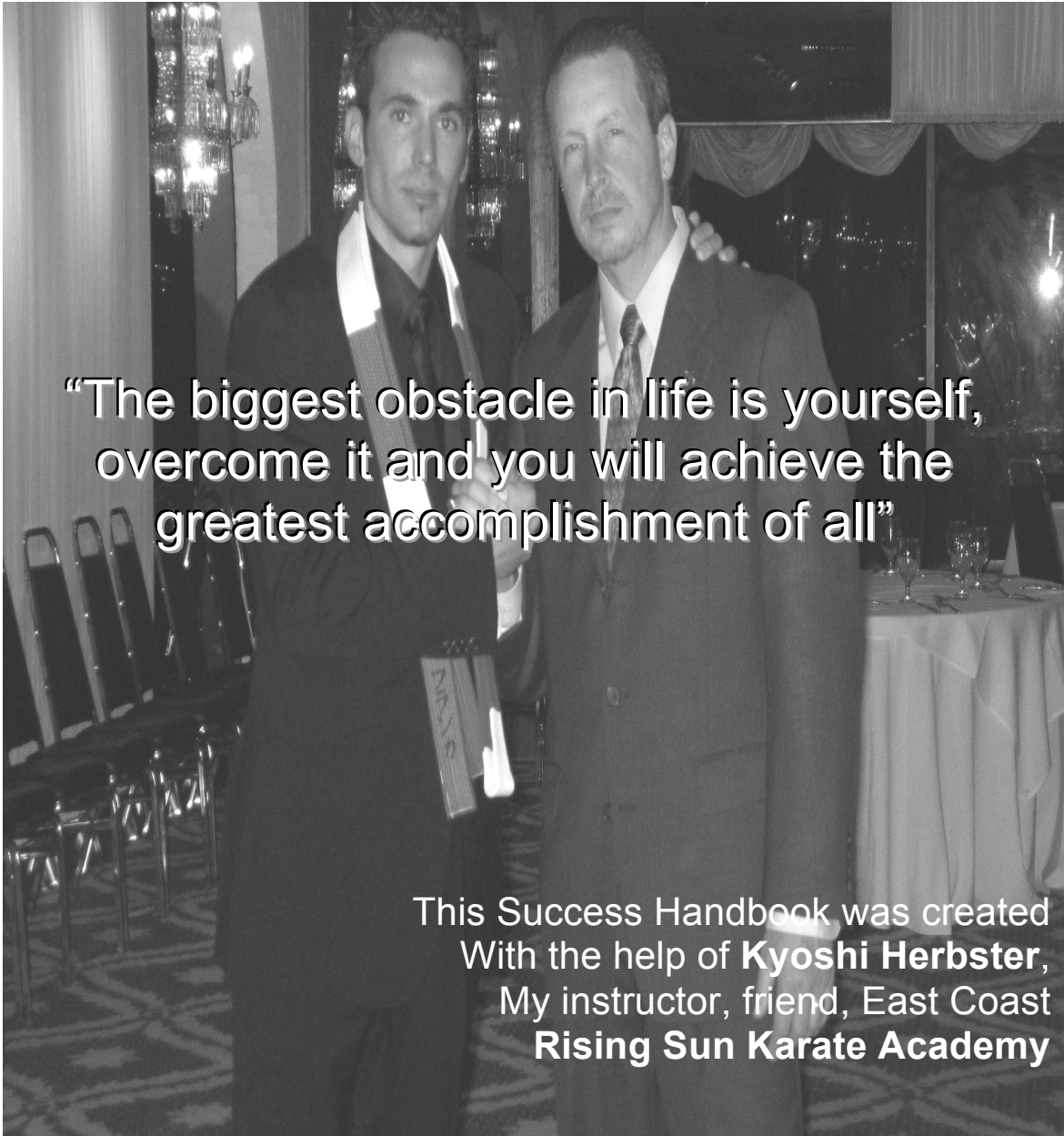
It isn't your father or mother or wife  
Whose judgment upon you must pass.  
The one whose verdict counts most in your life  
Is the man staring back in the glass.

He's the one you must satisfy beyond all the rest,  
For he's with you right up to the end.  
And you will have passed your most difficult test  
When the man in the glass is your friend.

You may be the one who got a good break  
And think you're a wonderful guy.  
But the man in the glass says you're only a fake  
If you can't look him straight in the eye.

You may fool the whole world  
Down the pathway of years  
And get pats on the back as you pass.  
But your only reward  
Will be heartache and tears,  
If you cheat the man in the glass.

Dale Windbrow



“The biggest obstacle in life is yourself, overcome it and you will achieve the greatest accomplishment of all”

This Success Handbook was created  
With the help of **Kyoshi Herbster**,  
My instructor, friend, East Coast  
**Rising Sun Karate Academy**

## ***MINIMUM vs. MAXIMUM***

One of the many principles and theories we use to maintain our Attitude of Excellence is called ***Minimum vs. Maximum***.

The ***Minimum vs. Maximum*** theory can be and should be applied to everything we do. Understand that most people develop the habit of trying to get by on their minimums everyday of their lives. They give minimal effort to accomplish something, or they give only what is asked of them and nothing more. The problem with this is that eventually the minimum becomes the maximum. Without realizing this self-limiting habit, they may never reach their true potential for success and achievement, simply because they haven't developed the habits that we teach and develop at **Rising Sun Karate Academy**.

The goal is to give your best every day and to maximize your potential, to work smarter and harder towards personal growth and improvement.

**Rising Sun Karate Academy** students never accept their minimum or their base level of achievement. They always strive to become better. They seek to set and attain bigger and better goals in their lives. They constantly aim for higher levels of success and achievement that can improve the quality of life for themselves and everyone they influence.

Those who consistently work and train harder than the rest of the crowd will be able to give more and accomplish more because they are better conditioned for success. True champions remain competitive with themselves. They are always trying to reach the next level of achievement and discover their true potential.

Physical, mental, or financial, the goal or area of life doesn't matter. The habit of aiming to be the best you can be is what makes a champion tick. Get in the habit of giving your best effort, always. Then, when you think you've done your best, try to do a little better. You will find that you are usually capable of doing better than you thought.

## ***The True Meaning of Karate***

**Karate** (Empty Hands) attempts to instill in its practitioners a sense of morality, dignity and self-respect, along with physical development and mental well being. Regardless of the age or size of the practitioner, the true spirit of karate promotes respect among people through physical and mental growth; and most importantly, by developing perfection of one's character.

The **karate-ka** (student of karate) is directed towards perfecting mind and body harmony, and since the study of karate is based on peace with others, they will neither advocate violence nor look for trouble. When an individual acquires true confidence within, he or she can be polite and respectful toward others, regardless of their opinion of them. Once this happens, they will never allow themselves to be affected by negative influences.

When one understands the true meaning of karate (they do not have to show off or brag about their abilities), one acts with humility and dignity. Karate encourages physical strength and mental energy to be used for constructive causes such as helping others and improving society.

Sustained by a sense of pride, self-respect, and inner peace, the karate-ka strives for victory over their own weaknesses. To conquer fear, to know true honor, and to develop the courage to refuse failure is our real goal. The respect we seek is our own. The victory that we seek is to conquer ourselves, and by conquering ourselves we find true happiness.

## ***Karate Creed***

I come to you with only karate... empty hands. I have no weapons. But should I be forced to defend my principles, my honor or myself, should it be a matter of life or death, right or wrong, then here are my weapons... karate... my empty hands.

Unknown

***YOU HAVE TWO CHOICES IN LIFE...  
WHAT YOU WANT TO DO AND WHAT YOU WANT TO BE***

## **Organizational Mission Statement**

The **Rising Sun Karate Academy's** Board of Directors is comprised of highly experienced and motivated professionals dedicated to the development of character, inner peace and improving our communities.

## **Our Students**

We are committed to providing our students with top professional instruction, responsive management services and a safe, enjoyable learning environment. We are fair, courteous and patient. We are sensitive to our students' needs and dedicated to their achievement and satisfaction.

## **Our Staff**

We are committed to the recruitment and development of the best instructors in the industry. We provide our staff with growth opportunities and a vested interest in the success of the organization. We maintain an open-door policy at all levels, encouraging the flow of communication and exchange of ideas. We recognize the importance of each individual and his or her role in the success of the entire academy. Our crusade to help develop character, inspire commitment and competence has become one of our most important trademarks.

## **Our Industry**

We are determined to lead the martial arts industry by our integrity, innovation, student satisfaction and personal growth.

## **Our Communities**

We are committed to helping enhance the communities we serve through our leadership and active participation in community affairs and charitable causes.

***The Rising Sun Karate Academy is  
"A Model of Excellence"***

***WHAT IS RISING SUN KARATE?***





***Rising Sun Karate*** is one of the most beneficial and practical forms of martial arts available. It is a state-of-the art success system that not only develops the physical ability of unarmed self-defense, but more importantly, the mental skills for self-fulfillment.

## ***WHO IS KYOSHI JASON DAVID FRANK?***

Kyoshi Jason David Frank is an accomplished 6<sup>th</sup> Degree Black Belt with over 27 years experience in the martial arts. He is internationally recognized, and an award winning instructor who was a nationally rated competitor from 1998 to 1990. It was in 1990 that Kyoshi Frank won the prestigious Grand Champion title at the Las Vegas Winter Nationals. In 1994 he was inducted into the *Black Belt Hall of Fame* by the American Karate and Kung Fu Federation. Today Kyoshi Frank is recognized world wide including other Hall of fame awards from 1994-2005. Toso Kune Do was Finally recognized after 10 years in the making by the world publication Black Belt Magazine 2005. With his knowledge of many different styles of martial arts, Kyoshi Frank used the most practical applications, modified them with his own philosophies and created his own blend of American Karate.

