

Fitness Requirements

Rank	Push Ups	Sit Ups	Time for pushups and situps	Squats	Jump Squats	Time for all workout	Running
10th Kup	60	60	02:00	0	0	-	
9th Kup	60	60	01:50	10	0	-	
8th Kup	60	60	01:40	20	0	-	0.5 mile running
7th Kup	60	60	01:30	30	10	03:00	0.5 mile in 3:30
6th Kup	50	50	01:10	40	15	03:00	above+0.25 mile run
5th Kup	60	60		60	20		0.75 mile in 5:15
4th Kup	70	70		70	25		1 mile in 7:00
3th Kup	80	80		80	30		above+0.5 mile run
2nd Kup	90	90		90	35		1.5 mile in 10:30
1st Kup	100	100		100	45		above+0.5 mile run
Temp	100	100		100	50		2 miles in 14:00

Breaks

Rank	
10th Kup	2tiles +2 tiles
9th Kup	2 tiles +2 tiles
8th Kup	2 tiles +2 tiles +freeform board
7th Kup	Free form boards
6th Kup	Slate 0.75"x4"x2.5ft 1 no. + boards
5th Kup	Slate 0.75"x4"x2ft 1 no. +boards
4th Kup	Slate 0.75"x4"x2ft 2 nos. with spacer +boards
3th Kup	Slate 0.75"x4"x2ft 2 nos. without spacer +boards
2nd Kup	Concrete 2"x3"x2 ft +boards
1st Kup	Concrete 2"x3"x2 ft 2nos. With spacer +boards
Temp	Ice +boards

Basics

Basics

- 10 Fighting stance
- 10 Horse stance
- 10 Peace breathing
- 10 Inside body movement
- 10 Outside body movement
- 10 Cross step and turn
- 10 Switch
- 10 1/4 turn
- 10 Reverse 1/4 turn
- 10 Short turn
- 10 Long turn
- 9 3/4turn
- 9 Step out
- 9 Side step turn
- 9 Reverse Sidestep turn

9 Side to side

9 Hand stands

8 Ground fighting stance

8 side stance

8 tension release breathing

8 step forward

8 Duck under avoid

7 Front stance

7 Karate stance

7 Back stance

7 Meditation

7 Kali step out

7 Front stance turns

4 Turn out

3 Quick turn out

Drills

10 Balance drills 1-3

10 4 count drill

10 Turns down the mat

9 Movement drills

9 Partner body movements

8 Continuous attacks 1/2/3

7 Triangle drill

6 Sticky hands

5 Ki drill

4 Fast sticky hands

3 Close combat

Combinations

10 1/4turn/Long turn/Reverse 1/4turn / Short turn

8 1/4turn/Step out/Reverse front leg 1/4 turn / 3/4 turn step out / Sidestep turn / Switch / Step forward

Hardening Drills

Slow-motion pushups (narrow, middle,wide) - 4 of each

Sun salutations - 60 seconds total, 10 seconds each

V-up cross toe touches - 20

Grab knee punch the floor - 20

Up and under pushups - 8

White Belt Drill

10 10 reps each unless noted

10 4 count - Inside body movement

10 4 count - Outside b.m.

