

# GRACE MARTIAL ARTS

TRAINING CHAMPIONS FOR CHRIST



YON CH'UAN MARTIAL ARTS BLACK BELT

STUDY GUIDE

WITH SCRIPTURES

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# Grace Martial Arts Christian Self Defense

## TRAINING CHAMPIONS FOR CHRIST

This black belt training guide was written to and for you. It was written by us and for us as well. By those who have come before to those who are here now. It is a training guide as it contains the information that guided each of us. As your Sensei/instructor, we are also your guides. Unique to our art and style are the training exercises that provide for your personal guided discovery. Your success becomes our success. Your failures are our failures. Your actions and behavior reflect upon each of us. Every student reaching an upper level will be different by capitalizing on their individual strengths and downplaying disliked techniques and weaknesses. Enter this phase of your development and training knowing and accepting these facts. As with many aspects of life, acceptance may be the key to further progress. You will not fail! You have the support of all of us who teach and promote this unique art. Let us look well to this day. "Today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope," looking and trusting our great God and Savior the Lord Jesus Christ.

Grace Martial Arts (GMA) believes that Christians have a right to defend themselves, their families and people in danger. We see no law, principle or suggestion in the Bible against Christians defending themselves or someone in danger. In fact, God gives parents, lawmakers and governments the responsibility to defend themselves and other law-abiding citizens against attack. That's why cities, counties and states hire law enforcement officers and nations build military divisions: to defend themselves against criminal attack. It is well within the right of every citizen to defend themselves within the parameters of the laws of the individual states and the country.

### **FIGHTING AND SELF DEFENSE IS NOT THE SAME THING**

Fighting because of greed, jealousy or the desire to dominate or harm another person is wrong. GMA teaches students to defend rather than fight. The word defend means "to make or keep safe from danger, attack, or harm." The sole purpose of self defense is to protect your life or the life of someone in your family or an innocent person who is in danger from attack or harm. That is well within the framework of God's Word and Will.

Grace Martial Arts (GMA) has developed special self-defense classes to help Christian families, churches, schools and organizations in a world growing more violent every day. Unfortunately, some of that violence is aimed at Christians and the Christian community. It is our desire to help every Christian learn how to defend themselves and their family.

All of the Grace Martial Arts instructors are devoted to teaching Christ-centered martial arts principles and emphasize "personal safety and becoming saved." Being "safe" means knowing how to effectively and compassionately defend yourself and others physically. Being "saved" means knowing you are saved from sin by the Blood of Jesus Christ and will go to heaven because of His Resurrection from the grave.

**Websites: [www.gracemartialarts.org](http://www.gracemartialarts.org) Cell: (941) 726-5056**

## REALISTIC SELF DEFENSE

Every new student of Grace Martial Arts clubs will learn Yon Ch'uan Martial Arts and will begin as a White Belt. Each belt and stripe includes learning three Bible memory verses, three character qualities and a series of realistic martial arts techniques. The time between belt testing usually is three or four months. Positive goals create positive attitudes within students that develop self-discipline, improved concentration and a heightened self-respect and respect for others. We are focused on teaching children practical, no-nonsense, realistic, compassionate self defense skills that are fun and challenging. Realistic self defense teaches students how to avoid conflicts effectively by utilizing an attacker's strength to their advantage.

We want students to be strong in body, mind and Christ-centered character. Each class begins with prayer, Bible memory and a time of exercise for health and fitness. Students will learn Scriptures that teach them to show respect to their parents, teachers and fellow students. For example, when students learn Philippians 2:3-5, they learn to consider others' interests to be more important than their own.

***"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem others better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus.***

Most importantly, students learn three forms of defense:

- Firstly, students acquire Christ Defense together with relational, Biblical life-skills. Our challenge is to lead students to know the Lord and His Word so well that they will readily employ Biblical principles and will make wise lifestyle choices.
- Secondly, students acquire Mental Defense that builds Godly character and confidence and strengthens disciplined direction for students' lives and education.
- Thirdly, students acquire Physical Defense with a maximum efficiency of self-defense skill and advanced kinetic movement principles for optimal health and well-being.

Our purpose is to reach boys and girls with the Gospel of Christ, providing parameters within which a child can operate safely and securely, while learning to make wise life-style choices. Our commitment is to become parents' trusted ministry friends as they invest in the eternal destiny of their children.

Grace Martial Arts is a ministry tool that powerfully connects with our kids' world while affirming them with vital Christian family values.

Students will receive a certificate and colored belt with each new numbered belt rank. Students also will receive stripes on their colored belt as part of their numbered rankings. The Yon Ch'uan Martial Arts system emphasizes the necessity for doing ones best from approval not for approval! Nothing good comes easily and one never really will know what one can do until one tries.

Triumphantly In Christ Your Friend,

Mr. Bob

Robert F. Xavier, Missionary/Pastor  
9<sup>th</sup> Degree Black Belt, Instructor



## The Old Ways

The martial arts are as unique and diverse as those individuals who choose to seek them. The teaching passed on from the “old ways” has emerged into many different styles and systems that are prevalent around the world today. Just as the United States became the melting pot of many different nationalities and diverse cultures, the martial arts have also followed suit. There are different thoughts along these lines. There are those who believe that a specific martial art needs to remain as pure as possible from its inception with the exact rigors of training, forms and discipline being passed down from parent to child and generation for posterity sake. There is also the thought that the martial arts blend into one another as cross training becomes inevitable with today’s culture and society.

Yon Ch’uan (soft fist) Martial Arts perhaps can best be described as a living art. It has techniques and components of both hard and soft/external and internal styles. The most versatile and effective styles of martial arts are those systems that combine both external and internal training methods. The Yon Ch’uan Martial Arts system has been wonderfully strengthened through the influence and teachings of John Chung Li, a true Chinese and Born Again Christian internal martial arts master who emigrated from China after their Cultural Revolution. It is an art that lives on through teaching the practitioner magnificent Chinese health and self-defense treasures. It is a gift that was passed down to us by those who have come before. To us this amazing martial arts treasure has been entrusted. We are the humble guardians. Each of us as students/and or instructors is a reflection of this art. We are the manner and way in how the art is gauged.

We appreciate and treat this unique art with much respect and gratitude for what has been given to us. Our guardianship is only temporary! We might hope that our humility becomes permanent! We are but minions among minions in the martial arts community. However, we have learned that those that follow superior martial arts health and self defense principles have been sustained both in theory and application through the centuries.

Again with reference to the “Old Way”, the martial arts were traditionally practiced on three levels: *physical, mental and spiritual*. Disappointedly, most martial arts were not practiced by ancient cultures as God would have intended. God always intended the body to be indwelt by His Spirit and the mind to have His thoughts about life situations and circumstances. Spiritual development and practice historically was the ultimate aim and goal of most ancient cultures. They sought many levels of physical training including martial arts as a pathway to bring harmony within and without. Ancient and historical wisdom and philosophy is an integral part of the heritage and culture of eastern arts. Yon Ch’uan as taught by Grace Martial Arts instructors will never blend eastern religion into their instruction, but rather teaches that, “Jesus Christ is the way, the truth and the life. No one comes to the Father except through me” (John 14:6). More importantly to stand strong and firm in the Lord we need to be continually nourished by being taught the Word of God rightly divided.

Yon Ch’uan Martial Arts has many powerful ancient training techniques, ideologies and principles that will enhance and guide practitioners to optimal health, well-being and self-defense ability. As instructors before us - we recognize the differences and similarities of the hard - soft/ external - internal aspects and their origins. We have learned that to know one without the other creates a void in practice and in one’s ability to reach his/her full psychomotor, cognitive, affective and spiritual potential.

We are first encouraged to know the Lord Jesus Christ as our Savior and to make Him known as we travel the highway of life. Perseverance will further our development and understanding.

## Grace Martial Arts Basic Training Rules

- Grace Martial Arts teaches Christian family values, directly related to Biblical principles
- Christian Bible lessons will be taught throughout a student's training
- Students are expected to memorize Bible verses and study their various assignments
- Please address your instructors as Sensei or Mr. and/or Miss
- No shoes are allowed in the training area unless they are mat shoes
- Please do not enter or leave training class floor without permission from an instructor
- If a student arrives late for class, wait for the instructor to recognize you before entering class
- There will be no chewing of gum or eating on the training floor
- When sitting on the training mats floor always sit cross-legged
- No loud talking or horseplay is allowed. Respect and self-control are always observed
- Students are requested to wear clean uniform (gi) and wear them for every class session
- No watches, earrings, rings, jewelry, etc, will be worn during practice
- Trim fingernails, toenails short in order to avoid injury to yourself or other students
- Bring any problems that could interfere with your learning to the attention of your instructor
- If you are injured in any way during class, notify the instructor immediately
- When the instructor is teaching show the utmost respect by not talking
- Do all exercises to the best of your ability. Students are expected to train hard, be disciplined and develop a strong moral character
- If you will not be attending a class, please, notify the instructor prior to the class
- Parents are most welcome to observe students, but only from the designated seating area
- Please, try to remember to sign in and sign out before and after each class session
- PLEASE WRITE ALL CHECKS TO: GRACE MARTIAL ARTS the beginning of each month.

Web sites: [www.gracemartialarts.org](http://www.gracemartialarts.org) Cell: (941) 726-5056



## YON CH'UAN PRINCIPLES AND PRACTICE

Yon Ch'uan is one of the few authentic martial arts systems which still integrate both external and internal psychomotor techniques, as originally taught more than a thousand years ago. It is one of the elder systematized forms of internal martial arts. The fluid movements are spherical, esthetically beautiful and seemingly without beginning or end. Yon Ch'uan Martial Arts emphasizes the use of the internal psychomotor energy as opposed to visible muscular strength. It is in dramatic contrast to the external or HARD martial arts characteristics. The Yon Ch'uan defense system emphasizes the use of least muscle resistance, through yielding, emptying, entwining, and penetrating as a means to subduing force rather than meeting force with opposing force.

The source of strength in Yon Ch'uan is derived from a relaxed posture of perfectly balanced whole body power connected in unison with springy-like energy spiraling through the physical body movement. The essential difference between meeting force with external strength as opposed to internal energy is when resisting force with force you engage the attacker on his/her terms. Whereas, when using SOFT internal energy, you deny both your attacker's expectations and the object of his/her attack: Yourself. Through routine practice the student acquires startling speed and focused strength with superior ability to apply effortlessly the six basic principles unique to the Yon Ch'uan Martial Arts system. These basic principles are redirection, evasion, quartering, entrapment, absorption and reflection. The Yon Ch'uan Martial Arts system teaches students to avoid physical force whenever possible, but when unavoidable, how to utilize the escalation of force to ensure personal safety. Students develop realistic easy-to-use self-defense skills, personal discipline and Christ-centered confidence!

### THREE ZONE DEFENSE THEORY

The Yon Ch'uan Martial Arts System incorporates three zones of self-defense training. The Three Zone Defense theory is a seemingly simple action; however, it is loaded with subtleties that require years of practice to perform them succinctly with a totally relaxed mind/intent and body integration. Mind/intent is the neutral point between cause and effect. As you relax the mind and body to reduce tension, your physical body and conscious mind will find a neutral point between cause and effect so that your thoughts can clearly and succinctly be expressed through unconscious physical action.

The **First Zone** (*physical contact applied*) and **Second Zone** operate (*within the sphere of the practitioner's physical reachable space*) teach superior kinetic body alignment and sensitivity training. Classical Chinese rooting methods, mid-line blocks and parries, throws, submission holds, pressure points, locks, escapes and counters are an integral part of the First and Second Zone training methods. The same defense principles apply for the **Third Zone** (*not within reachable space of the aggressor's attack*). The practitioner learns how to utilize the aggressor's strength and weaknesses to effect easy-to-use escape skills and to avoid injury. Maximum efficiency of self-defense skills is realized through economy of movement and quartering that minimizes an aggressor's ability to attack effectively.