Rising Sun Karate teaches Toso Kune Do (Founder: Jason David Frank), an entire arsenal of dynamic kicks, elusive hand techniques and powerful restraining holds. It gets its technological base from Red Dragon and also incorporates several styles such as Shoto-Kan, Western Boxing, Judo and Aikido, which are blended into Rising Sun Karate's unique self-defense system.

Most importantly, Rising Sun Karate's philosophy fills the gap left by other martial arts styles. Martial arts without philosophy is like street fighting, nothing more and nothing less. Rising Sun Karate incorporates attitude and action qualities into its philosophy, called "seeds of achievement," which are taught and stressed to build true confidence, character, and a strong mind and body.

## **Black Belt Club**

Rising Sun Karate's Black Belt Club is the solid inner core of our organization. Its members are the elite students that exemplify the ideals of the student creeds and serve as role models for the community. These students are entrusted ambassadors for our school and for martial artists everywhere. They are the students that perform above and beyond the standards of the school. These students are on a quest to become their best and have made a total commitment to achieve Black Belt excellence.

### **BLACK BELT CLUB CURRICULUM** 手道

Weapons Training - Single Nunchaku Sho Dan, Double Nunchaku Sho Dan and American Bo Form No. 1, Sai's.- ( Masters Club )

### **Masters Club**

ASSOCIATION

As part of the Masters Club, you will take part in all Black Belt classes and receive the blue uniform for the Black Belt Club program as well as the red uniform for the Masters Club program. Classes are held on a monthly bases( Check your school schedule ) Don't forget that you will still be able to attend all Black Belt Club classes as well. Things you will learn in the Masters Club program include Samurai sword, Sai's, Jodo, Cane, Karambit, Tonfa and open-hand katas such as Toso Kune Do #1 and Toso Kune Do #2, gun techniques and other selected materials. Advanced classes will also include Double Nunchaku Nidan, Thai boxing, advanced boxing curriculum, Kendo (Japanese fencing), and much more. Since the students are constantly "on a quest to be their best," this program will not hinder their training, but only help. With this program, the students receive extra training as future Master Belts. Masters Club students will be distinguished with a special red uniform, which must be worn during these classes. They will also have their names labeled under a Master belt, to be displayed proudly at the school.

### **Qualifying For Masters Club Membership**

**Admittance is by invitation only!** In order to qualify for acceptance in the prestigious Masters Belt Club, the student must display the qualities of "Black Belt Excellence" both in and out of the school. To qualify, a student must pass their instructor's evaluation and meet certain requirements.

### **Qualifying For Black Belt Club Membership**

- ◆ Be an active student for a minimum of 0-4 months.

- ◆ Consistently demonstrate respect, appreciation and cooperation to parents, family and teachers.
- ◆ Have a high level of spirit and enthusiasm in class, at work and at school.
- ◆ Maintain a minimum of C+ average in your academic studies and demonstrate a positive attitude at school.
- ◆ Have an excellent class attendance record.
- ◆ Be nominated by your instructor for membership.

### **Black Belt Club Benefits**

Being a member of the Black Belt Club attests to the student's high level of dedication to themselves and to the martial arts. Certain benefits and privileges are available to members as a way of rewarding their commitment and supporting them in their quest to perform at their highest potential. These benefits and privileges are as follows:

- ◆ Begin weapons training.
- ◆ The best tuition rates available.
- ◆ The right to wear the Black Belt Club patch and uniform.
- ◆ Recognition as an elite group within the school.
- ◆ Eligibility for the All Star and Demo Teams.
- ◆ Get 10% off on all purchases at our online store on our website.
- ◆ In-depth training along with special classes and seminars.
- ◆ Greater respect for self and others through membership in a select group.
- ◆ Motivation to strive even harder to reach short and long-term goals.
- ◆ Increased confidence in handling problems and pressure at school, home and work.

It is common among Black Belt Members to take leadership roles in the classroom and outside of the school. Keep the black belt attitude.

## **Little Rangers Creeds – (Ages 4 & 5)**

- ◆ I will behave myself at home and will obey my mom and dad, Sir!
- ◆ I will not use my karate on my brother and sister, my friends or anyone else, Sir!
- ◆ I will show love, respect and appreciation to my family and friends and do my best in class everyday in every way, Sir!

## **Junior Creeds – (Ages 6 – 9)**

- ◆ I promise to keep my room clean, sir!
- ◆ I promise to obey my parents and teachers, sir!
- ◆ I promise to always be polite and respectful, sir!
- ◆ I promise to tell the truth and honor my word, sir!
- ◆ I promise not to fight with my brother or sister, sir!
- ◆ I promise to always do my best and never give up, sir!
- ◆ I promise to never say, “I can’t.” Always say, “I can.” **SIR!**

## **Student Creeds - Seniors**

- ◆ I intend to develop myself in a positive manner and to avoid anything that could reduce my mental growth or physical health, sir!
- ◆ I intend to develop self-discipline in order to bring out the best in myself and others, sir!
- ◆ I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive, sir!

## **School Motto**

We are a Black Belt school. We are dedicated. We are motivated. We are on a quest to be our best!

“The teacher, if indeed wise, does not bid you enter the house of his wisdom, but leads you to the threshold of his own mind.”

## **STAGES OF DEVELOPMENT CHART** **FOR 3 & 4, 5 & 6 YEAR-OLD CHILDREN**

<b>Stages</b>	<b>3 &amp; 4 Year Olds</b>	<b>5 &amp; 6 Year Olds</b>
Physical	<ul style="list-style-type: none"> <li>◆ Can run around obstacles</li> <li>◆ Can catch large balls and throw overhead</li> <li>◆ Can hop on two feet</li> <li>◆ Can alternate feet by climbing and riding a tricycle</li> </ul>	<ul style="list-style-type: none"> <li>◆ Can run forward and backwards</li> <li>◆ Can hold their leg up for at least 3 seconds</li> <li>◆ Are working on using their left and right correctly</li> <li>◆ Can do at least 1 good push-up and sit-up</li> </ul>
Intellectual	<ul style="list-style-type: none"> <li>◆ Understands right from wrong</li> <li>◆ Spends a great deal of time watching and observing</li> <li>◆ Can match pictures to objects</li> <li>◆ Can learn through senses</li> </ul>	<ul style="list-style-type: none"> <li>◆ Can use detailed sentences</li> <li>◆ Can follow detailed directions</li> <li>◆ Knows the difference between fact and fiction</li> <li>◆ Likes to “pretend”</li> </ul>
Emotional	<ul style="list-style-type: none"> <li>◆ Becomes attached to specific people</li> <li>◆ Adventurous</li> <li>◆ Can make choices between two things</li> <li>◆ Expresses anger physically</li> </ul>	<ul style="list-style-type: none"> <li>◆ Has a lot of confidence</li> <li>◆ Has out of bounds behavior</li> <li>◆ Can be negative</li> <li>◆ Likes to express emotion through laughter and anger</li> </ul>
Social	<ul style="list-style-type: none"> <li>◆ Can follow simple directions and enjoys helping with small tasks</li> <li>◆ Likes to play alone but near other children</li> <li>◆ Enjoys brief group activity with little or no skills</li> <li>◆ Does not cooperate or share well</li> </ul>	<ul style="list-style-type: none"> <li>◆ Highly cooperative</li> <li>◆ Has “special” friends</li> <li>◆ Likes to follow the rules</li> <li>◆ Likes responsibilities</li> </ul>

## **STAGES OF DEVELOPMENT CHART** **FOR 7 & 8, and 9 to 12 YEAR-OLD CHILDREN**

<b>Stages</b>	<b>7 &amp; 8 Year Olds</b>	<b>9 to 12 Year Olds</b>
Physical	<ul style="list-style-type: none"> <li>◆ Building speed and agility</li> <li>◆ Becoming technical in their fine motor skills</li> <li>◆ Flexibility is increasing dramatically</li> <li>◆ Enjoys testing muscle strength</li> </ul>	<ul style="list-style-type: none"> <li>◆ May persist with an activity until exhausted</li> <li>◆ Likes to challenge their physical skills</li> <li>◆ Has great stamina</li> <li>◆ Strives to improve in all physical skills</li> </ul>
Intellectual	<ul style="list-style-type: none"> <li>◆ Likes to concentrate on subjects that interest them</li> <li>◆ Speaking and listening vocabulary has doubled</li> <li>◆ Increased problem-solving ability</li> <li>◆ Enjoys planning and building</li> </ul>	<ul style="list-style-type: none"> <li>◆ Memorizes well, but does not always understand what they are memorizing</li> <li>◆ Has a strong desire to apply new ideas before they understand what they are memorizing</li> <li>◆ Ability to become smarter than what they think</li> <li>◆ Decision-making skills improve</li> </ul>
Emotional	<ul style="list-style-type: none"> <li>◆ Strong desire to perform well</li> <li>◆ Finds criticism or failure difficult to handle</li> <li>◆ Learns to have empathy for others</li> <li>◆ Easy to motivate</li> </ul>	<ul style="list-style-type: none"> <li>◆ Has wide mood swings, but can easily be re-motivated</li> <li>◆ Full of worries</li> <li>◆ Very passionate about likes and dislikes</li> </ul>
Social	<ul style="list-style-type: none"> <li>◆ Likes rules and rituals</li> <li>◆ Enjoys team play, but does not like heavy competition</li> <li>◆ Likes independent play in group</li> <li>◆ Does not like to be</li> </ul>	<ul style="list-style-type: none"> <li>◆ May be critical of self and others</li> <li>◆ Does not like rules</li> <li>◆ Very competitive</li> <li>◆ Strong need to impress others</li> </ul>

### **IMPORTANT TIPS TO REMEMBER**

Children should not be expected to act like adults. Seven and eight year olds learn best through challenges. The more instructors understand the stages of development of children, the better positioned they are to modify class schedules, testing formats and their instructional skills to accommodate each group's needs.