10 4 count - Cross step and turn

10 4 count - Side to side

10 Horse stance center middle punch - 100 (10 slow, 10 fast)

10 6 count drill - inside block with punch

10 6 count drill - Outside block with punch

10 Set of switch

10 Set of short turns

10 Set of long turn

10 Set of 1/4 turns (and reverse)

10 Set of 1/4 turns

Yellow Belt Drill

8 10 reps each unless noted

8 Passing partner drills (open and closed stance, inside and outside movement)

8 Sweep drill (front, side) - 20

8 Partner 6 count drill

Green Belt Drill

6 10 Reps each unless noted

6 Balance drills 1-3 - 30 secs each Ki drill

6 Set of Kali step out

6 Set of front stance turns

6 Set of step out versus front kick

6 From closed stance (stepping hook)

6 Duck under drill

6 From closed stance front punch

6 inside block/ Front punch

6 Outside block / Front punch

Blue Belt Basics Drills

4 Turn out drill (10)

4 Closed stance, wrists crossed drills, alternating partners (10 each side)

4 Circle in -> Front punch

4 Pressure -> Circle out -> Front punch

4 Inside passing -> Front punch

4 Outside passing -> Front punch

4 Rear hand outside block -> Front punch

4 Rear hand Inside block -> Front punch

4 Drills from closed stance front punch, single partner at a time (10 each side)

4 Inside Catch -> Front punch

4 Outside Catch -> Front punch

4 Inside passing block -> Front punch

4 Outside passing block -> Front Punch

4 Rear hand inside block -> Front punch

4 Rear hand outside block -> Front punch

Red Belt Basics Drills

2 Front knee -> X Block (10)

2 Hook -> Roof Block (10)

2 Open Stance 4 Count Hook -> Roof Block (10)

2 Hook -> Roof Block -> Back Fist -> Inside Block (10)

2 Hook -> Roof Block -> Inside Elbow -> Front Leg Front knee (10)

2 Hook -> Roof Block -> Front Punch -> Inside Elbow -> Front Leg Front Knee (10)

Hand Techniques

Techniques

Straight Grip (wrist)

- 10 Simple wrist (outside)
- 10 Cutting wrist (inside)
- 10 Arm bar (swat the fly)
- 10 Rolling shoulder (step in)
- 10 Head rotation (t-rex)
- 9 Draw the sword
- 9 Shoulder whip
- 9 Chicken wing
- 9 Rising shoulder
- 9 Shoulder pull down

Cross grip (wrist,elbow,shoulder)

- 8 Simple wrist (step in front stance)
- 8 Cutting wrist (double hand)
- 8 Arm bar (over the shoulder)
- 8 Rolling shoulder (cross step turn)
- 8 Head rotation (thread the needle)

Cross grip (Wrist)

- 7 Thread the needle
- 7 Baseball
- 7 Police takedown
- 7 Archer
- 7 Behind the back wristlock

Double hands (wrist,elbow,shoulder)

- 6 Simple wrist (hand trap)
- 6 Cutting wrist (double cutting)
- 6 Arm bar (step in lock under/ over)
- 6 Rolling shoulder (step in)
- 6 Head rotation (double inside)

Double hand (wrist)

- 5 Inside & Outside wrist
- 5 Simple to falling shoulder
- 5 X- step and turn arm bar
- 5 X shoulder throw
- 5 4 fingers

2 on 1 (wrist/elbow,elbow/shoulder,shoulder/neck)

- 4 Simple wrist
- 4 Cutting wrist
- 4 Arm bar
- 4 Rolling shoulder
- 4 Head rotation

2 on 1 (wrist/elbow)

- 3 Double arm bar
- 3 Helicopter
- 3 Belt chin throw
- 3 Tiger mouth arm bar
- 3 Compression wristlock

Side grip (wrist,elbow,shoulder)

- 2 Simple wrist
- 2 cutting wrist
- 2 Arm bar
- 2 Rolling shoulder
- 2 Head rotation

Side grip (wrist)

- 1 Thumb lock
- 1 Buddy arm bar
- 1 Inside archer
- 1 Step back wristlock-chicken wing
- 1 Rollup shoulder

Behind grip (wrist,elbow,shoulder)

- T Simple wrist
- T Cutting wrist
- T Arm bar
- T Rolling shoulder
- T Head rotation
- T Behind Grip(wrist)
- T Guillotine
- T Baseball
- T Wrist hyperextension
- T Draw the sword
- T Back drop knee
- 1D Simple wrist to ankle piss(ss)
- 1D Arm to hurdlers (all)
- 1D Inside S (cw)
- 1D Duck under baseball (ss)
- 1D Turn in cross-shoulder arm bar (ss)
- 1D Major outer neck reap (ce)
- 1D Outside arm break to rolling shoulder (ce)
- 1D Flat wristlock (sw)
- 1D Step in, fwd pendulum throw (dh)
- 1D Major outer reap to cradle (dh)