### THREE ZONE DEFENSE PHILOSOPHY

The Yon Ch'uan defense principles emphatically instill not to meet force with force, but rather yield and overcome aggression through the redirection of force, restraints and submission holds, evasion, absorption, reflection and escapes. In like manner the **Second Zone**, within the sphere of the practitioner's physical reachable space, is sometimes the most difficult zone of defense to defend from compassionately because of lag-time reaction. The use of an ancient anatomy charting method which loosely translates as "mid-line quartering" allows the practitioner to maintain control of the attacker's midline and with skillful ability that neutralizes and immobilizes the aggressor compassionately with minimal harm to the aggressor.

## Grace Martial Arts Belt Rank Scripture Memory System

1. 10<sup>th</sup> Kyu (Ju-kyu) - **White Belt 1** ... John 14:6; John 3:16; Romans 3:23
2. 10<sup>th</sup> Kyu (Ju-kyu) - **Yellow Belt** ... Romans 6:23; Romans 5:8; Ephesians 2:8-9
3. 9<sup>th</sup> Kyu (Ku-kyu) - **Yellow Belt 1** ... 2 Peter 3:18; Ephesians 1:7; John 5:24
4. 9<sup>th</sup> Kyu (Ku-kyu) - **Gold Belt** ... 1 Corinthians 15:3-4; 1 John 5:13; Ephesians 1:13
5. 8<sup>th</sup> Kyu (Hachi-kyu) - **Gold Belt 1** ... Romans 5:1-2, Romans 10:9; Hebrews 11:6
6. 8<sup>th</sup> Kyu (Hachi-kyu) - **Orange Belt** ... Isaiah 26:3; 41:10; Titus 3:5; 2-Timothy 2:15
7. 7<sup>th</sup> Kyu (Shichi-kyu) - **Orange Belt 1** ... Psalms 139:23-24; 2 Corinthians 10:5; Philippians 2:3-5
8. 7<sup>th</sup> Kyu (Shichi-kyu) - **Blue Belt** ... 2 Cor. 5:17; Galatians 2:20; Romans 12:1-2
9. 6<sup>th</sup> Kyu (Roku-kyu) - **Blue Belt 1** ... John 14:21; 2-Timothy 3:16-17; Joshua 1:8
10. 6<sup>th</sup> Kyu (Roku-kyu) - **Purple Belt** ... John 15:7; Philippians 4:6-7, Matthews 18:20
11. 5<sup>th</sup> Kyu (Go-kyu) - **Purple Belt 1** ... Hebrews 10:24-25; Romans 1:16; Matt. 4:19
12. 5<sup>th</sup> Kyu (Go-kyu) - **Red Belt** ... 1 Corinthians 15:57; 1 John 2:15-16; 1 John 4:18
13. 4<sup>th</sup> Kyu (Yon-kyu) - **Red Belt 1** ... John 1:1-3; Colossians 1:16; Revelation 4:11
14. 4<sup>th</sup> Kyu (Yon-kyu) - **Green Belt** ... John 13:34-35; 1 John 3:18; 1 Corinthians 9:24-27
15. 3<sup>rd</sup> Kyu (San-kyu) - **Green Belt 1** ... Colossians 3:1-4; Colossians 3:23-24
16. 3<sup>rd</sup> Kyu (San-kyu) - **Tan Belt** ... Acts 20:24; Proverbs 27:17; Proverbs 17:17
17. 2<sup>nd</sup> Kyu (Ni-kyu) - **Tan Belt 1** ... Proverbs 15:1, 33; Colossians 2:10; Philippians 4:6 & 7
18. 2<sup>nd</sup> Kyu (Ni-kyu) - **Brown Belt 3** ... 1 Peter 5:5-6; Psalms 119:9,11
19. 1<sup>st</sup> Kyu (IK-kyu) - **Brown Belt 2** ... 1 Peter 2:11; Acts 24:16; Philippians 4:19
20. 1<sup>st</sup> Kyu (IK-kyu) - **Brown Belt 1** ... Titus 2:11-12; 1 Corinthians 13:4-6; Philippians 4:8
21. 1<sup>st</sup> Dan (Sho-dan) - **1<sup>st</sup> Degree Black Belt**... Hebrews 4:12; 1 Corinthians 3:16-17
22. 1<sup>st</sup> Dan (Sho-dan) - **1st Degree Black Belt to Assistant Instructor**... Ephesians 6:10-18

*Belt advancement will be based on good self defense, control, speed, balance, discipline, safety awareness and higher skill proficiency on all previously learned techniques.*

*Scripture memory is a significant part of the student's belt advancement.*

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## CALISTHENICS WARM UP AND STRETCHING ROUTINE

Yon Ch'uan Martial Arts is designed for both young and old students. Age is seldom a barrier to practice whether 6 or 60. It is an art that can be practiced by all ages, physical condition permitted. Everyone can learn to stretch properly regardless of age or flexibility. You do not need to be in excellent physical condition to acquire good athletic skills. The methods of stretching used are gentle and easily conform to the individual's different muscle tension and flexibility. Routine stretching improves ease of movement, reduces potential injuries and assists your muscles' ability to become lengthened. Stretching is crucial because muscles will not stretch themselves, they will only contract!

A proper warm-up should be done before stretching and will raise your body temperature by one or two degrees. It is very important that you perform the general warm-up before you stretch. When warming up is done properly your heart rate gradually increases and blood flow rises which will help loosen stiff muscles and joints. Stretching while muscles are cold may injure muscles.

### Common Warm-up Exercises

- **Jogging in Place • Jumping Jacks • Leg Rising with Body Shifting • Push Ups • Sit Ups • 15- Animal Kung Fu Forms**
- **TOE JOINT EXERCISE:** Assume a parallel open stance placing your hands on your hips, bending the knee of the supporting leg and raising your foot off the floor, beginning with the large toe curl the toes under in a claw-like configuration as if your toes were picking things up. Note: At home place a towel under your feet and use your toes to crumple it.
- **FOOT / ANKLE CIRCLE EXERCISES:** Balance yourself on one leg by bending supporting knee over the middle of supporting foot, feel the outside edge/sole of foot and toes gripping the floor slightly, tucking your sacrum/pelvis as you rotate your foot and ankle 10-15 times in a circular motion, first to the right then to the left. Repeat on the other foot. This will help activate circulation and balance in the feet and legs.
- **KNEE CIRCLE EXERCISE:** With feet close together and palms on knees, crouch into a deep knee position tucking your pelvis. Circle your knees in one direction, then reverse the direction; counterclockwise. Repeat 10 to 15 times in both directions breathing smoothly and slowly while massaging your knees simultaneously.
- **SQUATTING LEG STRETCH EXERCISE:** Begin in squatting position supporting your balance with your hands between your legs, then place one leg out to the side. While keeping the toes of the outstretched leg pointing upward, attempt to touch your calf to the floor. To switch sides, alternate your body weight by shifting your body and sitting /squatting down over the supporting foot and ankle. Do not move feet, but rather shift your weight from one foot to the other foot. Also, keep your supporting foot/heel off the floor to avoid knee injury! DO NOT bounce when you stretch, you should stretch breathing through each movement and relax.
- **BACK AND LEG-SPREADING EXERCISE:** In a sitting position separate your legs, moving your feet apart until the desired stretch is created. Keeping your feet upright, with your heels on the floor, reach and hold an ankle or foot and lower your head to your knee slowly as you exhale. Try to prevent the knee and leg of your stretching leg from bending. Hold for a minimum of 10-15 seconds per side, inhaling as you move from one leg to the other leg. As your body gradually adapts, slowly increase the stretch by lowering your hips a bit further to work up to a 180° leg spread. Avoid arching the back by keeping the hips forward. Repeat on each side, be careful not to over stretch.
- **HEAD TO THE FLOOR AND LONG STRETCH:** Grasp both ankles with each hand and slowly lower your head as close to the floor or mat as possible. Prevent the knees from bending and hold for a minimum of 10 - 15 seconds slowly exhaling. As your body gradually adapts, slowly increase your stretch by lowering your hips. Once you accomplish getting your head to the floor or mat then lower your chin and then lower your chest to the floor. End this stretch with both of your legs straight out in front of you and bring your head to your knees and hold for 10 - 15 seconds.



- **GROIN / ADDUCTOR STRETCH EXERCISE:** Put the soles of your feet together and hold your toes and feet together. Position your thighs outward and gently push down on the inside of your calf muscles with your elbows isolating the stretch as you pull yourself forward bending from the hips bringing your head gradually toward your feet until you feel a good stretch in the groin. You may also feel a stretch in your back. Hold for 15 - 20 seconds.
- **ALTERNATE TOE TOUCHING EXERCISE:** Stand with your legs wide apart. While legs are straight and wide apart touch the floor on the opposite side with opposite hand, (right hand to left foot and reverse). Gradually walk your feet together to avoid sharply bending at the knees as well as not locking the knee joints. Continue the process and when the feet are together, try to touch the floor primarily with the palms. If this is easy, grab the back of your ankles pulling your body downward gently. This will help increase the stretch in your legs and back. While you concentrate on stretching and relaxing in a very deep and stable position, do not go too far. Remember to keep your knees slightly bent when returning to straight up position. Repeat the series two or three times.
- **THREE MAJOR JOINT AND LUMBAR ROTATION EXERCISES:** 1) Stand with your feet pointed straight ahead, a little wider apart than your shoulders, with knees slightly bent and pelvis continuously tucked. Pivot to the left directing the back of your left to right side of your spine at your kidney height and your right palm simultaneously slaps the front of your left shoulder. Be sure to turn your head and neck to the left as you are turning your waist. Immediately reverse this process pivoting to the right and continue for 30 to 40 repetitions with very relaxed rotations.  
  
2) Standing in same exercise position, pivot to the left directing the back of your left hand to right side of your spine at your kidney height and your right palm simultaneously slapping the upper back between your shoulder blades. Be sure to turn your head and neck to the left as you are turning your waist. Immediately reverse this process, pivoting to the right and continue for 30 to 40 repetitions with very relaxed rotations.  
  
3) Standing in the same exercise position, begin by putting your right hand and arm on top of your left hand and arm as though you were hugging yourself. Pivot to the left directing both left and right hands and arms to open widely and then closing as though you are slapping yourself. Immediately repeat by turning to the right side opening widely both hands and arms and then closing both hands and arms as though you are slapping yourself. Be sure to try to maintain a pelvis tucked position. Repeat 30 to 40 times.
- **HIP CIRCLE EXERCISES:** Start with your hands on your hip, feet pointed straight ahead, knees slightly bent with your pelvis tucked. Rotate hips in a clockwise and counter-clockwise action. The exercise is performed like a hula-hoop. Relax and breathe naturally. This exercise will also help loosen the lower back and hips.
- **NECK EXTENSION STRETCH EXERCISE:** Start with your legs in a natural open stance and rotate your head toward your right shoulder as you lean your head, with your ear toward your shoulder. Hold a comfortable stretch for 5-seconds. Repeat on the other side and to the front and back. Avoid a circular movement!
- **TWO SHOULDER STRETCH EXERCISES:** 1) To stretch your shoulder and middle of your upper back, gently pull your elbow across your chest toward your opposite shoulder. Hold 8-10 seconds. Repeat on the other side.  
  
2) Another stretch is done by reaching behind your head and down as far as possible with your right hand (palm facing back) as your left hand reaches behind and interlace or hook fingers (palms of both hands facing away from your back). Pull the right hand increasing the tension holding 5-7 seconds. Go slowly, repeat a few times, switching from side to side.
- **SUPPLEMENT EXERCISES - BASED ON SPINAL HEALTH AND FLEXIBILITY:**  
1) Floor Overhead Toe Touches 2) Lower Back Leg Cross 3) Leg Stretch from Elevated Stationary Position





# Yon Ch'uan Martial Arts Testing Requirements

## 10<sup>th</sup> Kyu (Ju-kyu) - White Belt-1

John 14:6; John 3:16; Romans 3:23

Character Qualities:      Humility      Honesty      Confidence

### Self-Defense Skills

#### Ukemi Waza, Mat Falling, Flat Two Hand Slap:

\_\_\_\_ Back Falling, Lying down \_\_\_\_ Sitting \_\_\_\_ Squatting \_\_\_\_ Standing

\_\_\_\_ Left side falling position \_\_\_\_ From Muggers Throw, Reinforce Timing Reflex

Animal Form: \_\_\_\_ Tiger, Basic 3 Movements

Wrist Escapes: \_\_\_\_ Right Hand to Right, Escape and Counter, NO throw  
\_\_\_\_ Front double (Uki's two hands holding Tori's one wrist).