# ***The Curriculum, Ranking System and Testing Policies***

The **CURRICULUM**: Doctors, psychologists, teachers and athletic coaches highly recommend our curriculum for its ability to develop one's self-confidence, self-discipline and a "Yes, I Can" attitude.

Unlike other sport activities where the primary focus is winning the game and where only the best participate, the curriculum focuses first on attitude, then your skill. By doing so, it gives everyone the opportunity to receive praise for their efforts regardless of their mental or physical abilities.

The **RANKING SYSTEM**: The ranking system is a very important tool designed to promote motivation by teaching a student how to set and achieve short and long term goals. It provides students with positive reinforcement by awarding them with specific colored belts signifying their level of progress and achievement.

Participation in this program develops the proper foundation, determination and self-discipline essential in the pursuit to acquire personal goals and overcome life's many challenges. The common result is a happy, healthy and productive human being.

The **BELTS**: There are a total of ten Kyu (ranks) and ten colored belts that must be obtained prior to achieving the coveted Black Belt. In addition, the students also receive stripes on their belts indicating their degree of achievement.

The **STRIPES**: To become eligible to test for a particular belt rank, the student must acquire three stripes on their belt (one red, one blue, and one black). The stripes indicate that the student has been pre-tested and has adequately demonstrated a particular set of required techniques. The third stripe (black) indicates that the student has successfully met all requirements for the next rank and has officially become a candidate to test.



The **TESTING APPLICATIONS:** Everyone is always on his or her best behavior in karate class. However, one of our main objectives is to develop well-balanced students in and out of the institute. The application is an official document that serves the following:

- ◆ It is an indicator that the student has fulfilled and meets all their responsibilities to the karate school and instructors.
- ◆ It assures that the student is appreciative, respectful and cooperative at home.
- ◆ It encourages the students to turn in their report cards and work toward academic excellence in their studies in school.
- ◆ It records the grade and comments of the test for both the student and the karate school.

Once the testing notice is filled out, it must be returned on the day of testing.

The **TEST:** Testing gives the student the opportunity to demonstrate their skills under stressful circumstances. This stress is important because it simulates emotions that an individual may encounter under life threatening circumstances in the real world. Testing is an essential building block used to teach an individual how to respond more logically and rationally when an obstacle arises.

The test provides no set format. The student learns to expect the unexpected, such as in life. The Dojo (classroom) is a controlled environment, the real world is not. Therefore, the student may be asked to demonstrate any of the curriculum material required for the belt they are testing for. This also teaches the student the importance of practice.

#### **TESTING REQUIREMENTS:**

- ◆ Ages 6 – 9                      55% knowledge of the curriculum is required.
- ◆ Ages 10 – 14                    75% knowledge of the curriculum is required.
- ◆ Ages 15 and Up                 90% knowledge of the curriculum is required.

# The Belt Does Not Make The Person.

## The Person Makes The Belt!

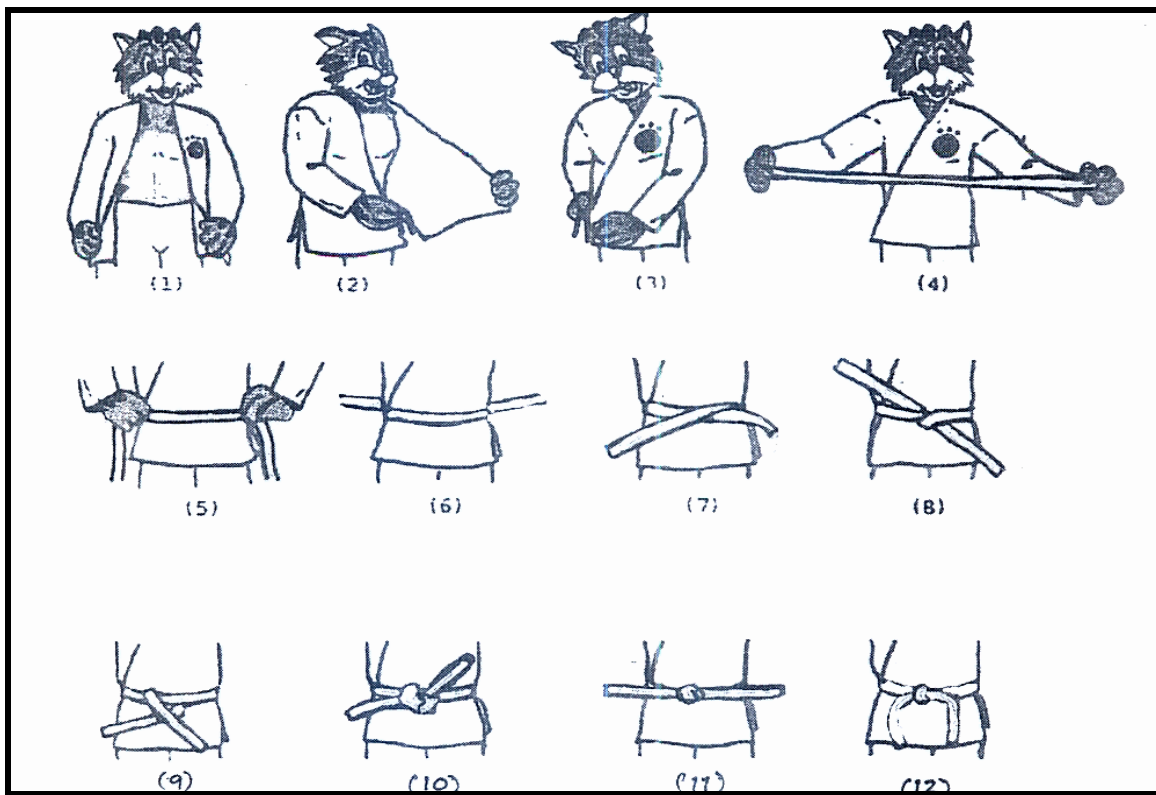
**TESTING RESULTS:** Belts are received the week of testing ceremony.



## **BELT TYING PROCEDURES**

The belt is tied in a square knot. If this is your first try, make sure your jacket ties have been properly secured first. Hold the belt up and put the

center on your belly button, wrap it behind you, cross in back and pull the two ends to the front. Lay the two ends flat on your stomach. The end that is flat on top tucks up underneath both belts. The end, pulled up, now folds down and through the loop. Tie a knot through the hole and pull tight.



# **THINGS YOU WILL LEARN:**

## **Self-Defense Techniques**

• 3 Pushes • Kimono Grab • Windmill Guard • Escape from Bear Hug • Dance of Death • Block the Kick • Escape from Full Nelson • Sumo • Arm Lock • Joint Bear Hung • Locking Arm • Figure 4 • Leg Lock • O-Soto- Gari ( Judo ) • Escape from Headlock • Walk Away • Crash of the Eagle • Open Door • Cutting the Pagoda • Double Perry Block • Kani Basami • Reverse Kani Basami • Front Leg Sweep • Rear Leg Sweep • Rear Leg Scoop Sweep • Front Scoop Sweep • Spinning Cobra Sweep • Gunting 1-7 • Knife Techniques 1-8 • Combat Karate 1-12 • All Judo and Aikido techniques count as self-defense techniques • Bag Sets 1-10.

## **Stances**

• Square Horse Stance • L & R Horse Stance • Natural Stance • L & R Natural Stance • L & R Box Stance • L & R Back Stance • L & R Forward Stance • L & R Leopard Stance • L & R Tiger Stance • L & R Cat Stance • L & R Searching Cat Stance • L & R Flamingo Stance • L & R Crane Stance • L & R High Dragon Stance • L & R Low Dragon • L & R Snake Stance • Spider Stance • L & R Drunken Stance • L & R American Stance • L & R Aikido Stance • L & R Shadow Stance • L & R Traditional Forward Stance • L & R Fighting Stance • L & R Boxing Stance • L & R Check Stance • L & R Forward X Stance • L & R Side X Stance

## **Strikes**

• Single Punch • Double Punch • Triple Punch • L & R Reverse Punch • L & R Inverted Punch • L & R Vertical Punch • L & R Half Vertical • L & R Inverted Half Punch • Jab • L & R Hook Punch • L & R Uppercut • L & R Hammer Fist • L & R Vertical Hammer Fist • L & R Inverted Hammer Fist • L & R Back Fist • L & R Rolling Back Fist • L & R U Punch • L & R Poison Thumb • L & R Inverted Poison Thumb • L & R Teardrop Punch • L & R Secondary Knuckle • L & R Shuto • L & R Inverted Shuto • Double Shuto • L & R

Vertical Spear • L & R Inverted Spear • L & R Reverse Spear • Double Spear • Double Inverted Spear • L & R Ridge Hand • L & R Inverted Ridge Hand • L & R Inverted Reinforced Ridge Hand • L & R L Strike • Ear Box • L & R Palm Heel • Double Palm Heel • L & R Check • L & R Tiger Rake • Double Tiger Rake • Double inside Tiger Rake • Reverse Leopard Strike • Vertical Leopard Strike • Inverted Leopard Strike • L & R Crane Strike • Double Crane Strike • L & R Dragon's Tail • Chicken Beak • Eagle's Talon • Dragon Strike • L & R Snake Strike • Double Chicken Wing Strike • L & R Elbow • L & R Lifting Elbow • L & R Dropping Elbow • L & R Elbow Smash • L & R Forearm Smash • L & R Knee Smash • L & R Side Knee Smash • L & R Eye Wipe • L & R Eye Whip • L & R Falling Star • Sliding Ridge To Throat • Lifting Chin Strike • Lifting Arm Strike.