Drills

- 10 Static grabs
- 9 Grab and lock
- 8 Grab and lock clenched fist
- 8 Grab and lock fist near shoulder
- 8 Shaking hands
- 7 Grab and lock from crossed arms
- 7 From punch
- 7 Sticky hands
- 6 Kneeling
- 6 Sitting
- 5 Against wall
- 4 Come-along
- 4 Counters
- 3 Hold downs
- 3 Controls
- 2 Low power
- 1 Continuous
- 1 Flowing locks
- 1D Multiple opponents

Combinations

- Arm bar/ Rolling shoulder
- Cutting / Simple wrist lock

Arm bars

- Swat the fly
- Over the shoulder
- Step in lock under or over
- Cross-step and turn single hand
- Cross-step and turn double hand
- Armpit arm bar
- Forearm arm bar

Strikes and Blocks – Page 1

Strikes

- 10 Front punch (L)
- 10 Reverse punch (R)
- 10 Hook (L)
- 10 Upper cut (R)
- 9 Palm heel (L)
- 9 Front elbow (R)
- 9 Front knee
- 9 White belt strike combo
- 8 Back fist (L)
- 8 Hammer fist (R)
- 8 Slap (L)
- 7 Inside elbow (R)
- 7 Outside elbow (R)
- 7 Back elbow (R)
- 7 Yellow belt strike combo
- 6 Hook (L)
- 6 Knife hand (L)
- 6 Ridge hand (R)
- 5 Corner palm heel (L)
- 5 Sickle hand (R)
- 5 Shoulder (R)
- 5 Green belt strike combo
- 4 Forearm - outside(R)
- 4 Cupped hand (L)
- 4 Head butt
- 4 Round knee (L)
- 3 Upward elbow (R)
- 3 Downward elbow (R)
- 3 Spear elbow (R)
- 3 Blue belt strike combo
- 2 Back fist (R)
- 2 Spinning back fist (L)
- 2 Spinning back elbow (R)
- 1 Wrist back (R)
- 1 Inside wrist (R)
- 1 Forearm - inside (L)
- 1 Red belt strike combo
- T Finger palm heel
- T Knuckle punch
- T Phoenix eye
- T Spear knuckle
- 1D Tiger claw
- 1D Braced thumb
- 1D Tiger mouth
- 1D Flipping downward back fist
- 1D Thumb eye gouge
- 1D Finger hook
- 1D Inside knee
- 1D Outside knee
- 1D Braced front elbow
- 1D Side head butt
- 1D Jump spear knee

Re-grab and Strike

- 10 Swatting the fly/Front punch
- 10 Simple wrist/Reverse punch
- 10 Cutting wrist / Hook
- 10 Head rotation/Upper cut
- 9 Shoulder whip/ Palm heel
- 9 Draw the sword/Front elbow
- 9 Rising shoulder/ Front knee
- 8 Cutting wrist/ Back fist
- 8 Simple wrist/ Hammer fist
- 8 Rolling shoulder/Slap
- 7 Thread the needle/Inside elbow
- 7 Archer/Outside elbow
- 7 Baseball/Back elbow
- 6 Rolling shoulder/Hook
- 6 Simple wrist/Knife hand
- 6 Cutting wrist/Ridge hand
- 5 Inside & Outside wrist / Corner palm heel
- 5 4 finger/sickle hand
- 5 X- step and turn A.B./Shoulder
- 4 Cutting wrist/Forearm - outside
- 4 Arm bar/ Cupped hand
- 4 Head rotation/Head butt
- 4 Simple wrist/Round knee
- 3 Belt chin throw/Upward elbow
- 3 Double A.B./Downward elbow
- 3 Tiger mouth A.B./Spear elbow
- 2 Simple wrist/Back fist
- 2 Cutting wrist/Spinning back fist
- 2 Arm bar/Spinning back elbow
- 1 Outside archer /Wrist back
- 1 Buddy arm bar/Inside wrist
- 1 Rollup shoulder /Inside forearm
- T Baseball/Fingertip palm heel
- T Rolling shoulder/Knuckle punch
- T Cutting wrist /Phoenix eye
- T Head rotation/Spear knuckle