Throws: \_\_\_\_ Hiza Kansetsu (rear underarm bear hug) \_\_\_\_ Yoko Gari  
(mugger's hold)

#### Stance Terminology:

____ Ready - Fudo Dachi	____ Hanmi stance /movement
____ Front - Zenkutsu Dachi	____ Formal - Stance (Musubi Dachi)
____ Back - Kokutsu Dachi	____ Horse stance (Kiba Dachi)
____ Cat - Nekoashi Dachi	____ Crane stance (Tsuruashi Dachi)

Kicks: \_\_\_\_ Standing Mae Gari (Middle Thrust with Ball of the Foot) \_\_\_\_ Body shifting with Mae Gari Kick

Blocks: Uke Waza Shifting with Middle Palm Block \_\_\_\_ Body Shifting with Block & Counter

(Very basic skill ability with some understanding and awareness of movement principles)

# Yon Ch'uan Martial Arts Testing Requirements

## 10<sup>th</sup> Kyu (Ju-kyu) - Yellow Belt

Romans 6:23; Romans 5:8; Ephesians 2:8-9

Character Qualities:      LOVE                      JOY                      PEACE

**\*\* Indicates New Self-Defense Skill: (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)**

### Ukemi Waza, Mat Falling:

\_\_\_\_ Back Falling, lying down flat, head off mat, two-hand slap \_\_\_\_ Sitting \_\_\_\_ Squatting \_\_\_\_  
Standing \_\_\_\_ Side Falling, Squatting \_\_\_\_ Standing \_\_\_\_ Squatting Forward roll-out \_\_\_\_  
\_\_\_\_ Standing Roll-out

**\*\*Animal Forms & Bunki App:** \_\_\_\_ Tiger Basic 3 or 4 movement \_\_\_\_ Tiger with right hand wrist escape \_\_\_\_ Tiger right hand wrist escape with Heaven & Earth \_\_\_\_ Tiger with Mawashi Geri/ Round-house

**Optional:** \_\_\_\_ Taikyoku One & Two, Introduction First Seven Movements

**\*\*Wrist Escapes:** \_\_\_\_ Cross grab \_\_\_\_ Front single \_\_\_\_ \*\*Side \_\_\_\_ Front Double \_\_\_\_ \*\*Upper Arm Held & Wrist

**Judo Self Defense Throws:** \_\_\_\_ Hiza Kansetsu (rear underarm bear hug) \_\_\_\_ Yoko Gari (mugger's hold) \_\_\_\_ \*\*Heaven & Earth \_\_\_\_ \*\*Single collar grab Aikido Take-down \_\_\_\_ \*\*Soft Osoto Gari

**\*\*Self Defense Using Osoto Gari:** \_\_\_\_ Upper Arms Held \_\_\_\_ Front Under Arm Bear Hug \_\_\_\_ Front Choke \_\_\_\_ Right Hand Single Collar Grab Aikido Takedown \_\_\_\_ Front Double Wrist Grab

**\*\*Judo Hold Downs:** \_\_\_\_ Scarf-hold (Kesa-Gatame) \_\_\_\_ Top Four Corner Hold (Kata-Gatame)

### **\*\*Stance Terminology:**

\_\_\_\_ Ready - Fudo Dachi  
\_\_\_\_ Front - Zenkutsu Dachi  
\_\_\_\_ Formal - Stance (Musubi Dachi)  
\_\_\_\_ Back - Kokutsu Dachi  
\_\_\_\_ Cat - Nekoashi Dachi  
\_\_\_\_ Horse stance  
\_\_\_\_ Stance Transitions

### **\*\*Standing Blocks and Counters**

\_\_\_\_ Palm (Shotei) Chudan Uke/Middle  
\_\_\_\_ Body Shifting with Palm Block & Counter  
\_\_\_\_ Low - Gedan Uke - barai (parry)  
\_\_\_\_ High - Palm Judan Uke/Upper  
\_\_\_\_ Seiken Chudan Uke/Middle  
\_\_\_\_ Seiken Gedan Uke/Lower  
\_\_\_\_ Seiken Jodan Uke/Upper

(Very basic skill ability with a little understanding and awareness of movement principles)

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 9<sup>th</sup> Kyu (Ku-kyu) - Yellow Belt - 1

2 Peter 3:18; Ephesians 1:7; John 5:24

**Character Qualities:** HONOR FAITH RESPONSIBILITY

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Ukemi Waza, Mat Falling:** \_\_\_ Back Falling, laying down flat two hand slap \_\_\_ Sitting \_\_\_ Squatting  
\_\_\_ Standing \_\_\_ Side Falling, Squatting \_\_\_ Standing \_\_\_ Walking \_\_\_ From Muggers Throw  
\_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Squatting \_\_\_ Standing \_\_\_ Walking

**Animal Form Application:** \_\_\_ Tiger Basic 3 or 4 movement \_\_\_ Tiger with right hand wrist escape  
\_\_\_ Tiger right hand wrist escape with Heaven & Earth \_\_\_ Tiger with Mawashi Geri/ Round-house

**Optional:** \_\_\_ \*\*Taikyoku One & Two, 20 Movements \_\_\_ \*\*One Step Sparring

**Wrist Escapes:** \_\_\_ Cross grab \_\_\_ Front single \_\_\_ Side \_\_\_ Front Double \_\_\_ Upper Arm Held & Wrist

**Judo Self Defense Throws:** \_\_\_ Hiza Kansetsu (rear underarm bear hug) \_\_\_ Yoko Gari (mugger's hold)  
\_\_\_ Heaven & Earth \_\_\_ Single collar grab Aikido Take-down \_\_\_ Soft Osoto Gari

**Self Defense Using Osoto Gari:** \_\_\_ Upper Arms Held \_\_\_ Front Under Arm Bear Hug \_\_\_ Front Choke  
\_\_\_ Back Choke with Strike \_\_\_ Front Double Wrist Grab

**\*\*Judo Hold Down Competition:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Top Four Corner Hold (Kata-Gatame)

#### **Stance Terminology:**

___ Ready - Fudo Dachi	___ Cat - Nekoashi Dachi
___ Front - Zenkutsu Dachi	___ Horse stance
___ Formal - Stance (Musubi Dachi)	___ Stance Transitions
___ Back - Kokutsu Dachi	___ **Sparring (Hanmi stance)

#### **Standing Blocks & Counters:**

___ Middle - Palm Chudan Uke	___ High - Palm Judan Uke
___ Body Shifting with Palm Block	___ Seiken Chudan Uke/Middle
___ Low - Gedan Uke - barai (parry)	___ Seiken Gedan Uke/Lower
___ Palm Strike (Shotei)	___ Seiken Jodan Uke/Upper

#### **\*\*Three-Zone (3-Z) Defensive Postures:**

\_\_\_ Zone Three - Not within reachable space  
\_\_\_ Zone Two - Within reachable space  
\_\_\_ Zone One - Physical contact applied

#### **\*\*Basic introductory Knowledge of (3-C's)**

\_\_\_ Contact, Control, Counter  
\_\_\_ (Passive & Command) Quartering Subject  
\_\_\_ (Kuzushi) Escape, Unbalancing Subject

**Belt advancement will be based on higher skill proficiency on all previously learned techniques.**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 9<sup>th</sup> Kyu (Ku-kyu) - Gold Belt

1 Corinthians 15:3-4; 1 John 5:13; Ephesians 1:13

**Character Qualities:**     **DISCIPLINE**                      **FORGIVING**                      **FELLOWSHIP**

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Ukemi Waza, Mat Falling:** \_\_\_ Back Falling, laying down flat two hand slap \_\_\_ Sitting \_\_\_ Squatting  
\_\_\_ Standing \_\_\_ Side Falling, Squatting \_\_\_ Standing \_\_\_ Walking \_\_\_ From Muggers Throw  
\_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Squatting \_\_\_ Standing \_\_\_ Walking \_\_\_ \*\* Rolling Over Object

**Animal Forms Application:** \_\_\_ Tiger 4 movements, \_\_\_ \*\*Crane first two movements, \*\* \_\_\_ Monkey  
Front Push \_\_\_ \*\* Crane Hurricane Kick/Block with Monkey Application of Hanmi Stance

**Optional:** \_\_\_ \*\*Taikyoku One & Two, 20 Movement combine into 10 movements

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter  
(Penetrate) \_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ \*\*Side Over-arm bear-hug from  
Muggers Hold \_\_\_ Front Collar Grab Escape \_\_\_ \*\*Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape  
(Osoto Gari) \_\_\_ Attempted Collar Grab \_\_\_ \*\* Front Push (Redirect) \_\_\_ \*\*Attempted Front Choke  
(Tiger) Heaven & Earth \_\_\_ \*\*Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ \*\* Rear Double  
Wrist Escape with Ogoshi

**\*\*Judo Throws Standing and Hold Downs:**

\_\_\_ Yoko Gari \_\_\_ \*\*Osoto Gari Kata \_\_\_ \*\*Deashi Barai \_\_\_ \*\*Seoi-otoshi \_\_\_ \*\*Ogoshi \_\_\_  
\_\_\_ Shoulder-hold (Kesa- Gatame) \_\_\_ Top Four Corner Hold (Shiho-Gatame) \_\_\_ Kata Gatame

**Blocks:** (Moving blocking defense: front, middle, and high punches)

\_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put out the spark from Tiger \_\_\_ Crane blocks and counter \*\* \_\_\_ Paddle  
Blocks

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

#### **Basic Application & Understanding:**

\_\_\_ Zone Three - Not within reachable space \_\_\_ Contact, Control, Counter  
\_\_\_ Zone Two - Within reachable space \_\_\_ (Passive & Command) Quartering Subject  
\_\_\_ Zone One - Physical contact applied \_\_\_ (Kuzushi) Escape, Unbalancing Subject

**\*\*Moving Blocks & Counters with (Hanmi Stance)**

\_\_\_ Low - Gedan Uke - barai (parry) \_\_\_ Body Shifting with Palm Block  
\_\_\_ Palm Strike (Shotei) \_\_\_ Seiken Chudan Uke/Middle  
\_\_\_ High - Palm Judan Uke \_\_\_ Seiken Gedan Uke/Lower  
\_\_\_ Middle - Palm Chudan Uke \_\_\_ Seiken Jodan Uke/Upper  
\_\_\_ \*\*Combination Blocks & Counters

**Belt advancement will be based on higher skill proficiency on all previously learned techniques.**

# Yon Ch'uan Martial Arts Testing Requirement

## Scripture Memory, Character Qualities and Self-Defense Skills

### 8<sup>th</sup> Kyu (Hachi-kyu) - Gold Belt - 1

Romans 5:1-2; Romans 10:9; Hebrews 11:6

#### Character Qualities:    AGREEABLENESS    ALERTNESS    APPRECIATION

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Ukemi Waza, Mat Falling:** \_\_\_ Back Falling, lying down flat two hand slap \_\_\_ Sitting \_\_\_ Squatting  
\_\_\_ Standing \_\_\_ Side Falling, Squatting \_\_\_ Standing \_\_\_ Walking \_\_\_ From Muggers Throw  
\_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Squatting \_\_\_ Standing \_\_\_ Walking \_\_\_ Rolling Over Object

**Animal Forms Application:** \_\_\_ Tiger 4 movements, \_\_\_ Crane first two movements, \_\_\_ Monkey  
Front Push \_\_\_ Crane Hurricane Kick/Block with Monkey Application of Hanmi Stance

**Optional:** \_\_\_ **\*\*Taikyoku One & Two**, into 10 movements

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter (Penetrate)  
\_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ **\*\* Rear Double Wrist Escape with Ogoshi**

