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. Short stick defences and attacks are introduced at this grade.

Tan-jon breathing & pattern

Students will be taught the Red-tip pattern, and must also practice the previous three patterns. Must also repeat Basic 1 to a good standard.

Self defence techniques

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

- **Step in reverse punch** Defence & throw using baton
- **Side headlock** Head redirection, leg-lift & throw
- **Front headlock** Wrist-press escape, low-leg takedown from behind, figure 4 lock
- **Swan-lock** Stomach-throw
- **Double-lapel grab against seated defender** Seated scissor-leg takedown
- **Pulls seated defender from chair to ground** Scissor-leg takedown
- **2-3 attacks against seated defender** Student to employ any previous self-defence technique as appropriate

Short stick basic drill

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

- **Open hand strike** Step back, block, counter strike
- **Back hand strike** Step back, block, counter strike
- **Overhead strike** Step back, block, counter strike
- **Side strike** Step back, block, counter strike
- **Thrust** Step back, block, counter strike

Short stick 'sparring'

The student and their training partner to choreograph a series of at least five attacks and armed/unarmed defences against those attacks

'Three-step-sparring' & takedown techniques.

Students may, where time permits, be asked to demonstrate the takedown techniques or three-step-sparring.

Break-falling requirements

Students will be required to demonstrate competence in rolling break-falls, break-falling over 2-3 students crouching on the ground, demonstrating both left and right-side break-falls.

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.

Power test

Students demonstrate their basic striking techniques against pads (front kicks, round kicks, punches, spinning hook kicks). The aim of this exercise is to display power, not speed – so the examiner will look for focus and technique.

Grading fees

$40, payable to the club before the grading.