Blocks

- 10 Inside
- 10 Outside
- 9 Upward
- 9 Downward
- 8 Slip
- 8 Passing
- 7 Elbow scoop
- 7 Rolling
- 6 Inside hook
- 6 Inside block/punch
- 6 Outside block/punch
- 5 Shoulder turn out
- 5 Roof back (close combat block)
- 5 Downward X (upward knee block)
- 4 Catch
- 4 Pull Punch
- 3 Trapping - self
- 3 Trapping - opponent
- 2 Breaking
- 2 Joint lock from block
- 1 Duck and avoid
- 1 Fade
- T Leg jam
- T Swoop

Drills

- 10 Six count drill (90 degrees/ 45 degrees / 5 degrees)
- 10 Block hand pad "punch" / counter punch
- 10 other hand pad (set of 5)
- 10 Kick/punch/punch
- 10 Strikes down the mat (marching)
- 9 Partner six count drill
- 9 Strike death
- 9 Focus pads (two of them / random places)
- 9 Two bags (front/front/reverse/reverse)
- 8 One steps
- 8 Punch defense
- 8 First strike
- 7 Surrounded by bags (crucible)
- 7 Strikes while grabbed
- 6 Two steps
- 6 Punch only sparring
- 6 Taekwondo sparring
- 6 Duck under avoid drill
- 5 Three steps
- 5 Jab to head, counter jab
- 5 Strikes to the box
- 4 Strikes while seated
- 3 Group fighting strikes
- 3 Close combat strike (complex dr.)
- 2 Hapkido sparring
- 1 Strikes while ground fighting
- 1D 2 on 1 sparring

Combinations

- 10 Front, reverse, front kick
- 10 Front kick, reverse, front
- 10 high/middle/low punches
- 10 Center middle punches (1, 2, 3, 10)
- 9 Palm heel/front elbow (same arm)
- 6 Double knife hand
- 6 Double outside ridge hand

Kicks

Kicks	Kick Drills
10 Front	10 Kick / punch / punch
10 Roundhouse	10 Slow motion kicks
10 Side	10 Kicks in place
10 Halfmoon	10 Kicks down the mat (marching)
10 Twist	10 4-D linear pad kicks (static, moving)
10 Backside	9 Kick death
9 Inside Crescent	9 Kicks over cube (Front, RH, Side)
9 Outside Crescent	9 Focus pads (two of them/ random places)
9 Back Crescent	9 Two bags
9 Back	8 First kick
9 inside Axe	8 Kick defense
9 outside axe	8 One steps
8 back axe	7 Surrounded by bags (crucible)
8 Twist axe	7 Kicks while grabbed
8 Front spin	7 Kicks pairs/triads
8 Back spin	6 Two steps
8 Spinning backside	6 Kick only sparring
8 Side hook	6 Taekwondo sparring
8 front hook	5 Three steps
8 twist hook	5 Kicking the box
7 Back hook	4 Kicks while seated
7 Backspin hook	3 Group fighting kicks
7 Front stomp	2 Hapkido sparring
7 Inside stomp	2 Close combat kicks (complex drill)
7 swoop	1 Kicks while ground fighting
1 Thunder	TB Kicks from flips
1 Tornado	1D 2 on 1 sparring

TB Flying front knee
TB Flying round knee

Kicking Styles

10 Back Leg
9 Front Leg
8 Skipping
7 Static
6 Walking
5 Stepping
4 Ground Fighting
3 Flipping
2 Chambered
1 Jump, Switch, Double Jump
TB Flying

Combinations

9 Roundhouse/hook
8 Side/Backside
6 Inside skip Outside crescent
6 Inside/outside/back crescent
3 Roundhouse/Back spin
1 Front spin/ Back spin/ Drop back spin / Jump back spin
1D Front/ Flipping side
1D Front/ Flipping roundhouse

1D Bounce Same
1D Bounce Opposite
2D Squat Jump
2D Foot Placed Jump
2D Continuous
2D Heel