**\*\*Judo Throws (Moving) and Hold Downs:** \_\_\_ Single collar grab Aikido Take-down \_\_\_ Yoko Gari  
\_\_\_ Osoto Gari Kata \_\_\_ Deashi Baria \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ **\*\*O-Uchi Gari** \_\_\_ Shoulder-hold  
(Kesa- Gatame) \_\_\_ Top Four Corner Hold (Shiho-Gatame) \_\_\_ Kata Gatame

**Blocks:** (Moving blocking defense: front, middle, and high punches)

\_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ **\*\*Paddle Blocks**

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

#### Basic Application & Understanding:

___ Zone Three - Not within reachable space	___ Contact, Control, Counter
___ Zone Two - Within reachable space	___ (Passive & Command) Quartering Subject
___ Zone One - Physical contact applied	___ (Kuzushi) Escape, Unbalancing Subject

#### Blocks & Counters with (Hanmi Stance)

___ Low - Gedan Uke - barai (parry)	___ Body Shifting with Palm Block
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Middle
___ High - Palm Judan Uke	___ Seiken Gedan Uke/Lower
___ Middle - Palm Chudan Uke	___ Seiken Jodan Uke/Upper
	___ Combination Blocks & Counters

**Belt advancement will be based on higher skill proficiency on all previously learned techniques.**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 8<sup>th</sup> Kyu (Hachi-kyu) - Orange Belt

Isaiah 26:3; 41:10; Titus 3:5; 2 Timothy 2:15

Character Qualities: COURAGE STRENGTH LOYALTY

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Ukemi Waza Mat Falling:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_ Throwing

**\*\*Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**Formal Judo Throws -- Standing -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ \*\*Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Barai \_\_\_ \*\*Tai-otoshi \_\_\_ Osoto Gari  
\_\_\_ \*\*Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ \*\*Throw Combinations \_\_\_ \*\*Ogoshi Kata

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter (Penetrate)  
\_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ \*\*Head Lock \_\_\_ \*\*Front Over-arm Bear-hug \_\_\_ \*\*L. Hand Around Wais/on Shoulder

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ \*\*Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ \*\*Shiho Gatame (Hold-down above opponent's  
head)

**\*\* Animal form Application:** \_\_\_ \*\* Tiger \_\_\_ \*\*Crane Block & Counter \_\_\_ \*\*Monkey \_\_\_ \*\*Goose  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications

**Optional:** \_\_\_ Taikyoku One & Two, 20 Movement combine into 10 movements \_\_\_ \*\*Taikyoku Three Intro.

**Blocks:** (Moving blocking defense: front, middle, and high punches). \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put  
out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control &  
Counter:**

**Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ Middle - Palm Chudan Uke	___ Seiken Gedan Uke/Lower
___ Palm Strike (Shotei)	___ Body Shift w/ Palm Block	___ Seiken Jodan Uke/Upper
___ High - Palm Judan Uke	___ Seiken Chudan Uke	___ Combination Blocks
___ ** Uraken Sayu Uchi	___ **Uraken Sayu Uchi	___ **Uraken Shomem Uchi

**Belt advancement will be based on higher skill proficiency on all previously learned techniques.**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 7<sup>th</sup> Kyu (Shichi-kyu) - Orange Belt - 1

Psalms 139:23-24; 2 Corinthians 10:5; Philippians 2:3-5

**Character Qualities:**      **CONVICTIONS**      **CONFIDENCE**      **COUNSEL**

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Ukemi Waza Mat Falling:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_ Throwing

**\*\*Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**Formal Judo Throws -- Standing -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari Kata \_\_\_ \*\*Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ \*\*Figure 4 \_\_\_ Ogoshi Kata

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter (Penetrate)  
\_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ Head Lock \_\_\_ L. Hand on Shoulder \_\_\_ \*\* L. Wrist grab to Muggers Hold  
\_\_\_ \*\*Face Grab \_\_\_ Front Over-arm Bear-hug \_\_\_ \*\* Chicken Wing (Yuki Ore)  
\_\_\_ \*\*3 Person Defense

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms Applications:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \*\* \_\_\_ Dragon \_\_\_ \*\*Crane (Complete Form)  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications

**Optional:** \_\_\_ Taikyoku One & Two, 20 Movement combine into 10 movements \_\_\_ \*\*Taikyoku Three Intro.

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put  
out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control &  
Counter:**

**Blocks & Counters with (Sparing Hanmi Stance)**

___ Low - Gedan Uke	___ Body Shift w/Palm Block	___ Combination Blocks
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Mid	___ ** Uraken Sayu Uchi
___ High - Palm Judan Uke	___ Seiken Gedan Uke/Low	___ ** Uraken Shomen Uchi
___ Middle - Palm Chudan Uke	___ Seiken Jodan Uke/Upper	___ ** Uraken Hizo Uchi
___ ** Paddle Blocks	___ **Upper X-Block to Fig. 4	

**Belt advancement will be based on higher skill proficiency on all previously learned  
techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 7<sup>th</sup> Kyu (Shichi-kyu) - Blue Belt

2 Corinthians 5:17; Galatians 2:20; Romans 12:1-2

**Character Qualities:** PATIENCE PERSEVERANCE PRIORITIES

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Ukemi Waza Mat Falling:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_ Throwing

**Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ \*\*Figure 4

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter (Penetrate)  
\_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ Head Lock \_\_\_ L. Hand on Shoulder \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ Face Grab \_\_\_ Front Over-arm Bear-hug \_\_\_ Chicken Wing (3-Person defense)

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho Gatame) \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's head)

**Animal Forms Applications:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ \*\*Leopard

\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications \_\_\_ \*\*Animal Combinations

**Optional:** \_\_\_ Taikyoku One & Two, 20 Movements combine into 10 movements \_\_\_ \*\*Taikyoku Three Intro.

**\*\* Sword Forms:** \*\* \_\_\_ 8 Directional \*\* \_\_\_ Tiger

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks \_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control & Counter:**

**Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ SBody Shift w/Palm Block	___ Combination Blocks
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Mid	___ Uraken Sayu Uchi
___ High - Palm Judan Uke	___ Seiken Gedan Uke/Low	___ Uraken Shomen Uchi
___ Middle - Palm Chudan Uke	___ Sekien Jodan Uke/Upper	___ Uraken Hizo Uchi
___ ** Paddle Blocks	___ ** Upper X-Block to Fig. 4	

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**



# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 6<sup>th</sup> Kyu (Roko-kyu) - Blue Belt - 1

John 14:21; 2 Timothy 3:16-17; Joshua 1:8

Character Qualities: WISDOM PURPOSE IN LIFE VIRTUE

**\*\* Indicates New Self-Defense Skill: (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)**

**Ukemi Waza Mat Falling Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4

**Judo Self Defense (3-C's)** \_\_\_ Contact (Absorb) \_\_\_ Control (Entrap) \_\_\_ Counter (Penetrate)  
\_\_\_ Rear Underarm Bear Hug \_\_\_ Muggers/Yoko Gari \_\_\_ Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ Side Over Arm Bear Hug \_\_\_ Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ \*\*Head Lock Punch \_\_\_ L. Hand on Shoulder \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ Face Grab \_\_\_ L. Hand Around Waist \_\_\_ Chicken Wing (3-Person defense)  
\_\_\_ \*\*Round House Punch \_\_\_ \*\*Ground Defense \_\_\_ \*\* Defense against Kin Gari and Mae Gari

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame. \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms Applications:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications \_\_\_ \*\* Animal Combinations

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ \*\*Taikyoku Three Intro

**\*\* Sword Forms:** \*\* \_\_\_ 8 Directional Sword \*\* \_\_\_ Tiger Sword

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put  
out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks \_\_\_ One Step and Three Step  
Sparring (Kumite) (*Understanding Proper distance between partners*)

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control &  
Counter:**

**Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ Body Shift w/Palm Block	___ Combination Blocks
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Mid	___ Uraken Sayu Uchi
___ High - Palm Judan Uke	___ Seiken Gedan Uke/Low	___ Uraken Shomen Uchi
___ Middle - Palm Chudan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Hizo Uchi
___ Paddle Block	___ X-Block to Figure 4	

**Belt advancement will be based on higher skill proficiency on all previously learned  
techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 6<sup>th</sup> Kyu (Roko-kyu) - Purple Belt

John 15:7; Philippians 4:6-7; Matthews 18:20

Character Qualities:                      WISDOM                      PURPOSE IN LIFE                      VIRTUE

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**\*\*Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_ Throwing

**Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4

#### Judo Self Defense (3-C's)

#### © Indicates Begin Training Left Side Throws

___ Rear Underarm Bear Hug	___ © Muggers/Yoko Gari	___ © Side Over-arm bear-hug from Muggers Hold
___ Front Collar Grab Escape	___ © Side Over Arm Bear Hug	___ © Front & Back Choke Escape (Osoto Gari)
___ Attempted Collar Grab	___ Front Push (Redirect)	___ Attempted Front Choke (Tiger) Heaven & Earth
___ Collar Grab & Punch	___ Upper Arms Held	___ Rear Double Wrist Escape with Ogoshi
___ Head Lock Punch	___ ©L. Hand on Shoulder	___ L. Wrist grab to Muggers Hold
___ Face Grab	___ Front Over-arm Bear-hug	___ Chicken Wing (3-Person defense)
___ Round House Punch	___ Ground Defense from Kicks	___ Defense against Kin Gari and Mae Gari

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-Gatame)  
\_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's head)

**Animal Forms Applications:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ \*\*Pang  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ \*\*Taikyoku 3-Complete

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ Tiger Sword \_\_\_ \*\*Crane Sword \_\_\_ \*\*Jo-Jitsu (1-3)

**Blocks:** (Moving blocking defense: front, middle, and high punches). \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control & Counter:**

#### Blocks & Counters with (Hanmi Stance)

___ Low - Gedan Uke	___ Body Shift w/Palm Block	___ Combination Blocks
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Mid	___ Uraken Sayu Uchi
___ High Palm - Judan Uke	___ Seiken Gedan Uke/Lower	___ Uraken Shomen Uchi
___ Middle Palm - Chudan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Hizo Uchi
___ Paddle Blocks	___ X-Block to Figure 4	___ ** Shank Block

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 5<sup>th</sup> Kyu (Go-kyu) - Purple Belt - 1

Hebrews 10:24-25; Romans 1:16; Matt. 4:19

**Character Qualities:** OBEDIENCE PRIORITIES ORDERLINESS

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_ Throwing

**Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Figure 4 \_\_\_ Uki otoshi

**Judo Self Defense (3-C's)**

**© Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from Muggers Hold \_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke Escape (Osoto Gari) \_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven & Earth \_\_\_ © Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi \_\_\_ Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold \_\_\_ © Face Grab \_\_\_ © L. Hand Around Waist \_\_\_ Chicken Wing (3-Person defense) \_\_\_ Round House Punch \_\_\_ Ground Defense From Kicks \_\_\_ Defense against Kin Gari and Mae Gari

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-Gatame. \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's head)

**Animal Forms Applications:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications \_\_\_ Animal Combinations

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ Taikyoku Three \_\_\_ \*\*Mawashi Kata

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ Tiger Sword \_\_\_ Crane Sword \_\_\_ \*\*Jo-Jitsu (4-6) \_\_\_ \*\* Pang

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ Yield and Clear \_\_\_ 3-C's \_\_\_ Put out the spark from Tiger \_\_\_ Crane blocks and counter \_\_\_ Paddle Blocks

\_\_\_ One Step and Three Step Sparring (Kumite) *(Understanding Proper distance between partners)*

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control & Counter:**

**Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ Body Shift w/Palm Block	___ Combination Blocks
___ Palm Strike (Shotei)	___ Seiken Chudan Uke/Mid	___ Uraken Sayu Uchi
___ High Palm - Judan Uke	___ Seiken Gedan Uke/Lower	___ Uraken Shomem Uchi
___ Middle Palm - Chudan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Hizo Uchi
___ ** Empi/Elbo Combinations	___ ** Root/Walking/Standing	___ ** Sticky Hands/Rowing

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 5<sup>th</sup> Kyu (Go-kyu) - Red Belt