## **Blocks**

空手道

L & R Sweeping Block • L & R Rising Block • L & R Outer Block • L & R Reinforced Outer Block • L & R Slap Block • L & R Inside Forearm Block • L & R Outside Forearm Block • Double Outside Forearm Block • L & R Thai Blocks • L & R Savate (foot) Block • Double Rising Block • Double Fist X Block • Double Open Hand X Block • L & R Wedge Block • X-Wedge Block • L & R Dropping Block • L & R (closed fist) C Block • L & R (open hand) C Block • L & R Dragon Block • Salute Block • Perry Block • Double Perry Block • L & R Universal Block • Reverse Perry • Crunch Block • Palm Block • Flamingo Block • Back Hand Slap Block.

## **Kicks**

• L & R Snap Kick • L & R Chicken Snap Kick • L & R Jump Snap Kick • L & R Back Kick • L & R X-Over Back Kick • L & R Chicken Back Kick • L & R Spinning Back Kick • L & R Jump Spinning Back Kick • L & R Jump Back Kick • L & R Hook Kick • L & R X-Over Hook Kick • L & R Hook Kick • L & R Step-Up Hook Kick Left • L & R Spinning Hook Kick • L & R Jump Spinning Hook Kick • Jump Through Spinning Hook Kick • Ground Jump Through Spinning Hook Kick • L & R Extended Hook Kick • L & R Spinning Extended Hook Kick • L & R Thrust Kick • L & R Chicken Thrust Kick • L & R Jump Thrust Kick • Double Thrust • L & R Front Heel Kick • L & R Round House Kick • Round Low-High Flip Kick • L & R Front Round House

Kick • L & R Thai Round Kick • L & R Reverse Round House Kick • L & R Jump Round House Kick • Tornado Round House Kick • L & R Crescent Round House Kick • L & R Clavicle Round House • L & R Chicken Round House Kick • L & R Step Through Round House • L & R Mantis Kick • L & R Chicken Mantis Kick • L & R Savate Kick • L & R Savate Flip Kick • L & R Side Kick • L & R Front Side Kick • L & R X-Over Side Kick • L & R Step Up Side Kick • L & R Jumping Spinning Side Kick • L & R Jump Fade Away Side Kick • L & R Jump Side • L & R Chicken Side Kick • Jump Double Side Kick (Savate) • L & R Savate Side Kick • L & R Jump Thrust Side Kick • L & R Ax Kick • L & R Extended Ax Kick • L & R Jump Extended Ax Kick • L & R Jumping Ax Kick • L & R Inside Crescent Kick • L & R Outside Crescent Kick • L & R Jumping Crescent Kick • L & R Kung-Fu Crescent Kick • L & R Spinning Crescent Kick • L & R Flip Kick • L & R Step-Up Flip Kick • L & R Low-High Flip Kick • Split Kick • L & R Tornado Kick • L & R Spinning Cobra Sweep • Flying Scissors Kick • L & R Straddle Kick • L & R Scorpion Kick • Wu Shu Butterfly • Butterfly Kick • L & R Flying Side Spinning Back Kick • Flying Side Kick • L & R A-C Combo • 6 Step Savate Combo • L & R Round Crescent Butterfly • Savate Spinning Side Round House Combo .



# KATAS

## ***Katas You Will Need to Learn – White Belt Through Black Belt.***

### **Open Hand Katas**

Tiogas 1 -4  
Heians 1-4 (Heians 1-3 Kids Only)  
Naifuhachi  
Elbow Kata  
American Form #1  
Ippon Kumite 1-10  
Wansu  
Sina Ju (Custom Kata)

### **Weapon Katas**

Single Nunchaku Sho-Dan  
American Bo Form #1  
Double Nunchaku Sho Dan  
Sai's ( Masters Club)

## ***Katas You Will Need to Learn for your Second Degree Black Belt Test***

2<sup>nd</sup> Degree Black Belt

### **Open Hand Katas**

Self-Defense Kata #1  
Self-Defense Kata #2  
Empi  
Pinan #5  
Toso Kune Do #1  
Toso Kune Do #2

### **Weapon Katas**

Bo Ni Dan X  
Jodo Iados 1-10  
Jodo Kata Sho Dan  
Samurai Sword with  
Hakama  
Gun Techniques 1-8

## ***Requirements for your Third Degree( 3 rd Degree Black Belt.)***

### **Open Hand Katas**

Kung-Fu Kata Sho-Dan  
Self-Defense Kata #3  
Chino  
Advanced Boxing  
Advanced Thai Boxing

### **Weapon Katas**

Kama Kata Sho Dan  
Tonfa Kata Sho Dan  
Cane Kata Sho Dan  
Double Nunchaku Ni Dan  
Karambit

## **Requirements for Your 4<sup>th</sup> Degree Black Belt (“Master’s Degree”)**

- ◆ 4 years from the time you obtain your third degree
- ◆ Must teach several classes
- ◆ Must demonstrate Black Belt Attitude
- ◆ Must demonstrate advanced fighting skills
- ◆ Must demonstrate advanced teaching skills

### **Combat Karate**

Combat Karate Sets 1 -12

### **Gunting**

Gunting Set 1-7

### **Aikido**

- The Meaning • Obverse • Reverse • Double Obverse • Butterfly
- Joint Bear Hug

### **Savate**

- Understanding Savate • Double Side Kick • Double Thrust Kick
- Savate Block • Savate Block Combination • Savate Side Kick
- Savate Flip Kick • 6 Step Savate Combination

### **Thai Boxing**

- Thai Leg Kick • Thai Round Kick • Thai Leg Check • Thai Leg Check Combination • Thai Kick to Web • Thai Sets 1 – 28

### **Trapping Hands (JKD)**

- Pok Sow • Lop Sow • Pok Sow Lop Sow • Pok Sow Half Line • Palm Push • Various Combinations

### **Knife Techniques**

- Techniques 1-8

### **Nunchaku Gunting**

- Basic Techniques 1 – 3

### **Gun Defense and Personal Safety**

- 1 - 8 Advanced Gun Defense Techniques.



# GENERALIZATIONS

**Japanese Style:** Characterized by straight-line movement with a preference towards punching and other types of hand attacks.

**Korean Style:** Characterized by an emphasis on kicking due to the fact that the legs are generally stronger than the arms.

**American Style:** Blending of styles from different countries stressing the use of functional applicability.

**Chinese Style:** Characterized by soft, circular motion, use of weapons and imitation of animal movements.

**Okinawan Style:** Hard style emphasizing use of many farm implements converted to weapons.

**Filipino Style:** Hard and soft style emphasizing the use of sticks and bladed weapons.

## VARIOUS MARTIAL ARTS STYLES

### ***AI-KI-DO – The Way of Spiritual Harmony (Japan)***

Non-resistance style utilizing inner strength, redirection of opponent's defense and throwing, but does not include striking, kicking or punching. Founder: *Morihei Uyeshiba* in 1942

### ***ARNIS, KALI AND ESCRIMA (Philippines)***

An effective form of self-defense with strong emphasis on sticks, knives and bladed weapons. As a fighting art, it has three forms of combat: *Espada y Daga* (sword and dagger), *Solo Baston* (single stick) and *Sinawali* (double sticks).

### ***HAP-KI-DO – The Art of Coordinated Power (Korea)***

Hapkido employs powerful kicking techniques like Korean *Taekyon*, with the hand techniques of *Daito-ryu aiki-jutsu*. Until the 1960's, Hapkido was known by various names: *Yu Kwon Sul*, *Yu Sool*, etc. Founder: *Yong Sul Choi*.

***HWA-RANG-DO – The Way to Flowering Manhood (Korea)***

Soft style similar to Hapkido, but utilizes kata and much board and brick breaking. Founder: *Joo Bang Lee*

***JEET-KUNE-DO – The Way of the Intercepting Fist***

Art developed by *Bruce Lee* incorporating American Boxing, Wrestling, Judo, Wing Chung, Gung Fu, Hapkido and Tae Kwon Do, kicking and fencing movements.

***JU-DO – The Gentle Way (Japan)***

Similar to American wrestling. This sport art of Ju-jitsu teaches throwing, pinning and/or choking an opponent. Utilizes off balancing of opponent to allow for a throw, requiring eight points of pushing and pulling to off-balance. Founder: *Jigoro Kano*

***JU-JITSU – The Art of Gentleness***

Developed for combat use. Includes some striking and breaking of bones, joint locking and pressure points.

***KARA-TE – The Way of the Open Hand/Empty Hand (Okinawa)***

General term designating any system of unarmed combat using all parts of the body as weapons.