Self – Defense

Situations	Drills
10 Straight	Partner drill
10 Cross	
10 Reverse straight	
9 Two hands on one	Partner drill moving
9 Front shoulder	
9 Throat grab	
8 Double hands	Kick defense
8 Side shoulder	Punch defense
8 Rear shoulder	
7 Shoulder push	Choke defense
7 Double shoulder push	Bull in the ring
7 Rear double shoulder push	
6 Bear hug with free arms	Pinned against a wall
6 Bear hug with trapped arms	
6 Rear bear hug with free arms	
6 Rear bear hug with trapped arms	
5 Collar/lapel	Zombie drill
5 Double collar/lapel	Stick defense
5 Rear collar/lapel	
5 Belt	
4 Hair	Seated
4 Front double hand choke	
4 Throat grab from behind	
4 Side headlock	
3 Knife to throat	2 on 1 grabs Knife defense
3 Knife with belt grab	
3 Rear knife to kidney	
2 Punch while back against wall	Breaking up a fight Against wall
2 Prostrate against wall	
1 Rear knife to throat	Defending a third party Prone knife defense
1 Prone knife to throat	
1 Knife to throat, against wall	
T Gun in face	Gun defense
T Gun in stomach	
T gun in back of head	
1D Seated knife defense	2 on 1 sparring
1D seated gun defense	
1D Multiple attackers	
1D Full Nelson	

Throws and Falls

Throws

10	Hip roll
10	single leg takedown
9	Double leg takedown
9	knee wheel
8	major outer reap
8	minor outer reap
8	major inner reap
8	minor inner reap
7	One arm shoulder
7	Two arm shoulder
7	Head and arm
7	Hip whip
6	Front knee down
6	Side knee down
6	Ankle pick
6	Baby carry
5	Front trip
5	Back trip
5	Leg wheel
5	Hip sweep
4	Forward carryover
4	Side carryover
4	Scissors
3	Forward pendulum
3	Side pendulum
3	Back pendulum
2	Side drop trip
2	Back drop trip
2	Front drop trip
1	Front leg drop
1	Side leg drop
1	Back leg drop
1	Ground fighting ankle pick
1	Pull down carry over
T	inside fireman's
T	Fireman's
T	Floating hip
T	Back of knee step down
T	Double shoulder pull down
1D	Hip wheel
1D	Forward seep
1D	side sweep
1D	front reap
1D	spring hip
1D	lift pull side sweep
1D	forward shoulder
1D	lift and drop

Combinations/Counters

7	braced hip/switch
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Drills

10	Fish drill
9	Seven count drill
8	Partner falling drill
8	Rollout takedowns
8	Stepping throws
7	Sweep drill
7	Loading drill
7	Throws from punch
7	Partner shoulder push to fall
6	Randori
6	Positional throws
6	Partner flipping drill
5	Clock falls
5	Rolling with weapons
5	Rolls through a window
4	Clock rolls
4	Partner should pull to fall
4	Rolling to pick up items
3	Throws in grappling
3	Throws from kick
2	Partner feet pull to fall
1	Confined randori (in a box)
1D	Throws with foot placed

Falls and Rolls

10	Front fall (kneeling)
10	Side fall (squatting)
10	Front roll(squatting)
10	Front rollout (kneeling)
10	Back roll out
9	Back fall (squatting rock back)
9	Side fall (standing)
9	Front fall (standing)
9	Front roll (standing)
9	Front rollout (standing)
8	Back fall (standing rock back)
8	Kick out front fall
8	Back roll
8	Diving roll out
8	Diving front roll
7	Handstand front roll
7	Side roll
7	Side flip partner version
6	Side flip
6	Kick out side fall
6	Judo roll
5	Kick out back fall
5	German bridge
4	Front flip
4	Barrel flip
3	Jumping back fall
3	Jumping side fall
3	Leaping front fall
2	Raised back fall
2	Raised front fall
2	Raised side fall
1	Jump back rollout