1 Corinthians 15:57; 1 John 2:15-16; 1 John 4:18

#### Character Qualities      HUMILITY      HONOR GRATEFULNESS

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Mat Falling Left & Right side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**Six Harmonies:** \_\_\_ Feet/Hands \_\_\_ Knees/Elbows \_\_\_ Hips/Shoulders \_\_\_ Teach Six Combinations

**Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4

#### Judo Self Defense (3-C's)

#### © Indicates Begin Training Left Side Throws

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke Escape (Osoto  
Gari) \_\_\_ Attempted Collar Grab \_\_\_ Front Push (Redirect) \_\_\_ Attempted Front Choke (Tiger) Heaven &  
Earth. \_\_\_ © Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ © Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ © Face Grab \_\_\_ © L. Hand around Waist \_\_\_ Chicken Wing (3-Person defense) \_\_\_ © Round House  
Punch \_\_\_ Ground Defense from Kicks \_\_\_ Defense against Kin Gari and Mae Gari

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ \*\*Bear  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications \_\_\_ \*\* Animal Combinations

**Optional:** \_\_\_ Taikyoku One & Two, 10 movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ \*\* (Tiger/Crane/Pang) \_\_\_ \*\* Jo-Jitsu (7-9) \_\_\_ \*\* Escrima Sticks

**Blocks:** Moving Paddle blocks defense: front, middle, and high punches \_\_\_ One Step and Three Step  
Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping Set

#### Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control & Counter:

#### Blocks & Counters with (Hanmi Stance)

___ Low - Gedan Uke	___ Seiken Chudan/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Lower	___ Empi/Elbow Combinations
___ High Palm - Judan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Sayu Uchi
___ Middle Palm - Chudan Uke	___ Sticky Hands/Rowing	___ Root/Walking/Standing
___ Body Shift w/ Palm Block	___ Combination Blocks	___ **Paddle Blocks Moving
___ **Put out the spark	___ Uraken Shomem Uchi	___ ** X-Blocks High/Low

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 4<sup>th</sup> Kyu (Yon-Kyu) - Red Belt - 1

John 1:1-3; Colossians 1:16; Revelation 4:11

**Character Qualities:** COURAGE STRENGTH LOYALTY

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Mat Falling Left & Right side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4  
\_\_\_ \*\* Ippon Seoi-Nage \_\_\_ \*\* Morote Seoi-Nage

**Judo Self Defense (3-C's)**      **© Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug    \_\_\_ © Muggers/Yoko Gari    \_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape    \_\_\_ © Side Over Arm Bear Hug    \_\_\_ © Front & Back Choke Escape (Osoto  
Gari) \_\_\_ Attempted Collar Grab    \_\_\_ \*\*Double Muggers/Seiotoshi \_\_\_ Attempted Front Choke (Tiger)  
Heaven & Earth \_\_\_ ©Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with  
Ogoshi \_\_\_ ©Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ ©Face Grab \_\_\_ ©L. Hand Around Waist \_\_\_ Chicken Wing (3-Person defense). \_\_\_ ©Round House  
Punch \_\_\_ Ground Defense From Kicks \_\_\_ Defense against Kin Gari and Mae Gari

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ \*\*Eagle  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ \*\*Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ \*\*Thrust & Slash \_\_\_ \*\*Gun/Front/Back/Side \_\_\_ \*\*Club/Swing/Descending  
\_\_\_ \*\*Sword

**Blocks:** \*\* Moving blocks defense: front, middle, and high punches) \_\_\_ One Step and Three Step Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

**Application & Understanding of 3-Zone Defense Quartering Subject & 3-C's, Contact, Control &  
Counter:**

#### Blocks & Counters with (Hanmi Stance)

___ Low - Gedan Uke	___ Seiken Chudan Uke/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Lower	___ Empi/Elbow Combinations
___ High Palm - Judan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Sayu Uchi
___ Middle Palm - Chudan Uke	___ Sticky Hands/Rowing	___ Root/Walking/Standing
___ Body Shift w/ Palm Block	___ Combination Blocks	___ Paddle Blocks Moving
___ Put out the spark	___ Uraken Shomem Uchi	___ X-Blocks High/Low

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 4<sup>th</sup> Kyu (Yon-Kyu) - Green Belt

John 13:34-35; 1 John 3:18; 1 Corinthians 9:24-27

**Character Qualities:** REVERENT SPIRIT SERVANT-LEADER FARSIGHTED

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4  
\_\_\_ Ippon Seoi-Nage \_\_\_ Morote Seoi-Nage \_\_\_ \*\*Full Nelson/Aiki-otoshi \_\_\_ \*\*Cross Choke/Sode tsurikomi  
goshi

#### **Judo Self Defense (3-C's)**

#### **© Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke Escape (Osoto  
Gari) \_\_\_ Attempted Collar Grab \_\_\_ Double Muggers/Seiotoshi \_\_\_ Attempted Front Choke (Tiger)  
Heaven & Earth. \_\_\_ ©Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ ©Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ ©Face Grab \_\_\_ ©L. Hand Around Waist \_\_\_ ©Chicken Wing (3-Person defense)  
\_\_\_ ©Round House Punch \_\_\_ Ground Defense From Kicks \_\_\_ Defense against Kin Gari and Mae Gari  
\_\_\_ \*\*Hair Grab-Front \_\_\_ \*\*Hair Grab-Rear \_\_\_ \*\*Position against approaching attacker

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ \*\*Eagle  
\_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications \_\_\_ \*\* Animal Combinations

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ Thrust & Slash \_\_\_ Gun/Front/Back/Side \_\_\_ Club/Swing/Descending \_\_\_ Sword

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ One Step and Three Step Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

#### **Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ Seiken Chudan Uke/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Lower	___ Empi/Elbow Combinations
___ High Palm - Judan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Saya Uchi
___ Middle Palm - Chudan Uke	___ Sticky Hands/Rowing	___ Root/Walking/Standing
___ Body Shift w/ Palm Block	___ Combination Blocks	___ Paddle Blocks
___ Put out the spark	___ Uraken Shomem Uchi	___ X-Blocks High/Low

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 3<sup>rd</sup> Kyu (San-Kyu) - Green Belt - 1

#### Colossians 3:1-4; Colossians 3:23-24

#### Character Qualities: REVERENT SPIRIT SERVANT-LEADER FARSIGHTED

**\*\* Indicates New Self-Defense Skill: (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)**

**Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4  
\_\_\_ Ippon Seoi-Nage \_\_\_ Morote Seoi-Nage \_\_\_ Full Nelson/Aiki-otoshi \_\_\_ Cross Choke/Sode tsurikomi goshi

#### **Judo Self Defense (3-C's)**

#### **© Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke Escape (Osoto  
Gari) \_\_\_ Attempted Collar Grab \_\_\_ Double Muggers/Seiotoshi \_\_\_ Attempted Front Choke (Tiger)  
Heaven & Earth \_\_\_ ©Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ ©Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold \_\_\_ ©Face Grab  
\_\_\_ ©L. Hand around Waist \_\_\_ ©Chicken Wing (3-Person defense) \_\_\_ ©Round House Punch \_\_\_ Ground  
Defense From Kicks \_\_\_ Defense against Kin Gari and Mae Gari \_\_\_ ©Hair Grab-Front \_\_\_ ©Hair Grab-Rear  
\_\_\_ Position against approaching attacker \_\_\_ \*\*Sucker Punches \_\_\_ \*\*Arm-bar Escape \_\_\_ \*\* Joint locking  
restraint combinations

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame. \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ Eagle  
\_\_\_ \*\*Mandain \_\_\_ Crane Hurricane Kick/Block with Hanmi Stance and Monkey Applications

**Optional:** \_\_\_ Taikyoku One & Two, 10 Movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata \_\_\_ \*\*Kon Sho

**Weapon Forms:** \_\_\_ 8 Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ Thrust & Slash \_\_\_ Gun/Front/Back/Side \_\_\_ Club/Swing/Descending \_\_\_ Sword

**Blocks:** (Moving Paddle blocking defense: front, middle, and high punches) \_\_\_ One Step and Three Step  
Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

#### **Blocks & Counters with Hanmi Stance)**

___ Low - Gedan Uke	___ Seiken Chudan Uke/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Lower	___ Empi/Elbow Combinations
___ High Palm - Judan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Sayu Uchi
___ Middle Palm - Chudan Uke	___ Sticky Hands/Rowing	___ Paddle Blocks
___ Body Shift w/ Palm Block	___ Combination Blocks	___ X-Blocks High/Low
___ Put out the spark	___ Uraken Shomen Uchi	

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 3rd Kyu (San-Kyu) - Tan Belt

Acts 20:24; Proverbs 27:17; Proverbs 17:17

**Character Qualities:** DILIGENCE DISCIPLINE ENDURANCE

**\*\* Indicates New Self-Defense Skill:** (ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)

**Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**\*\*Formal Judo Throws -- TEAMS OF THREE STANDING DRILLS -- Slowly, Evenly & Smoothly:**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4  
\_\_\_ Ippon Seoi-Nage \_\_\_ Morote Seoi-Nage \_\_\_ Full Nelson/Aiki-otoshi \_\_\_ Cross Choke/Sode tsurikomi goshi  
\_\_\_ \*\*Magaru Karda \_\_\_ \*\*Sasae Tsurikomi Ashi \_\_\_ \*\*Tomoe Nage \_\_\_ \*\*Uki Goshi Ogoshi 3-Person Kata

**Judo Self Defense (3-C's)**

**© Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from  
Muggers Hold \_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke  
Escape (Osoto Gari) \_\_\_ Attempted Collar Grab \_\_\_ Double Muggers/Seiotoshi \_\_\_ Attempted Front Choke  
(Tiger) Heaven & Earth. \_\_\_ ©Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with  
Ogoshi \_\_\_ ©Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ ©Face Grab \_\_\_ ©L. Hand around Waist \_\_\_ ©Chicken Wing (3-Person defense)  
\_\_\_ ©Round House Punch \_\_\_ Ground Defense from Kicks \_\_\_ Defense against Kin Gari and Mae Gari  
\_\_\_ ©Hair Grab-Front \_\_\_ ©Hair Grab-Rear \_\_\_ Position against approaching attacker  
\_\_\_ © Sucker Punches \_\_\_ Arm-bar Escape \_\_\_ Joint locking restraint combinations

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ Eagle  
\_\_\_ Mandain \_\_\_ \*\*Snake \_\_\_ \*\*Ape \_\_\_ \*\*Lun \_\_\_ Crane Hurricane Kick/Block with Hanmi Stance

**Optional:** \_\_\_ Taikyoku One & Two 10 Movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata \_\_\_ Kon Sho

**Weapon Forms:** \_\_\_ 8-Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ Thrust & Slash \_\_\_ Gun/Front/Back/Side \_\_\_ Club/Swing/Descending \_\_\_ Sword

**Blocks:** \*\*Moving Paddle blocks defense: front, middle, and high punches \_\_\_ One Step and Three Step  
Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

**Blocks & Counters with (Hanmi Stance)**

___ Low - Gedan Uke	___ Seiken Chudan Uke/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Lower	___ Empi/Elbow Combinations
___ High Palm - Judan Uke	___ Seiken Jodan Uke/Upper	___ Uraken Sayu Uchi
___ Middle Palm - Chudan Uke	___ Sticky Hands/Rowing	___ Root/Walking/Standing
___ Body Shift w/ Palm Block	___ Combination Blocks	___ Paddle Blocks
___ Put out the spark	___ Uraken Shomem Uchi	___ X-Blocks High/Low

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**



# Yon Ch'uan Martial Arts Testing Requirements

## Scripture Memory, Character Qualities and Self-Defense Skills

### 2<sup>nd</sup> Kyu (Ni-Kyu) - Tan Belt - 1

Proverbs 15:1 & 33; Colossians 2:10; Philippians 4:6 & 7

**Character Qualities:** JOYFULNESS MEEKNESS PATIENCE

**\*\* Indicates New Self-Defense Skill:** *(ALL PREVIOUS SKILLS ARE PERFORMED WITH GREATER POWER AND BALANCE)*

**Mat Falling Left & Right Side:** \_\_\_ Back \_\_\_ Forward Rollups \_\_\_ Rollouts \_\_\_ Roll Over Objects \_\_\_  
Throwing