***KEN-DO – The Art of the Sword (Japan)***

System of sword fighting developed by ancient Samurai stressing honor and dignity.

***KENPO – The Law of the Fist (China)***

Series of movements designated for breaking bones. Object is to pass a bone without breaking it. U.S. Founder: *Ed Parker*

***KUNG FU – Skilled Person/Disciplined Techniques (China)***

Soft style with much circular motion, emphasizes forms with animal movements.

***KYOKUSHIN KARATE (Japan)***

Founded by *Masutatsu Oyama*, emphasizes a way of thought that represented the *budo* (warrior way) ideal. He believed that students would find strength through self-denial and self-discipline.

***KYU-DO – The Way of the Bow (Japan)***

Emphasis on achieving a path toward self-perfection and enlightenment through perfect form and techniques. It is often referred to as “Zen Archery.”

***NINJITSU – The Art of Invisibility (Japan)***

Secret art and skills of assassination, espionage and sabotage; utilizes special weapons, camouflaging techniques, burglary and silent attack.

***SHOTO-KAN – The Building Where Funakoshi Teaches (Japan)***

Hard style with low stances. Has straight, hard line motion emphasizing katas and power in motion, low kicks, no throws. Founder: *Gichin Funakoshi*

***TAI CHI CHAUN – Grand Ultimate Fist (China)***

Soft style utilizing slow motion movements designed for perfection of internal body organs; considered meditation in motion. Founder: *Chen Wong Ting*

***TANG SOO DOO – The Way of the Chinese Hand (Korea)***

Tang Soo Doo is a composite style, being 60% Soo Bahk Do, 30% Northern Chinese and 10% Southern Chinese. Founder: Grandmaster *Hwang Kee*

***TAE KWON DO – The Art of Kicking and Punching (Korea)***

A form of fighting, this national sport of Korea embraces mostly kicking. Founder: *Gen. Hong Hi Choi*

***TOSO KUNE DO – The Way of the Fighting Fist (USA)***

Unique American (Beikoku) blend of different martial arts styles, including Shotokan, Wado-Ryu, Aikido, Judo, Thai Boxing, Savate (French foot fighting), Jeet Kune Do (Trapping Hands), Boxing, Kobudo (Way of Weapons), plus many more to make this unique art street practical, covering many areas of the martial arts.

***WADO-RYU KARATE – The Way of Peace and Harmony (Japan)***

A Japanese blend of Funakoshi's Karate. Jujitsu and Aikido. Utilizes the linear movements of karate with the circular and evasive movements of jujitsu and aikido. Founder: *Hiromori Otsuka*

***WING CHUN (China)***

Wing Chun emphasizes self-defense reduced to its most streamlined rudiments, and simultaneous attacks and defenses with multiple straight-line strikes at extremely close range. Founder: *Ng Mui*. The system was named after the Wing Chun Hall in which she and the other elders held their discussions.

***WUSHU – The Warrior Art (China)***

Modern style of Kung Fu, emphasizing acrobatics, chi flow and flamboyant weaponry.

***BLEND (USA)***

Multi-cultural martial arts system based on usefulness. The concept was introduced by Bruce Lee. Later, individuals like Don Inosanto, Isaac Henry, Fred Degerberg, Jason David Frank and Cliff Lenderman, to name a few, have followed up this journey to find their individual paths to truth. The truth will only appear after letting go of the “my art is better than your art and my instructor can beat your instructor.” How can we compare the breathtaking beauty of the mountain to the majestic beauty of the ocean?

空手道

# **WHITE BELT CURRICULUM**

## **UNIFORM**

Official uniform, school patch and flag patch.

## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

**SAFETY** – Safety is the #1 priority in class and life. The karate school and life have both physical and social impact. It is imperative that you do not talk during class and that you listen for instructions. Each lesson is like a new adventure and can only be fully understood and appreciated by giving your undivided attention. You must focus and take time to become aware of the hazards of your surroundings. By learning to avoid them, you will keep from sustaining injury to your mind and body. The more safety conscious you are, the happier, healthier and more productive your life will be.

“Always bow when entering and exiting the Dojo” (School and workout area). Become a good listener. This will clear your mind and you will be able to get more out of your lesson.”

## **PHYSICAL FITNESS**

- ◆ Proper Breathing      In through nose and out through mouth
- ◆ 10 Push-Ups              Must be done slowly and correctly
- ◆ 15 Crunches              Must be done slowly and correctly
- ◆ Kia Shock                 Must be able to absorb shock from a punch

## **QUESTIONS**

1.    Q.    What is the most important priority in class?  
      A.    Safety.
  
2.    Q.    What style of Karate do we study?  
      A.    Toso Kune Do, which incorporates American Style.

## **YELLOW BELT CURRICULUM**

### **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

ETIQUETTE – Everyone likes a polite, well-mannered person. Being polite can open many doors of opportunity in life. Proper etiquette, if demonstrated sincerely, shows appreciation, respect and concern for others. Be conscientious and helpful to others and they will be grateful to you.

- ◆ Become a good listener and when speaking always be polite.
- ◆ Always take time to thank your instructor after class.
- ◆ Always bow when greeting instructors and fellow students.
- ◆ Always refer to Black Belts by their respective titles. Example: Mr., Miss, Mrs., Sempai, Sensei, and Kyoshi.

### **TIE BELT (Obi)**

Student must demonstrate how to tie their belt properly.

### **MUST KNOW**

- 6 Stances
- 6 Strikes
- 6 Kicks
- 4 Blocks
- 2 Self-Defense Techniques

*To be executed with confidence, control and emotional attitude.*

### **QUESTIONS**

1. Q. Who is the Head Master Instructor of **Rising Sun Karate Academy Headquarters**?  
A. Kyoshi Jason David Frank. 7<sup>th</sup> Degree Black Belt

***Send a Complete Video of Requirements***

# **ORANGE BELT** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

COMMITMENT is a key component necessary to succeed in life. Our students must focus on their commitment to achieving Black Belt, acquiring academic excellence, maintaining proper attendance, paying tuition on time and practicing regularly. This mutual benefit will enforce high standards in our organization and also strengthen the student's foundation for success in life.

## **MUST KNOW**

- 8 Stances
- 8 Strikes
- 12 Kicks
- 6 Blocks
- 3 Self-Defense Techniques

*Techniques must be demonstrated at 9.9 level of intensity. Always remember that you are responsible for your partner's safety.*

## **KATA – TIOGA #1-Prep.**

Breathe, use a loud kiai and maintain emotional content throughout the kata.

Keep head level and maintain proper eye line.

## **QUESTIONS**

1. Recite the *Student Creeds*
2. Recite the *School Motto*

***Send a Complete Video of Requirements***

# **BLUE BELT** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

BELIEVE AND ACHIEVE. Life has many challenges and can be very difficult at times. However, with the proper attitude, structure and guidance, overcoming those hurdles can be very enjoyable, exciting and rewarding. The first step is to look within yourself and believe that you were born to win. Once you do this, and with a little knowledge, self-discipline and confidence, you will develop a “YES, I CAN” attitude. If you truly believe, then you can achieve anything in this world within reason.

空手道

## **MUST KNOW**

- 10 Stances
- 12 Strikes
- 14 Kicks
- 8 Blocks
- 4 Self- Defense techniques

Rising Sun Karate Do  
ASSOCIATION

Est. 1994

## **KATA – TIIGA #1**

### **WEAPONS KATA**

Begin nunchaku preparation, including history and origin.

### **QUESTIONS**

1. Q. Who is the greatest person in the world?  
A. *I am! I am the greatest single source of power on the planet.*
2. Q. Fill in the blank and explain. If it's gonna be, it's up to \_\_\_\_\_.  
A. *If it's gonna be, it's up to ME! If I have a dream and want it to become reality, the only person that can make it happen is ME!*

**Send a Complete Video of Requirements**



# **PURPLE BELT** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

KNOWLEDGE IS POWER. Knowledge is the edge we need to succeed in life. Everything we know contributes to the way we see ourselves and the world around us. The more we know, the more choices we have in dealing with challenges and turning them into opportunities. The importance of continually learning and gaining new knowledge can never be overestimated. It is the raw material from which all ideas arise. It helps us to control our own destinies and gives us the chance to make our own place in the world.

## **MUST KNOW**

- 14 Stances
- 18 Strikes
- 20 Kicks
- 12 Blocks
- 6 Self-Defense Techniques
- Understanding Judo
- Understanding Aikido

**Rising Sun Karate Do**  
ASSOCIATION

Est. 1994

**KATA – TIOGA #1-#4** (Review Online Video to Assist You)

## **WEAPONS KATA**

Begin Nunchaku Sho-Dan

## **QUESTIONS**

1. Q. What does **Karate** mean?  
A. Traditional meaning, *Empty Hands*
  
2. Q. What does **Martial Arts** mean?  
A. Traditional meaning: *Any form of self-defense preferably of Oriental origin.*

***Send a Complete Video of Requirements***

# **GREEN BELT** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

ATTITUDE. The sky is the limit when your heart is in it. Your attitude is everything! We are what we take in. Never allow negative people to influence your thinking. Instead, learn how not to become like them. You were endowed with the seeds of achievement and designed for greatness. Listen to positive people who lead by example. Positive lessons and instructions will improve the quality of your life. Always give 110% in everything you do. Work hard to develop good habits, and with proper attitude and training you will develop a passion for life.

