



## Double Red Tip Training & Grading Notes

These notes show the minimum number of techniques required to advance to the next grade. Further variations and techniques are allowed where discussed with your instructors beforehand. Board breaking is introduced at this grade, and stick techniques further developed.

### Tan-jon breathing & pattern

Students will be taught the Double-red-tip pattern, and must also practice the previous four patterns, and 'basic 1'.

### Self defence techniques

A series of techniques using joint manipulation or locks to subdue your opponent.

- **Step in close** Double lapel grab, hip throw
- **Double lapel grab, hip throw** Block throw, takedown
- **Double lapel grab, hip throw** Double throw
- **Double lapel choke** Shoulder throw
- **Front kick** Cross hand block, leg twist throw
- **Side to side walk** Leg sweep

### Short stick capture & retention

Offensive and defensive techniques using the baton/short stick (30 – 50cm).

- **5 x capture drills** The defender evades or blocks, and then captures the short stick from the attacker against all five basic strikes.
- **5 x retention drills** The attacker to retain the stick, against the defenders grabs as above, for all five basic strikes.

### Break-falling requirements

Students will be required to demonstrate competence in rolling break-falls, break-falling over 3 students crouching on the ground, demonstrating both left and right-side break-falls. Students must also demonstrate a high break-fall over a crouching student.

## **Continuous self-defence**

Students may be asked to demonstrate continuous self-defence – that is, the ability to defend against a range of attackers, one at a time, one after the other.

## **Sparring requirement**

Students are expected to demonstrate three rounds of standing kick-punch sparring with no-contact/light contact only. Students cannot strike once in a clinch, but can utilise the basic takedown techniques, and can also spend up to twenty seconds at a time using ground-fighting techniques. The emphasis should be on returning to your feet quickly from any ground fighting situation.

## **Board breaking** (substitutes power test)

The student must break a 30cm by 30cm by 2cm pine board using a spinning hook kick on their best side. Students are encouraged to build up their ability with both legs.

## **Grading fees**

\$40, payable to the club before the grading.