**\*\* Judo Throws -- TEAMS OF THREE LEFT SIDE STANDING DRILLS -- Absolute Control of Appropriate Defense Response**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi  
\_\_\_ \*\*Hane Goshi. \_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki  
otoshi \_\_\_ Figure 4. \_\_\_ Ippon Seoi-Nage \_\_\_ Morote Seoi-Nage \_\_\_ Full Nelson/Aiki-otoshi \_\_\_ Cross Choke/  
Sode tsurikomi goshi \_\_\_ Magaru Karda \_\_\_ Sasae Tsurikomi Ashi \_\_\_ Tomoe Nage \_\_\_ Uki Goshi Ogoshi  
3-Person Kata \_\_\_ \*\*Haria Goshi

**Judo Self Defense (3-C's)**

© **Indicates Begin Training Left Side Throws**

\_\_\_ Rear Underarm Bear Hug \_\_\_ © Muggers/Yoko Gari \_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ Front Collar Grab Escape \_\_\_ © Side Over Arm Bear Hug \_\_\_ © Front & Back Choke Escape (Osoto  
Gari) \_\_\_ Attempted Collar Grab \_\_\_ Double Muggers/Seiotoshi \_\_\_ Attempted Front Choke (Tiger)  
Heaven & Earth \_\_\_ © Collar Grab & Punch \_\_\_ Upper Arms Held \_\_\_ Rear Double Wrist Escape with Ogoshi.  
\_\_\_ © Head Lock Punch \_\_\_ Front Over-arm Bear-hug \_\_\_ L. Wrist grab to Muggers Hold \_\_\_ © Face Grab  
\_\_\_ © L. Hand around Waist \_\_\_ © Chicken Wing (3-Person defense). \_\_\_ © Round House Punch \_\_\_ Ground  
Defense From Kicks \_\_\_ Defense against Kin Gari and Mae Gari \_\_\_ © Hair Grab-Front \_\_\_ © Hair Grab-Rear  
\_\_\_ Position against approaching attacker. \_\_\_ © Sucker Punches \_\_\_ Arm-Bar Escape \_\_\_ Joint locking  
restraint combinations

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-  
Gatame \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's  
head)

**Animal Forms:** Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ Eagle  
\_\_\_ Mandarin \_\_\_ Snake \_\_\_ Ape \_\_\_ Lun \_\_\_ Crane \_\_\_ \*\*Lone Goose \_\_\_ \*\*Wild Horse \_\_\_ Animal Combo's

**Optional:** \_\_\_ Taikyoku One & Two 10 Movements \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata \_\_\_ Kon Sho

**Weapon Forms:** \_\_\_ 8-Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ Thrust & Slash \_\_\_ Gun/Front/Back/Side \_\_\_ Club/Swing/Descending \_\_\_ Sword

**Blocks:** (Moving blocking defense: front, middle, and high punches) \_\_\_ One Step and Three Step Sparring

**Kicks:** \_\_\_ Front Kick-Back Standing Set \_\_\_ Front Kick-Roundhouse Stepping Set \_\_\_ Side Kick Stepping  
Set

### Blocks & Counters with (Hanmi Stance)

___ Low - Gedan Uke	___ Seiken Chudan Uke/Mid	___ Uraken Hizo Uchi
___ Palm Strike (Shotei)	___ Seiken Gedan Uke/Low	___ Empi/Elbow Comb.
___ High Palm - Judan Uke	___ Seiken Jodan Uke/High	___ Uraken Sayu Uchi
___ Middle Palm - Chudan	___ Sticky Hands/Rowing	___ Root/Walking/Standing
___ Body Shift w/ Palm	___ Combination Blocks	___ Paddle Blocks
___ Put out the spark	___ Uraken Shomem Uchi	___ X-Blocks High/Low

**Belt advancement will be based on higher skill proficiency on all previously learned techniques**

# Yon Ch'uan Martial Arts Testing Requirements

## 2<sup>nd</sup> Kyu (Ni-kyu) - Brown Belt - 3

### 1 Peter 5:5-6; Psalms 119:9, 11

**Character Qualities:** DISCRETION TOLERANCE THOROUGHNESS

Dear Grace Martial Arts Student,

Congratulations on your significant accomplishment of achieving your Yon Ch'uan Brown Belt! You will now be challenged to continue to work on your skill weaknesses and to build on your strengths. Your core objective now is to enjoy your sequential progression of heightened mastery of the Yon Ch'uan techniques and multiple variations of all previously listed self-defense attacks including the 15 Animal forms and the sword and stick arts.

**YON CH'UAN BLACK BELT REQUIREMENTS:** *(Brown Belt testing will be far less frequent than lower belts).*

Absolute physical and mental control of close, medium and long-range distances with the clear use of self-defense techniques against multiple empty hand and weapon attacks from many opponent's simultaneously. You must include the correct use of the strategy, including the use of one attacker against others; increase your endurance with the ability to control breathing in sustained self-defense Kata/Animal Forms, Kumite and Judo Randori training.

You will be challenged to deepen your understanding and improve your ability to practice the advanced internal core principles of Yon Ch'uan Six Combinations and Eight Methods. You also will learn how to plan and teach a full class independently with proper spirit, clarity, Christian etiquette, discipline and safety.

#### **\*\* Judo Throws -- TEAMS OF THREE LEFT SIDE STANDING DRILLS -- Absolute Control of Appropriate Defense Response**

\_\_\_ O-Uchi Gari \_\_\_ Seoi-otoshi \_\_\_ Ogoshi \_\_\_ Deashi Bari \_\_\_ Tai-otoshi \_\_\_ Osoto Gari \_\_\_ Mokikomi \_\_\_ Hane Goshi \_\_\_ Sante Tachi Waza \_\_\_ Yoko Gari \_\_\_ Heaven Earth \_\_\_ Throw Combinations \_\_\_ Uki otoshi \_\_\_ Figure 4 \_\_\_ Ippon Seoi-Nage \_\_\_ Morote Seoi-Nage \_\_\_ Full Nelson/Aiki-otoshi \_\_\_ Cross Choke/Sode tsurikomi goshi \_\_\_ \*\*Magaru Karda \_\_\_ Sasae Tsurikomi Ashi \_\_\_ Tomoe Nage \_\_\_ Harai Goshi \_\_\_ \*\*Ogoshi 3-Person Kata

#### **Judo Self Defense (3-C's)**

\_\_\_ Rear Underarm Bear Hug  
\_\_\_ Front Collar Grab Escape  
\_\_\_ Attempted Collar Grab  
\_\_\_ ©Collar Grab & Punch  
\_\_\_ ©Head Lock Punch  
\_\_\_ ©Face Grab  
\_\_\_ ©Round House Punch  
\_\_\_ ©Hair Grab-Front  
\_\_\_ © Sucker Punches

#### **© Indicates Begin Training Left Side Throws**

\_\_\_ © Muggers/Yoko Gari  
\_\_\_ © Side Over Arm Bear Hug  
\_\_\_ Double Muggers/Seiotoshi  
\_\_\_ Upper Arms Held  
\_\_\_ Front Over-arm Bear-hug  
\_\_\_ ©L. Hand around Waist  
\_\_\_ Ground Defense from Kicks  
\_\_\_ ©Hair Grab-Rear  
\_\_\_ Arm-Bar Escape  
\_\_\_ © Side Over-arm bear-hug from Muggers Hold  
\_\_\_ © Front & Back Choke Escape (Osoto Gari)  
\_\_\_ Attempted Front Choke (Tiger) Heaven & Earth  
\_\_\_ Rear Double Wrist Escape with Ogoshi  
\_\_\_ L. Wrist grab to Muggers Hold  
\_\_\_ ©Chicken Wing (3-Person defense)  
\_\_\_ Defense against Kin Gari and Mae Gari  
\_\_\_ Position against approaching attacker  
\_\_\_ Joint locking restraint combinations

**Grappling Hold Downs:** \_\_\_ Scarf-hold (Kesa- Gatame) \_\_\_ Kata Gatame \_\_\_ Top Four Corner Hold (Shiho-Gatame) \_\_\_ Yoko Shiho Gatame (Cross Body Hold-down) \_\_\_ Shiho Gatame (Hold-down above opponent's head)

**Animal Forms:** \_\_\_ Tiger \_\_\_ Monkey \_\_\_ Goose \_\_\_ Dragon \_\_\_ Crane \_\_\_ Leopard \_\_\_ Pang \_\_\_ Bear \_\_\_ Eagle \_\_\_ Mandarin \_\_\_ Snake \_\_\_ Ape \_\_\_ Lun \_\_\_ \*\*Rowing \_\_\_ \*\*Walking \_\_\_ \*\*Standing \_\_\_ \*\* Push Hands Rooting

**NOT OPTIONAL:** \_\_\_ \*\*Taikyoku One & Two \_\_\_ \*\*Taikyoku Three \_\_\_ \*\*Mawashi Kata \_\_\_ \*\* Kon Sho

**Weapon Forms:** \_\_\_ 8-Directional Sword \_\_\_ (Tiger/Crane/Pang) \_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

**Weapon Disarming:** \_\_\_ Thrust & Slash \_\_\_ Gun/Front/Back/Side \_\_\_ Club/Swing/Descending \_\_\_ Bokken Sword

***Belt advancement will be based on higher skill proficiency on all previously learned techniques***

# Yon Ch'uan Martial Arts Testing Requirements

## 2<sup>rd</sup> Kyu (Ni-kyu) - Brown Belt - 2

1 Peter 2:11; Acts 24:16; Philippians 4:19

Character Qualities: CREATIVITY                      COURAGE                      DETERMINATION

Dear Grace Martial Arts Student,

Promotional requirements for Sho Dan (First Degree Black Belt) are specific, extensive and varied across many categories. The previous two pages provide both students and instructors a teaching guide regarding self-defense, Judo throws and Kung Fu animal forms/kata's requirements. However, this guide is not an exhaustive list of expectations or requirements for higher dan ranks in Yon Ch'uan Martial Arts. Every student will develop a different variety of strengths and weaknesses. At this juncture of your martial arts training it will greatly benefit you to recognize and work on your weaknesses, but more importantly to focus building on your physical strengths. The key to developing powerful, versatile, effective, self-defense abilities is to understand the internal principles of the six combinations and eight methods. The routine practice of the Yon Ch'uan 15-Animal Kung Fu forms will provide you with awesome awareness and understanding of whole body connectivity. Every aspect of your martial arts capability will improve, including Judo throwing, weapon training and your self-defense abilities.