## **MUST KNOW**

- 18 Stances
- 26 Strikes
- 30 Kicks
- 15 Blocks
- 8 Self-Defense Techniques
- Judo – Five Points of Off-Balancing
- Aikido – Obverse and Reverse

**Tōsō Kune Do**  
ASSOCIATION  
Est. 1994

**KATA – TIOGA #1-#4** (Performed at Level 10 Intensity)

## **WEAPONS KATA**

Nunchaku Prep and The Start of Nunchaku Sho-Dan

## **QUESTION**

10 Question Quiz about Martial Arts Philosophy

***Send a Complete Video of Requirements. Good Luck!!!***

***If you have reached this point in your Martial Arts career, Congratulations!!! You are well on your way!! Email us for more info on how to achieve your Black Belt in Toso Kune Do! Schedule a consulting with one of our highly trained staff members for more info.***

# **4<sup>th</sup> KYU BROWN** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

COURAGE is not only necessary for learning how to spar, but also to develop a willingness to step into, confront and overcome life's adversity and obstacles. For instance, public speaking, the ability to act in a positive manner in a dangerous or stressful situation, and the courage to sincerely takes a chance in life. It takes courage to enter into this realm. Courage, a most important character trait, is often the yardstick by which we measure others and ourselves. Courage is also a powerful defense against self-doubt or second-guessing ourselves. Incorporating courage into your personal arsenal will help you to further build on your model of success, especially if you learn to direct it through positive channels.

## **MUST KNOW**

- 20 Stances
- 30 Strikes
- 35 Kicks
- 17 Blocks
- 10 Self-Defense Techniques
- 10 Combinations
- Judo – 8 Points of Off Balancing
- Aikido – Double Obverse

## **KATA – HEIAN 2**

## **WEAPONS KATA**

Begin American Form #1, including knowledge of history and background.

# **3<sup>RD</sup> KYU BROWN**

## **CURRICULUM**



### **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

HONESTY. Honesty is not solely devoted to telling the truth. The true meaning of honesty goes much deeper. Honesty involves being true to yourself, your peers and your loved ones. If you attempt something knowing that you honestly have given 110%, you will never fail, because you know in your heart you gave it your all. Honesty is a key ingredient for happiness. It puts a smile on your face, a glow in your heart and lets you sleep at night.

### **MUST KNOW**

- 22 Stances
- 35 Strikes
- 40 Kicks
- 18 Blocks with Attackers
- 12 Self-Defense Techniques
- 20 Combinations
- Judo – Tominage (foot throw)
- Jeet Kune Do – Pok Sow Lop Sow
- Pent Jak Silat – 1 move

### **KATA – HEIAN #3**

### **WEAPONS KATA**

Finish American Bo Form #1

### **QUESTION:**

- Q. *Explain what bridging the gap means both mentally and physically.*
- A. Mentally, bridging the gap means the time span between thought and action. The more they become one, the better your timing becomes. This is called “MUSHIN” which means “No Mind.” Once you achieve this, you will start to develop a sense of “Mind and Body Harmony.”
- B. Physically, it means closing the distance between you and your opponent, making it easier to score with good technique.

## **2<sup>ND</sup> KYU BROWN** **CURRICULUM**



### **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

EFFORT AND DETERMINATION. Nothing can be achieved without effort. A positive attitude and enthusiasm lay the groundwork for success. The journey cannot start or be completed without effort. Your success will be proportionate to the amount of effort you put in. At times, you will be faced with adversity. However, if you put forth the effort and dedication, you will discover that the obstacle is no more than a stepping-stone on the way to your goal.

空手道

### **PHYSICAL FITNESS**

- 35 Push-Ups
- 50 Crunches

### **MUST KNOW**

- 25 Stances
- 40 Strikes
- 50 Kicks
- 20 Blocks
- 15 Self-Defense Techniques
- 25 Combinations
- Judo – Hip Throw
- Aikido - Butterfly
- Jeet Kune Do – Half-Line

### **KATA – HEIAN #4 & IPPON KUMITE 1-10- Adults** **Kids- Heian 1-3 Only!**

### **Weapons**

Begin Double Nunchaku Sho-Dan

# **1<sup>st</sup> KYU BROWN** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

WINNERS ARE NOT BORN, THEY ARE MADE. If you want to be a winner in life, you must hold a positive self-image of yourself. One is not naturally born with a positive self-image; it must be learned and practiced. Having a healthy and positive self-image leads to victory and is a key to becoming a Black Belt. The image you have of yourself is what you project to others; valuing and believing in yourself ensures that others will too. If you expect respect from others, you must act in ways that deserve respect. Never be ashamed of your abilities. Have a healthy self-esteem.

## **MUST KNOW**

- 28 Stances
- 50 Strikes
- 66 Kicks
- 23 Blocks
- 18 Self-Defense Techniques
- 30 Combinations
- Bag Sets 1 through 5
- Judo – 3 Techniques including “Leg Split”
- Gunting – 2 Self-Defense Techniques

## **KATA – WAN SU**

## **WEAPONS KATA**

Double Nunchaku Sho-Dan

## **SPARRING**

The student will spar for 3 two-minute rounds

# **SHO-HO (Temporary Black Belt)** **CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

RESPONSIBILITY. Reliability, trustworthiness and punctuality are essential parts of responsibility. You must be responsible if you hope to be given responsibility by others on your way to success. Demonstrate your trust in yourself and your judgment by accepting full responsibility for your actions. Avoid blaming your disappointments on others. Learn from your mistakes and acknowledge your responsibility for disappointments. Let temporary failures become the fuel for your future success. Show your trust in others by delegating authority and responsibility. They, in turn, will trust you. *“The price of greatness is responsibility.” Winston Churchill*

## **PREREQUISITE COURSES, CLUBS & PROGRAMS**

- ◆ Must belong to the Black Belt Club

## **MUST KNOW**

34 Stances 60 Strikes 75 Kicks 23 Blocks with Attackers 20 Self-Defense Techniques Bag Sets 1 through 10	Jeet Kune Do – 3 Techniques including “Palm Push” 35 Combinations Master All Moves
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## **KATA – AMERICAN FORM #1 & ELBOW KATA**

### **WEAPONS KATA**

Sai

### **TWO ON ONE SPARRING**

Must spar two opponents at one time and demonstrate confidence, control, strategy and exceptional technique

# **FIRST DEGREE BLACK BELT CURRICULUM**



## **IDEOLOGY, PROTOCOL AND PHILOSOPHY**

STRENGTH. Most people associate strength with good health, the ability to work hard and to defend one's self. This perception is not only true from a physical aspect but also from a mental one as well. The foundation for strength comes from the healthy foods you eat and the positive information you take into your mind. You must exercise your body as well as your mind regularly in order to grow and become flexible so that you can have a wide range of motion and understand other people's point of view. Most importantly, you must get plenty of rest in order to recover from the physical stress and meditate on the thoughts of the day. Strength gives you a strong body and the ability to make good choices in life, to say no to negative pressures and the integrity to stand up for your convictions. By developing your strength, you will attain the special mental and physical balance in your life necessary to acquire happiness and success of the highest magnitude.

## **PREREQUISITE COURSES, CLUBS & PROGRAMS**

- ◆ Academic standing must be a B average
- ◆ Must be pre-tested for all previous rank levels
- ◆ Must have Black Belt Test application returned one (1) month prior to testing

## **PHYSICAL FITNESS**

65 Push-Ups

Must be done slowly and correctly

75 Crunches

Must be done slowly and correctly

*Proper Stretching*

Must be able to demonstrate an advanced level of flexibility

2-mile Kids 3-mile Adult

To be run at a comfortable pace

## **MUST KNOW**



**REVIEW ALL MOVES AND GET READY TO TEST!  
GOOD LUCK!**

34 Stances  
65 Strikes  
80 Kicks  
40 Combinations  
Bag Sets 1 through 10

**ADVANCED SELF-DEFENSE**

You will need to know 20 various techniques to be done randomly. Student must be able to demonstrate at least 2 self-defense techniques from all attacks. **Note: All techniques will be with attackers.**

**KATAS**

Tiogas 1-4, Heians 1-4, Naifuhachi, Elbow Kata, Ippon Kumite 1-10, Wan Su and American Form #1 ( Remember to check the list for percentages )

**WEAPON KATAS**

Finish Double Nunchaku Sho Dan  
Review all weapon katas

**SPARRING**

A minimum of 6 matches totaling 30 minutes. Student must demonstrate a high level of skill utilizing combinations and takedowns.

**BOARD BREAKING**

Student must be able to perform two separate breaks.

**VERBAL PRESENTATION**

5 minute speech  
Question and Answer period

**WRITTEN EXAM**

2-page essay

**POLICIES AND PROCEDURES**

## **CLASS TIMES**

Refer to your new schedule for class times. Students in our regular program may attend two classes per week. We also recommend that you attend class on consistent days and times each week to make sure you receive the proper lesson plan.

Parents dropping off children should do so ten minutes prior to class and pick them up no later than ten minutes after class. The school becomes very busy around class time and is not responsible for unattended children. Also, children must wait inside the Academy until their ride arrives.

## **UNIFORM ATTIRE**

Proper attire for students consists of a white uniform, a belt, school patch, and an American flag patch. Students who are members of the Black Belt Club and/or Masters Club wear a special uniform and patch.

Students display achievement stripes on the **left side** of their belt, (Exception: First Kyu Brown Belts). Uniforms should be clean and pressed at all times. Rising Sun Karate Academy T-Shirts are permitted only during the summer months when authorized by the Academy.