Weapon Techniques – Page 1

10 Numchuks

8 Short stick

7 Stick

6 Stick (soft techniques)

5 Double stick

4 Double stick

4 Jo

1 Knife

1D Bo

1D Spear

Drills

10 8 directional

8 100 count speed drill

7 Control using short stick

7 Locks using short stick

7 Pulling/pushing with short stick

7 11 count stick drill

7 Partner stick blocks

7 Rolls with weapons

6 Evasion drill

6 Stick defense

6 Stick retention

5 Control using stick

5 Locks using stick

4 Rolls picking up weapons

4 Double stick 11 count stick drill

4 Partner double stick blocks

3 knife defense

2 Staff circle drills

2 Staff thrust drills

1 9 count knife drill

T Knife retention

T Gun defense

T Wrestling with knives

1D Staff circle drills

1D Staff thrust drills

1D Spear drills

Numchuks

Safety

Check strings

Dry hands

No spinning to or above the head

Be aware of surroundings

Grips

Normal

Reverse

Switching (Vertically/Horizontally)

Spins

Outside (both grips)

Inside (normal only)

Horizontal (both grips)

Bounces

Side to side

Triceps to inner thigh

Triceps to triceps

Traps

Over

Under

Switching hands

From trap

Behind the back

Attacks

Stick 1-4, 8-9

Front punch to wrist flip

Circling punch to wrist stick 3

Short stick use

Hooking (head, arm)

Blocks

High

outside

Short Stick

Grips

Stick

Knife

Attacks

Finger pop

Wrist and fingers (#10)

Arm swing (#1)

Arm, wrist and fingers

Front punch with wrist and pop

Abanicos

Open hand to wrist / finger pop

Thrusts (zyphoid, throat, eyes)

Punyo (throat, eyes)

Hammer fist with punyo

Witiks (temple, neck, ribs, chin)

Ice picks

Recoveries

Outside/over the top

Inside/ over the top

Outside/ underneath

Inside/ underneath

Punch Defense

Wrist pop to end of thrust

Knuckles/ Outside of arm / Inside of arm

Block on inside / 360 to downward arm break

Double Stick

Single person warm up

Figure 8 pattern

R3/L3 to R4/L4 cross-up

L4/R1/Abanico forward

L4/R1/Abanico back

R4/L1/Abanico forward

R4/L1/Abanico back

Rolling with sticks

R3/L4 and L3/R4 continuous

Partner warm up

R1 to R2(low), L1 to L2 (low)

Fencing parry drill (4 count)

Techniques

Disarms from thrusts

Disarms from L3/R3 or L1/R1

Engage opponent for knee/elbow/head/butt

Weapon-related throws (rolling shoulder, rising shoulder, head and arm, double knee takedown)

Stick

Forehand 45
 Backhand 45
 Forehand 90
 Backhand 90
 Underhand thrust
 Overhand thrust
 Inverted underhand thrust
 Forehand 75-90 upward
 Backhand 75-90 upward
 Forehand downward wrist flip to collar bone
 Backhand downward wrist flip to collar bone
 Stick Drills
 11 count stick drill
 Abanico to head/reverse
 4-count abanicos (R,L,U,D)
 Block #1/ attack #1
 Block #2/ attack #2
 Static to temple
 Static to nose
 Static to groin
 Moulinet to nose
 Throat strikes (inside, outside)
 Punyo to ribs/neck/temple
 Reverse punyo to throat
 Punch/abanico

 Double hand stick (chest, throat)

 Witiks (inside, outside, up, down)

 Zero distance strikes (#1, #2)
 Zero distance #1/ Abanico/ #1
 Outside witik/#2

Knife

Grips
 Forward
 Hammer
 Reverse
 Ice pick
 9 count knife drill
 Thrust (sternum, eye, throat)
 Cut throat (inside, outside)
 Circle/ cut throat (inside, outside)

 Circle/ cut arm /cut throat (inside, outside)

 Thrust / cut throat (inside, outside)
 Cut leg/ cut throat (inside, outside)
 C cuts (cw, ccw)
 side thrust (kidney, armpit, neck)

 Backhand throat cut/ thrust (clavicle, neck)

 Other Knife attacks
 Commando kill

Jo Only

Sword drills (continuous)

#1/ behind back
 #2/ behind back
 #3 to side of head / behind back
 #4 to side of head/ behind back
Figure 8 twirls into:
 Sword #1 (front hand reversed)
 Sword #2 (front hand normal)
 Sword #3 (front hand reversed)
 Sword #4 (front hand normal)
 Axe hit #1
 Axe hit #2
 Axe hit #3
 Axe hit #4