### SUGGESTED SKILL REVIEW

\_\_\_ Tiger \_\_\_ Monkey \_\_\_ Eagle \_\_\_ Dragon \_\_\_ Pang \_\_\_ Lun \_\_\_ Wild Horse \_\_\_ Goose \_\_\_ Rowing \_\_\_  
Walking \_\_\_ Snake \_\_\_ Mandarin \_\_\_ Crane \_\_\_ Leopard \_\_\_ Bear \_\_\_ Ape \_\_\_ Lone Goose \_\_\_ Push Hands \_\_\_  
Standing \_\_\_ Taikyoku One \_\_\_ Taikyoku Two \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata \_\_\_ Kon Sho \_\_\_ Bokken Sword  
\_\_\_ Jo Form \_\_\_ Sucker Punches \_\_\_ Joint locking restraint combinations \_\_\_ Ogoshi 3-Person Judo Kata \_\_\_ Osoto  
Gari 3-Person Judo Kata

### JUDO SELF DEFENSE THROWS

___ Yoko Gari, (Side Reap)	___ Full Nelson/Aiki-otoshi (Hip Drop)
___ Heaven & Earth, (Gentle Flowing Power)	___ Uki Otoshi (Floating Drop Throw)
___ Osoto Gari (Outer Reaping Throw)	___ Tai-otoshi (Body Drop Throw)
___ O-Uchi Gari, (Inner reaping Throw)	___ Sode Tsurikomi Goshi (Cross Choke Escape Throw)
___ Ogoshi, (Major Hip Throw)	___ Magaru Karda (Whip Body Throw)
___ Seoi-Otoshi, (Shoulder Drop Throw)	___ Morote Seoi-Nage (Augmented Shoulder Throw)
___ Deashi Bari (Foot sweep)	___ Hane Goshi (Spring Hip Throw)
___ Mokikomi (Hip Wrap around Throw)	___ Harai Goshi (Hip Sweep)
___ Ippon Seoi-Nage (One Arm Shoulder Throw)	___ Sasae Tsurikomi Ashi (Foot Stop Throw)
___ Tomoe Nage, (Circle Throw)	___ Uki Goshi Floating (Half Hip)

### BASIC EMPTY HAND DEFENSE SKILLS & TERMINOLOGY

___ Chudan Shuto Uki, Middle Knife Hand Outside	___ Haito Uchi, Ridge hand strike
___ Chudan Uchi Uki, Uchi refers to Inside Block	___ Sakotsu Uchi komi, Driving Strike Collar Bone
___ Gedan Bari, Lower Block	___ Seiken Chudan Tsuki, Fore-fist Middle Thrust
___ Shotei Uki, Palm Block or Strike	___ Seiken Ago Uchi, Fore-fist Strike to Chin
___ Koken Uchi, Wrist Block or Strike	___ Shuto Ganmen Uchi Knife Hand to Face or Neck
___ Shuto Ganmen Uchi, Knife Hand Block/Strike	___ Uraken Shomen Uchi, Front Inverted Fist
___ Shuto Sakotsu Uchi, Knife Hand to Ribs	___ Uraken Sayu Uchi, Right and Left Inverted Fist
___ Mawashi Uki, Round House Block	___ Jodan Age Uchi, Upper Blocks
___ Seiken Chudan, Middle fore-fist	___ Juji Uki, X Cross Block, Combo Low, High
___ Empi Age Uchi, Rising Elbow	___ Augmented, Coiling, Compacting Tiger Power
___ Empi Chudan Uchi, Middle Elbow Strike Front	___ Paddle Blocks used in Kumite, Free Style
___ Empi Oroshi Uchi, Descending Elbow	___ Sparring

# Yon Ch'uan Martial Arts Testing Requirements

## 1<sup>st</sup> Kyu (Ichi-Kyu) - Brown Belt - 1

Titus 2:11-12; 1 Corinthians 13:4-6; Philippians 4:8

Character Qualities: ENTHUSIASM      FEARLESS      Flexibility

### FORM REVIEW

\_\_\_ Tiger \_\_\_ Monkey \_\_\_ Eagle \_\_\_ Dragon \_\_\_ Pang \_\_\_ Lun \_\_\_ Wild Horse \_\_\_ Goose \_\_\_ Rowing  
\_\_\_ Walking \_\_\_ Snake \_\_\_ Mandarin \_\_\_ Crane \_\_\_ Leopard \_\_\_ Bear \_\_\_ Ape \_\_\_ Lone Goose \_\_\_ Push  
Hands \_\_\_ Standing \_\_\_ Taikyoku One \_\_\_ Taikyoku Two \_\_\_ Taikyoku Three \_\_\_ Mawashi Kata \_\_\_ Kon Sho  
\_\_\_ Bokken Sword \_\_\_ Jo Form

### SUGGESTED STUDENT SELF-DEFENSE REVIEW

___ Front Choke	___ Single Collar Grab/Punch	___ R Over-arm Bear Hug
___ Shoulder grab - front	___ Double Roundhouse Punches	___ 2-person wrist hold
___ Shoulder grab - back	___ Muggers Hold, L. side	___ Downward Strike
___ Rear Choke	Escape	___ Arm Bar Escape
___ Front Push or Pull	___ Muggers Hold Sitting Escape	___ Kick/Punch Simultaneously
___ Front Under Arm Bear Hug	___ Double Arm Muggers Hold	___ Sucker Punch, Front & Side
___ Front Over Arm Bear Hug	___ Side Over-arm Bear-hug	___ Sucker Punch from Back
___ All Wrist Escapes	___ Sparring (Hanmi stance)	Grab
___ Evade - Counter Round	___ Defense /Crane-Tiger	___ Hammer Lock Escape
House	Monkey	___ Put Out the Spark
___ Defense against Kick Attacks	___ Chicken Wing	___ Side Choke Close Up
___ Defense against Kick/Punch	___ Face Grab	___ Defense from Being Bullied
___ Wrist grab to Rear Muggers	___ Front Double Collar Grab	___ Escape Shime Waza Chokes
___ Roundhouse punches	___ Ground Containment	___ Reverse Headlock & Punch
___ Rear Double Wrist Grab	___ Front Hair Grab R. or L.	___ Sleeve Grab & Punch
___ Head Lock R. or L Side	Hand	___ Hair Grab & Punch
___ Head Lock with Punch	___ Rear Hair Grab R. or L.	___ 3-Minutes Multiple Attacks
___ Crane Block & Counter	Hand	___ Sleeve Grab w Compassion
___ Rear Underarm Bear hug	___ Full Nelson	___ Joint Locking Combo

### SOME OF THE OTHER EXPECTATIONS, IN ADDITION TO THOSE LISTED, INCLUDE SUCH AREAS AS

- Consistent improvement on all previous techniques, 15 Animal Kung Fu Forms and Kata;
- Deeper understanding of the 6-Combination 8-Methods, including learning the beginning Hwa Yu Kung Fu Forms
- Advance weapon training; Jo-jitsu, Sword forms, including Yon Ch'uan's natural weapons and disarming;
- Deeper understanding of all forms with greater ability to employ bunkai self-defense.
- Greater teaching ability with greater, confidence and clarity to utilize both compassionate and harsh skills.
- The ability to combine a variety of different 15- Animal forms/skills for multiple self-defense situations.
- The ability to combine a variety of different Judo throws and counters.
- How to apply Three Zone Defense methods to effectively utilize compassion self-defense alternatives.
- How to apply preemptive techniques: Put out the Spark, Paddle Blocks and Counters, Stun and Run.
- Ability to create Judo Katas and self-defense routines and to organize, lead and instruct any GMA class.
- Ability to sustain a non-stop effective 5-minutes defense from a wide variety of 3-Zone attacks, utilizing one attacker positioning against another.

# **BLACK BELT STUDENT SELF-DEFENSE EVALUATION GUIDE**

Student Name \_\_\_\_\_ Club Name: \_\_\_\_\_ Belt Rank: \_\_\_\_\_ Date: \_\_\_\_\_

**It is essential the Yon Ch'uan Black candidate knows at least 50 % of the content in this guide by scoring 3's, 4's & 5's**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Front Choke<br><input type="checkbox"/> Shoulder grab - front<br><input type="checkbox"/> Shoulder grab - back<br><input type="checkbox"/> Rear Choke<br><input type="checkbox"/> Front Push or Pull<br><input type="checkbox"/> Front Under Arm Bear Hug<br><input type="checkbox"/> Front Over Arm Bear Hug<br><input type="checkbox"/> All Wrist Escapes<br><input type="checkbox"/> Evade - Counter Round House<br><input type="checkbox"/> Defense against Kick Attacks<br><input type="checkbox"/> Defense against Kicks/Punch<br><input type="checkbox"/> Wrist grab to Rear Muggers<br><input type="checkbox"/> Roundhouse punches<br><input type="checkbox"/> Rear Double Wrist Grab<br><input type="checkbox"/> Head Lock R. or L Side<br><input type="checkbox"/> Head Lock with Punch<br><input type="checkbox"/> Crane Block & Counter | <input type="checkbox"/> Rear Underarm Bear hug<br><input type="checkbox"/> Single Collar Grab/Punch<br><input type="checkbox"/> Double Roundhouse Punches<br><input type="checkbox"/> Muggers Hold, L. side Escape<br><input type="checkbox"/> Muggers Hold Sitting Escape<br><input type="checkbox"/> Double Arm Muggers Hold<br><input type="checkbox"/> Side Over-arm Bear-hug<br><input type="checkbox"/> Sparring (Hanmi stance)<br><input type="checkbox"/> Defense /Crane-Tiger Monkey<br><input type="checkbox"/> Chicken Wing<br><input type="checkbox"/> Face Grab<br><input type="checkbox"/> Front Double Collar Grab<br><input type="checkbox"/> Ground Containment<br><input type="checkbox"/> Front Hair Grab R. or L. Hand<br><input type="checkbox"/> Rear Hair Grab R. or L. Hand<br><input type="checkbox"/> Full Nelson<br><input type="checkbox"/> R Over-arm Bear Hug<br><input type="checkbox"/> Choke Escape on Ground | <input type="checkbox"/> 2-Person Wrist Hold<br><input type="checkbox"/> Downward Strike<br><input type="checkbox"/> Arm Bar Escape<br><input type="checkbox"/> Kick/Punch Simultaneously<br><input type="checkbox"/> Sucker Punch, Front & Side<br><input type="checkbox"/> Sucker Punch from Back Grab<br><input type="checkbox"/> Hammer Lock Escape<br><input type="checkbox"/> Put Out the Spark<br><input type="checkbox"/> Side Choke Close Up<br><input type="checkbox"/> Defense from Being Bullied<br><input type="checkbox"/> Escape Shime Waza Chokes<br><input type="checkbox"/> Reverse Headlock & Punch<br><input type="checkbox"/> Sleeve Grab & Punch<br><input type="checkbox"/> Hair Grab & Punch<br><input type="checkbox"/> 3-Minutes Multiple Attacks<br><input type="checkbox"/> Sleeve Grab w Compassionate |
|--|---|---|
- Response \_\_\_\_\_

## **BASIC EMPTY HAND DEFENSE SKILLS & TERMINOLOGY**

- |   |   |
|---|---|
| <input type="checkbox"/> Chudan Shuto Uki, Middle Knife Hand Outside<br><input type="checkbox"/> Chudan Uchi Uki, Uchi refers to Inside Blocking<br><input type="checkbox"/> Gedan Bari, Lower Block<br><input type="checkbox"/> Shotei Uki, Palm Block or Strike<br><input type="checkbox"/> Koken Uchi, Wrist Block or Strike<br><input type="checkbox"/> Shuto Ganmen Uchi, Knife Hand Block or Strike<br><input type="checkbox"/> Shuto Sakotsu Uchi, Knife Hand to Ribs<br><input type="checkbox"/> Mawashi Uki, Round House Block<br><input type="checkbox"/> Seiken Chudan, Middle fore-fist<br><input type="checkbox"/> Empi Age Uchi, Rising Elbow<br><input type="checkbox"/> Empi Chudan Uchi, Middle Elbow Strike to Front<br><input type="checkbox"/> Empi Oroshi Uchi, Descending Elbow | <input type="checkbox"/> Haito Uchi, Ridge hand strike<br><input type="checkbox"/> Koken, Bent Wrist Strike<br><input type="checkbox"/> Sakotsu Uchi Komi, Driving Strike to Collar Bone<br><input type="checkbox"/> Seiken Chudan Tsuki, Fore-fist Middle Thrust<br><input type="checkbox"/> Seiken Ago Uchi, Fore-fist Strike to Chin<br><input type="checkbox"/> Shuto Ganmen Uchi Knife Hand to Face or Neck<br><input type="checkbox"/> Uraken Shomen Uchi, Front Inverted Fist Strike<br><input type="checkbox"/> Uraken Sayu Uchi, Right and Left Inverted Fist<br><input type="checkbox"/> Jodan Age Uchi, Upper Blocks<br><input type="checkbox"/> Juji Uki, X Cross Block, Combination Low, High<br><input type="checkbox"/> Augmented, Coiling, Compacting Tiger Power<br><input type="checkbox"/> Paddle Blocks used in Kumite, Free Style Sparring |
|---|---|

## **DISARMING KNIFE DEFENSE**

- ☐ Midline Thrust   ☐ Held At Throat   ☐ Low Back   ☐ Descending   ☐ Upward Thrust   ☐ Front Grab   ☐ Conceal Shank  
☐ Muggers Hold   ☐ Held On Wrist   ☐ Cross Slash   ☐ Mid Back   ☐ Side Headlock   ☐ After Disarming Familiarization