## **PATCHES**

There are two mandatory patches required on the uniform: the school patch and the American flag patch.

The school patch and the flag patch may be purchased at the front desk. The school patch should be placed on the left chest of your uniform.

The flag patch is positioned on the right shoulder approximately 2 inches from the seam.

## **ATTENDANCE SCANNING KEYCHAINS**

Consistent attendance is mandatory. The attendance keychain issued to you is a very important tool for progression towards your goals. It is a passport for your journey to the next level.

**Note:** Students are only allowed to participate in the designated amount of classes per week that their tuition agreement stipulates. Students who abuse this policy will be billed accordingly.

### ***ATTENDANCE AND PROMOTION CARDS***

There are check in cards at the front desk, filed alphabetically by last name. You will pull out your card and hand it to your instructor at the beginning of class. They will sign it off and put it back in the box for the next class. This will let us a guideline when you are supposed to receive your next tip and test for your next belt. Remember to bring your card to each class!

### ***VIEWING CLASSES***

The Academy encourages parents to observe classes. We only ask that you respect the class by remaining quiet and that if you bring younger children, that you keep them under control. Please do not leave children unattended or allow them to bring food into the school. Also, we request that you sit in the designated viewing area during class.

### ***ABSENCES***

If absent for any reason, make-up classes are held every Saturday (see your schedule for times). If absent for 12 months or more, acquired rank will no longer be valid and the student will have to be re-evaluated to determine proper placement.

**Note:** It is the student's responsibility to set up a schedule with the program director to make up any missed classes.

### ***SPARRING***

Sparring is required for Blue Belts and up. Due to mandatory insurance regulations, all students who spar must have the following safety equipment: hand pads, foot pads, head gear, groin cup and supporter, mouth piece and a mouth piece holder. Equipment must be ordered at the front desk and must be Macho brand. No other

brand will be permitted. Safety equipment must be brought to all classes.

**Note: Be sure to use a permanent waterproof marker to put your name on all your equipment. The Academy is not responsible for lost equipment or personal items.**

### ***REPORT CARDS***

All students must maintain a C+ average in their academic studies and a minimum of a B in their conduct. Any student that receives an average grade below a C+ in school will have a letter written from their instructor, addressed to their teacher, requesting a response on their progress. The student is then put on a 3-week probation and will not be permitted to test or participate in any extra-curricular activities until the Academy receives a positive response from their teacher.

Students can also earn karate bucks by being on the honor roll or having straight A's. Also, students who have maintained straight A's for an entire year, while enrolled in the organization, will receive both a special patch for their uniform and an award of academic achievement at our Annual Awards Banquet. In order to qualify, the student must have been enrolled in the Academy during four consecutive marking periods.

### ***PRIVATE INSTRUCTION***

Private lessons enable you to learn and progress at an accelerated pace. They are also an excellent way to brush up on your techniques prior to a promotion review or rank test.

If you need some extra help because you don't understand a particular technique, we will be happy to give you a FREE 15-minute private session. However, if this courtesy is abused and the student feels the need for additional private lessons, an additional fee will be charged.

Because private lessons are in great demand, scheduling and payment must be made one week in advance. Cancellations must be made by telephone within six (24) hours of the lesson or you will be charged for the session.

### **THE EXAM PROCEDURES**

Each exam has a specific number of techniques to learn and skills to achieve. Your instructor, upon watching your progress and class attendance, will invite you to test – only when he feels that you are ready. In the beginning, you will feel that your belt exams are scheduled closer together and are shorter in length. As your knowledge and skill increase, your belt exams will become farther apart and will take longer to complete. Qualified Black Belts who are personally trained by Kyoshi Jason David Frank conduct all exams.

### **EXAM REQUIREMENTS**

Ages 6 -9            55% Knowledge of the curriculum for a particular rank is required.

Ages 10-14        75% Knowledge of the curriculum for a particular rank is required.

Seniors            90% Knowledge of the curriculum for a particular rank is required.

### **EXAM GUIDELINES AND RESULTS**

1. Each student's progress is tracked in every class they attend; therefore, all Little Rangers will be promoted in class, based on attitude, attendance, ability and knowledge.
2. All "Notices of Intent to Promote" must be turned in the day of testing at the front door when you check in... **No Exceptions!**
3. All students must wear full uniform, which is to be clean and pressed, **No T-Shirts... No Exceptions!**
4. Official promotions will be awarded to the students in the testing ceremony.
5. All testing is to be held on the 3<sup>rd</sup> Friday of every Month.
6. All students who miss their test can make up their test on the next testing month.

### **SPECIAL EVENTS**

Throughout the year, we sponsor exciting special events. These special events include our Annual Awards Banquet, Beginner and

Advanced Boot Camps, Annual Park Workout, Beach Parties, Ninja Nights, Pizza & Movie Nights, Special Seminars, Tournaments and more. Our learning center is a positive and safe environment. Special events are social opportunities designed to promote friendship, goodwill and camaraderie within the student body. Watch your newsletter and announcements for upcoming events. *These events are limited in size, so please register as soon as possible.*

### ***SPECIAL PROGRAMS & SEMINARS***

Black Belt Club

Masters Club

Beginner Boot Camp (White Belt – Green Belt)

Advanced Boot Camp (Fourth Kyu Brown Belt – First Kyu Brown Belt)

All Stars and Demo Team

Little Rangers Success System

Special Guest Seminars

Star Leadership and Achievement Program

Weapons (Black Belt Club and Masters Club)

Women's Self-Defense

### ***THE STAR LEADERSHIP PROGRAM***

This program teaches everyone the difference between commitment versus participation. Many people go through life merely participating and are usually unhappy. In order to improve our quality of life and achieve total self-fulfillment, we must make a total commitment to become the best we can be. The Star Program teaches us that:

“We only get out of something what we put into it.”

“If it's gonna be, it's up to me.”

“Through mutual benefit, there is total benefit.”

For each positive thing we do in life, eventually we reap a benefit. Sometimes it takes a tremendous sacrifice, effort or pain, but the resulting pleasure is priceless. The Star Program is symbolic, as it rewards the student for their contributions, commitment and efforts.

Each time a student achieves a particular goal or makes a worthwhile contribution to the Academy, they are acknowledged for their efforts



in the form of karate bucks or a star. These stars are displayed on the student's uniform with a feeling of honor and pride. There are different stars that represent specific achievements. The object is to acquire 5 colored stars. Once this is accomplished, the student qualifies for the celebrated "S.W.A.T Team" and becomes a candidate for "Student of the Year."

All ages have the opportunity to acquire the Leadership Award regardless of their age or ability. That's what makes it so special, because it is an equal opportunity for all to achieve and become the best they can be. *To find out more about the Star Program, inquire at the front desk.*

### **KARATE BUCKS**

Karate Bucks are the school's way of showing appreciation for a job well done. Students receive karate bucks for leadership, academic achievement, community service, contributions to the Academy, special achievements and promoting the martial arts. Karate Bucks are redeemable toward purchases of certain equipment, extra curricular activities and private instruction.

### **FREE VIP GUEST PASSES**

Sponsoring a new student is the highest compliment you can give your martial arts school. Highly motivated individuals already in the program have sponsored 70% of the new students that enroll in our school. If you would like a family member or a special friend to receive a personal gift from you for one FREE month of karate, you may register and pick up a FREE VIP Guest Pass at the front desk. The VIP Guest Pass is only available for special people, like yourself, that you feel will qualify for our Success System.

Once your referral receives their VIP Pass, they may then call the school to schedule their first class. This 1-month program includes a free uniform and group classes. In the event your sponsored guest enrolls in the program, you will receive a special black star. You can display this on your uniform and get credit towards achieving the prestigious Rising Sun Karate Academy's S.W.A.T ( Special Winning Attitude Team) Award. You will also receive a \$25.00 Gift certificate.

### **FAMILY DISCOUNT MEMBERSHIP**



Many of our students train with their entire families. To make this more affordable to everyone, there is a 25% discount for the first immediate family member and a 50% discount on the second and third family members.

### ***TUITION PAYMENTS***

There are two options for paying tuition:

**#1 EASY PAY** (Electronic Fund Transfer). This eliminates the hassle of having to remember to mail in your tuition. For your convenience, your monthly tuition is automatically drawn from your checking account.

### **#2 VISA OR MASTER CARD**

#### ***TRAINEE AND DEMO TEAM***

We take great pride in our team and are constantly looking for new members. If you would like to become a member of our Rising Sun Karate Trainee and Demo Team, work hard and practice so you will be eligible for nomination by a Black Belt Instructor. *Must be a Black Belt Club or Masters Club Member.*

#### ***PSI – PARENT-STUDENT-INSTRUCTOR ASSOCIATION***

The association of loyal and dedicated individuals has over the years been chiefly responsible for the success of our annual functions. If you would like to get more involved in our organization or your child's progress, and help support the PSI with time or advice, your contribution will be welcome and appreciated.

#### ***HOLIDAY SCHEDULE***

The Academy closes for most major holidays. If a holiday falls on a Thursday, Friday or Monday, the Academy will close for the entire weekend. The Academy is closed every year from December 22



through January 2. Notifications of holiday closings are on the bulletin board and the newsletter.