Jo and Bo

Warm up
 Finger rolls
 Roll over wrist and back
 Roll over wrist/ thumb (continuous)
 Palm spins
 Simple reverse direction using hips, ribs and arms
 Figure 8/roll up to cross shoulder
 Figure 8/roll up to cross shoulder/ grab with opposite hand
 Bounce hip/spin 360 over head/ switch hands/ bounce hip

 Behind back hand switch / 450 spin in front/behind back hand switch
 Side to side staff spinning, switching hand at will, both static and moving forward
 Basics
 1 foot circles
 6 foot circles
 Flat circles(1-3 feet)
 Thrusts (zyphoid, throat, eye)
 Moving C hits (same side fwd)
 Head/transport/head
 Head/leg/head/transport/head/leg/head
 Moving axe hits(switch sides)
 Head/opp head
 Head/leg/opp. Head/opp.leg
 Other marching drills
 Step forward/groin/turn forward/ spear thrust
 Step back/ groin/ turn back/ spear thrust

 Low thrust/ Step/ Axe to head/ low thrust/ step/ axe to groin - with reverse
 BOB drills
 4 corner axe hits (head/head/ribs/ribs)
 Step forward axe/step back axe (top of head, neck, side of head)
 Spear thrust sternum/ spear thrust throat/head/opp.head
 Spear thrust (throat)/step forward/upward axe (chin)/turn/ back thrust (throat)
 Post thrust/ head
 Head/ Thrust
 Static C hits (dominant stance)
 Head/transport/head
 Head/leg/head/transport/head/leg/head
 Head/leg/inward transport/head/leg
 Head/leg/axe as transport/head/leg
 Bounce circles
 Head/low transport/head

Wrestling

Moves

10 Head and arm
 10 Mount
 10 Shoulder hold
 10 Shuck
 10 Side mount
 10 Scarf hold
 10 Cross knee arm bar
 10 Shrimp/leg hook
 10 Table roll
 10 Knee roll
 9 Duck under
 9 Head hook
 9 Waist/ankle 1
 9 Sit Back (waist ankle 1 defense)
 9 Waist/ankle 2
 9 Knee spread (waist ankle 2 def)
 9 Waist ankle 3
 9 Sit out
 8 Lapel choke & escape
 8 1/4 Nelson
 8 1/2 Nelson
 8 Reverse 1/2 Nelson
 8 Power 1/2 Nelson
 8 3/4 Nelson
 7 Crab ride
 7 One arm shoulder
 7 T-shoulder lock
 7 Collar choke
 7 Head pressure and twist
 6 Hip arm bar
 6 Cradle
 6 Bridge
 6 Side facing
 6 Switch
 6 Elevator
 5 Upper mount
 5 Sleeve choke
 5 Inside fireman's
 5 Side bridge
 5 Waist ankle from standing near opp
 4 Arm pick drive
 4 Chicken wing
 4 Spiral ride
 4 Full Nelson
 4 Guillotine
 3 Japanese whizzer
 3 Arm bar
 3 Preacher
 3 Double hand trap
 3 Cross body ride
 3 Peterson

2 Crucifix
 2 Guard
 2 Leg scoop
 2 Leg lock
 2 Knee lock
 1 Saturday night ride
 1 Fist lever choke
 1 Ankle lock
 1 Cross ankle scissors
 TB Figure 4 choke
 TB Scissors choke
 TB Naked strangles
 TB Blood chokes
 TB Triangle strangles

Drills

10 White area wrestling
 10 Spin drills
 10 Fish drill
 10 Kneeling body movements
 10 Kneeling 4 count drills
 10 Kneeling 1/4 and reverse 1/4 turns
 10 Knee roll drill
 9 Waist/ankle switching drill
 8 Gray area wrestling
 8 Kneeling side step out
 7 Bull in the ring wrestling
 3 30 sec win
 2 Black area wrestling
 2 Wrestling with knives
 1 Wrestling for life
 TB 20 sec win
 1D 10 sec win
 1D 2 on 1 wrestling