### ***BIRTHDAY PARTIES***

Our facility is a great place to have your child's next birthday party. We are available for parties on Saturdays and Sundays. Many parents whose children have celebrated their birthdays at the Academy say it was the most exciting party their child has ever had. The parties are fun, educational and a great investment in your child's future. The Academy provides the instruction, the entire facility, Free one month gift certificates for all participant's and everything to make your child's birthday an unforgettable event. Free T-Shirt for the birthday Boy or Girl. *For more information, contact the front desk.*

### ***SPECIAL MERCHANDISE ORDERS***

All special orders will be ordered on the first of each month. All special orders require 100% deposit before any equipment is ordered. To order supplies and equipment, please see the front desk. Special orders may take from 6 to 8 weeks depending on availability.

### ***SAFETY***

Safety is the number one priority in the Academy at all times. A First-Aid Kit is maintained on the premises. We request that each and every individual in the dojo watch out for items of danger, for actions of danger and for attitudes of danger. Please report anything that may be a potential hazard or danger immediately. All of our instructors are safety conscious, but they can't be aware of everything. Please help us keep our good safety record.

### ***LOST AND FOUND***

If you have left something behind, we have a lost and found. Please see the front desk and they will help you locate it. All items are held for two weeks before being discarded.

### ***RULES AND REGULATIONS***

In order to follow the tradition of martial arts, the following rules must apply at all times.

- ◆ Always bow when entering or leaving the dojo.



- ◆ No shoes in the dojo.
- ◆ No eating, drinking or chewing gum in the dojo.
- ◆ No horseplay.
- ◆ Full uniform is to be worn at all times, unless instructed otherwise.
- ◆ Full pads, including cup and mouthpiece must be worn while sparring.
- ◆ “Light tag” contact is permitted while wearing protective gear.
- ◆ No contact to head, face, neck or groin while sparring.
- ◆ Head contact is allowed for advance students “Only”.
- ◆ Women with long nails assume full responsibility for their damage or injury to others.
- ◆ No sparring without permission from the senseis.
- ◆ Never use any weapons at the studio without permission.
- ◆ All uniforms and belts are to be taken home daily.
- ◆ Always turn around when you tie your belt or adjust your uniform in front of a Black Belt.
- ◆ Hakamas must be worn while using bladed weapons.
- ◆ All students must live by the Student Creed.
- ◆ Never say “yeah,” or “huh” to a Black Belt. It is “yes sir” or “no sir” or “excuse me sir, I do not understand.”
- ◆ Use all courtesies with all other students.
- ◆ All students must have a notebook regardless of age.
- ◆ All students must help in keeping the dojo clean.
- ◆ All students should have an equipment bag.

## ***JAPANESE NUMBERS***

1	Ichi	11	Ju Ichi	21	Ni Ju Ichi
2	Ni	12	Ju Ni	22	Ni Ju Ni
3	San	13	Ju San	23	Ni Ju San
4	Shi	14	Ju Shi	24	Ni Ju Shi
5	Go	15	Ju Go	25	Ni Ju Go
6	Roku	16	Ju Roku	26	Ni Ju Roku
7	Shichi	17	Ju Shichi	27	Ni Ju Shichi
8	Hachi	18	Ju Hachi	28	Ni Ju Hachi
9	Ku	19	Ju Ku	29	Ni Ju Ku
10	Ju	20	Ni Ju	30	San Ju

## ***BASIC JAPANESE TERMINOLOGY***



Kyoshi	Master
Sensei	Instructor or Teacher
Dojo	Workout area (floor)
Domo Arigato	Thank you very much
Obi	Belt
Tatami	Mat
Hajime	Begin
Yame	Stop
Jujitsu	Form of fighting used by Samurai
Kobudo	Weapons
Shuto	Knife edge or knife hand strike
Katana	Long sword
Hakama	Skirt-like trousers, Samurai bottoms
Gi	Uniform
Domo	Thanks
Osu	Yes, okay Also used to show respect and enthusiasm
Samurai	Warrior, one who serves to the fullest without question

## **NUTRITION**

Put good things into your body and you will see good results. Fill your body with junk food, and it will not perform with the proper intensity necessary to accomplish Black Belt level skills, ability and confidence. Poor eating habits cause lack of energy, depression, moodiness, as well as excess body fat. Proper eating habits allow you more energy to perform better at work or at physical activities that you enjoy. Putting the right fuel into your tank helps you keep a positive and enthusiastic outlook on life.

Calories and the food you eat are basically made up of three things: protein, carbohydrates, and fat. Protein is the food source used for tissue repair and muscle growth. High energy and clean burning fuels usually come from foods in the carbohydrate group. Limited

food intake is desired to achieve quality fitness and energy level. Good sources of protein are chicken, turkey and fish.

Carbohydrates come from fruits, vegetables, pasta, rice and potatoes. Try to avoid candy bars, cakes and sodas that are filled with sugar. They tend to give you a short burst of energy followed by depression and/or fatigue. It is also advisable to drink plenty of water (6 to 8 glasses per day) to replenish your body with the fluids you burn off. You will avoid dehydration by doing this, and should feel an increase in your energy level.

These are just brief guidelines and suggestions on proper eating on your way to martial arts excellence. Everyone needs to educate and discipline himself or herself to develop proper eating habits.

### ***EAT RIGHT – FEEL RIGHT***

Feel right and you will perform with a high level intensity on a regular basis. High-level performances help us all achieve excellence in the martial arts and our lives. Needless to say, smoking, alcohol and drug use are TOTALLY discouraged. They inhibit your progress. Learn to say NO to all of the above.

## ***DIET AND EXERCISE***

Dieting seems to be a national preoccupation these days. But be cautious. Losing weight or how much you weigh is not nearly as important as losing fat and how you look. USE THE MIRROR, NOT THE SCALE as a guideline to muscular fitness. How many times have you heard or even said: “I’m going to lose some weight so I can get in shape and start working out.” How ridiculous! We have become weight loss conscious instead of fitness conscious. We should be concerned with the type of weight loss (fat versus muscle) and where it comes off, rather than just losing pounds. Weight loss comes much more easily and faster when sensible diet is coupled with a regular exercise program.

空手道

## ***Two Things Motivate Us: Pain and Pleasure***

Diet without exercise is doomed to fail. Weight represents a balance between food intake and energy output. Weight remains constant as long as you burn up all of the energy supplied by your food intake. When food consumption is greater than energy output, weight goes up.

The permanent approach to weight loss or weight control is through an exercise-based weight loss program. As you exercise, you will not only be losing fat tissue, you will also be getting lean, meaning you can lose fat without dieting at all. Naturally, if you watch your diet, you will lose more fat even faster.

When you exercise, you are losing fat by turning it into energy and building lean muscle tissue. Since muscle tissue is eight times denser than fat tissue, you lose inches before you lose weight. Therefore, it is best to use the measuring tape and mirror, NOT the scale as a means for judging improvement in your body. You will be delighted to know that the areas you reduce first with exercise are those areas that you store fat: the abdomen, thighs, buttocks and hips.

It is also a fact that exercise will not build large bulky muscles in women. It cannot happen. Large bulky muscles occur when men exercise because of a hormone named testosterone, which is found only in very small quantities in women. Hence, women slim down and firm with vigorous exercise and do not build bulky muscles. Remember, a combination of good sensible eating habits, combined with a regular exercise program, will lead to a happier, more productive and longer life.







**If You Want To Be  
A Winner, You Have To:**

**THINK LIKE ONE !  
EAT LIKE ONE !  
TRAIN LIKE ONE !  
ACT LIKE ONE !  
BECOME ONE !**

**IF YOU CAN BELIEVE,  
YOU CAN ACHIEVE!**

**-Kyoshi Frank-**

# ***IS EVERYBODY ALWAYS PICKING ON YOU?***

## ***HAVE YOU TRIED TO:***

### ***STAND UP TO THE BULLY***

This can work, but it can also make some bullies angrier. You must decide if you think this alternative will work in this situation with the bully.

### ***REFUSE TO FIGHT***

This may sound contrary to what you have always been told, but one way to stop conflict is to not fight, no matter what happens.

### ***USE AUTHORITY***

Call a teacher, a police officer, a parent or someone you know who can stop the bully from hurting you. This is not being a coward. This is stopping violence before it begins.

### ***USE HUMOR***

You can turn a scary situation into a funny one, but be careful. Have fun *with* the bully rather than making fun *of* the bully.

### ***AGREE***

If a bully insults you, agree with him or her. If you feel insulted, don't let your anger rise up, relax and remember that they are trying to provoke you. Always stay in control of your emotions and use good judgment.

### ***USE TRICKERY***

Pretend that you are sick. Pretend you have poison oak. Pretend that you have some infection the bully will get if they try to fight with you. Tell the bully someone is about to meet you, like your big brother, sister or parents.



### **WALK AWAY**

Don't get into it. This is a simple and often-overlooked way to end a conflict before it ever begins. Walk away – but with confidence.

### **IGNORE THE THREATS**

This is similar to simply walking away. You hear the threats and you turn and walk away from the bully, even though the bully is calling you a coward and trying to get you angry enough to react – *do not let him push your buttons.*

### **KIA/SCREAM/YELL**

A good shout can shock the bully and distract him or her for a moment, so you can get away.

### **REASON WITH THE BULLY**

If you are a good talker, perhaps you and the bully can talk it out. If you don't argue or get angry, if you act friendly, you might convince a bully not to hurt you.

### **MAKE FRIENDS**

Treat the bully as a friend instead of an enemy. All bullies need admiration and respect.

### **TAKE A STRONG STANCE**

As a last resort, take a strong stance. This tells the bully you are prepared to protect yourself if you are attacked. But hopefully, one or more of the other ways will work first.

Notes:



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