## **DISARMING GUN WITHIN REACHABLE SPACE**

- ☐ Front of head   ☐ Front Mid-level   ☐ Front Low level   ☐ Back of head   ☐ Back Mid-level   ☐ Back Low level  
☐ Side of head   ☐ Side Mid-level   ☐ Muggers to head   ☐ Under chin   ☐ Collar grab, held away   ☐ Stomach Pressed

## **DISARMING CLUB**

- ☐ Descending Club Swing   ☐ Diagonal club Swing   ☐ Horizontal club Swing   ☐ Crest Crossing Club Swing   ☐ Lunge Poke

## **THREE-ZONE (3-Z) DEFENSIVE POSTURES**

- |  |  |
|--|--|
| <input type="checkbox"/> Zone Three - Not within reachable space<br><input type="checkbox"/> Zone Two - Within reachable space<br><input type="checkbox"/> Zone One - Physical contact applied | <input type="checkbox"/> Command, Eliminate & Minimize Physical Exchange through Quartering<br><input type="checkbox"/> Passive, Deceptive/Meekness, Quarter Subject Maintaining Center Focus<br><input type="checkbox"/> Control, Quarter Subject/Avoid Lag-time, Minimize & Eliminate Exchange |
|--|--|

## YON CH'UAN 15- ANIMAL INTERNAL KUNG FU FORMS

\_\_\_ Tiger \_\_\_ Monkey \_\_\_ Eagle \_\_\_ Dragon \_\_\_ Pang \_\_\_ Lun \_\_\_ Wild Horse \_\_\_ Goose \_\_\_ Rowing \_\_\_ Walking  
\_\_\_ Snake \_\_\_ Mandarin \_\_\_ Crane \_\_\_ Leopard \_\_\_ Bear \_\_\_ Ape \_\_\_ Lone Goose \_\_\_ Push Hands \_\_\_ Standing

### YON CH'UAN EXTERNAL KATA FORMS

\_\_\_ Taikyoku One, (Basic Ultimate) \_\_\_ Taikyoku Two \_\_\_ Taikyoku Three \_\_\_ Mawashi, (Flowing Circle) \_\_\_ Kon Sho

### SWORD FORMS

\_\_\_ Hwa Yu Broad Sword \_\_\_ 8 - Directional Bokken \_\_\_ Tiger \_\_\_ Crane \_\_\_ Pang \_\_\_ Combination Animal Form

### STICK & STAFF ARTS

\_\_\_ Jo-Jitsu (10-12) \_\_\_ Escrima Sticks

### ESCALATION USE OF FORCE

\_\_\_ 1. Mental Defense/ Flee \_\_\_ 2. Verbal Command \_\_\_ 3. Defensive Postures \_\_\_ 4. Ward off, Yield  
\_\_\_ 5. Run or stun & Run \_\_\_ 6. Physical Restraints \_\_\_ 7. Temporary Incapacitation \_\_\_ 8. Great Bodily Harm

### DEFENSIVE POSTURES

(Soft Fist, Minimize or Eliminate Physical Exchange)

\_\_\_ Contact (Absorb) \_\_\_ Control (Entrap \_\_\_ Counter (Penetrate) Postions: Command \_\_\_ Passive \_\_\_ Control

### BASIC KICKS, GERI (GER-EEE = KICK)

___ Chudan Mae Geri, Middle Front Snap Kick	___ Wheel/Crescent Round House Combinations
___ Chudan Mikazuki Geri, Middle Crescent	___ Mae Tobi Geri, Flying Jumping Front Kick
___ Hiza Geri, Knee Kick	___ Mawashi Geri, Roundhouse Kick
___ Kakato Geri, Heel Kick	___ Ushiro Geri, Back Kick
___ Kansetsu Geri, Joint Kick	___ Yoko Keage Geri, Side Snap Kick
___ Kin Geri, Groin Kick	___ Yoko Kekomi Geri, Side Thrust Kick
___ Mae Geri, Front Thrust Kick	___ Yoko Tobi Geri, Flying Jumping Side Kick
___ Wheel/Crescent Round House Combinations	___ Jodan Mae Geri, High Front Kick
___ Hurricane Crane Kick	___ Jodan Yoko Geri, High Side Kick
___ Jodan Mawashi Gari, High Round House Kick	___ Jodan Yoko Geri, High Side Kick
___ Ushiro Geri, Back Kick	___ Hiza Mawashi Gari, Roundhouse Kick w/Knee

### JUDO SELF DEFENSE THROWS

\_\_\_ Yoko Gari, (Side Reap)  
\_\_\_ Ogoshi 3-Person Kata  
\_\_\_ Osoto Gari 3- Person Kata  
\_\_\_ Full Nelson/Aiki-otoshi, (Hip Drop)  
\_\_\_ Uki Otoshi, (Floating Drop Throw)  
\_\_\_ Tai-otoshi, (Body Drop Throw)  
\_\_\_ Sode Tsurikomi Goshi, (Cross Choke Escape Throw)  
\_\_\_ Magaru Karda, (Whip Body Throw)  
\_\_\_ Morote Seoi-Nage, (Augmented Shoulder Throw)  
\_\_\_ Hane Goshi (Spring Hip Throw)  
\_\_\_ Harai Goshi (Hip Sweep)  
\_\_\_ Sasae Tsurikomi Ashi, (Foot Stop Throw)

\_\_\_ Uki Goshi, Floating (Half Hip)  
\_\_\_ Kata Guruma (Shoulder Wheel)  
\_\_\_ Heaven & Earth, (Gentle Flowing Power)  
\_\_\_ Osoto Gari (Outer Reaping Throw)  
\_\_\_ O-Uchi Gari, (Inner reaping Throw)  
\_\_\_ Ogoshi, (Major Hip Throw)  
\_\_\_ Seoi-Otoshi, (Shoulder Drop Throw)  
\_\_\_ Deashi Bari (Foot sweep)  
\_\_\_ Mokikomi (Hip Wrap around Throw)  
\_\_\_ Ippon Seoi-Nage (One Arm Shoulder Throw)  
\_\_\_ Sante Tachi Waza, ( Hand Throwing Technique)  
\_\_\_ Tomoe Nage, (Circle Throw)

### Scoring/Grading with Number Skill Guide System

The student grading evaluation is based on a number system from 1-5. Example: White belts - blue belt may average 4's and 5's. Compared to a tan - black belt their skill score is 3-4. Beginner belt grades are scored with much more flexibility.

- 1) Little to no skill ability. 2) Some skill ability, poor execution. 3) Acceptable skill ability with skill understanding  
4) Very smooth and controlled skill ability. 5) Excellent relaxed detailed skill execution with speed, power, control.

## The Black Belt Test

**What is a black belt?** Perhaps, it is many things. Legend gives us a good example. An obi was used to hold the tunic of the gi/uniform in place. A belt was doubled about the waist to aid in practice, centering and appearance. The belt changed color through wear and use and was not washed due to custom. Through years of training the belt became darker in color as the practitioner's skill level was assumed to be obviously higher. Some schools in Japan said the first level black belt had only really gained true mastery of basic skills. Again legend tells us that advanced skills were not taught in class or actual combative practice until the student's had achieved mastery of all of the basic skill requirements. The black belt is a significant sign indicating that the student has mastery of their basic skills and is ready to begin learning advanced skills. It was a license to learn and teach others. It was admission to a very prestigious fellowship. It is a fellowship that exists today. As with many customs, this too has survived. All of the above is true. The black belt is a symbol of your dedication to disciplined practice routines and a reward for your accomplishment.

Everyone needs a black belt test. Firstly, it fulfills both the needs and function. Secondly, not to do so would be a disservice to the student. Thirdly, it is an everlasting learning experience that provides every student with a powerful affirmation of their achievement! Rather unique to our system, no two tests in the past have ever been the same. However, no two students have ever been the same. The test may be one day or several. It may be with one instructor, but more likely a board of Black Belt instructors will convene. It should be fun, challenging, but will be serious with Christian etiquette and formal protocol.

Historically there has never been any charge or fee associated with this test. Your dues have been paid through the years of practice. As a rule of thumb, there is usually five years at a minimum of hard work and routine practice that precedes this event. There are those who are quicker and those who take more time. There are those who come back after college, career and family. It matters not the time-frame, but rather that the student is a totally ready, prepared candidate to become a validated, esteemed Yon Ch'uan Black Belt instructor.

What should you expect? Most importantly you will be expected to perform FROM your acceptance and absolutely not FOR your acceptance. Expect our art -- which is to say, expect the unexpected! Know your basics flawlessly! Be familiar with basic terminology that will assist you with identification of specific required skills. More importantly, you will NOT be expected to know perfectly everything written on the STUDENT BLACK BELT SELF-DEFENSE EVALUATION GUIDE. That in actuality would be nearly impossible! You should however have a very firm, powerful grasp of all the basic skills, along with a firm grasp of a wide variety of advanced skill strengths that are unique to your physical personality and makeup. You will be physically and emotionally challenged to achieve your maximum potential. You will be required to defend yourself non-stop for at least five minutes with a wide varieties of self-defense skills with six to eight students simultaneously attacking you. Sounds impossible! You will be astonished with the skill abilities that Yon Ch'uan Martial Arts provides you with when you are sincerely tested! Expect to be asked to teach. Expect to defend yourself both physically and verbally as well. Expect to make mistakes. Expect to be disappointed by some of your performance and very proud of yourself as well.

We may consider equating a senior instructor to a student relationship -- to that of a parent/child or mentor/mentee. By virtue, both of age and time spent in life, the parent and mentor will have a greater workable knowledge and understanding. You are NOT expected to know all that your instructor knows. Have no doubt that your evaluation for Black Belt will be difficult! For it is the nature of developing excellence! However, it is not the real test of the Yon Ch'uan Black Belt. The real test is the years you have devoted to firstly acquire Christ-Defense, together with relational, Biblical life-skills. Secondly, you have acquired Mental-Defense that has built Godly character, confidence and strengthened disciplined direction for your life and education. Thirdly, you have acquired Physical-Defense with a maximum efficiency of self-defense skills and advanced kinetic movement principles for optimal health, well-being and self-defense.

**"If you don't practice, don't face the enemy." "Practice will not make perfect, perfect practice makes perfect."**

## JUDO THROWS AND HELPFUL HINTS

**(When learning any new throw, practice slowly and smoothly to assure your opponent's/ uke's safety)**

### **YOKO GARI (SIDE REAP)**

- Step back immediately bending your knee when you are pulled to maintain you balance
- Attackers emphasis is also to choke you so drop the chin and press their arm tightly to your chest
- Pivot quickly 60 degrees keeping your shoulder, side of your body and hip in close to the uke
- Bend your trunk/upper-body forward to complete the throw maintaining a hold of attackers arm
- Do not “hook” the opponent’s leg Note: Practice slowly until the skill is naturalized

### **HEAVEN & EARTH (GENTLE FLOWING POWER)**

- On contact circle opponent uke’s arm upwardly as you tightly hold it to your hip and break their balance
- Very important avoid clothes-lining your opponent’s neck by emphasizing upward movement of your bicep/ upper-arm
- Body shift in your whole body with spiraling upward arm movement pointing your fingers and hand upwardly
- As you complete body shifting follow through by spiraling your hand and arm downwardly toward the ground

### **O-SOTO GARI (OUTER REAPING THROW)**

- Off balance opponent keeping your shoulder touching your partner’s, avoid leaning backwards or stepping too far away from uke.
- Continue to direct the uke’s body so their weight remains on the leg to be reaped (approx 70-75% body shift)
- Be sure to keep knee of your supporting leg over your toes as you swing your leg all the way through your opponent’s
- Check the following: shoulder to shoulder, hip to hip, leg to leg, keeping apponent’s weight on the leg to be swept out

### **O-UCHI GARI (INNER REAPING THROW)**

- Off balance opponent 45% in the direction to be thrown keeping uclose to your upper chest area
- Hook your leg well behind uke’s knee swinging it outwardly, continue backwards and down as your leg lifts behind uke’s
- Avoiding over reaching with your leg and pushing the uke straight back

### **OGOSHI (MAJOR HIP THROW)**

- Off balance opponent to rear, always keep arm wrapping around the belt level of uke while squeezing tightly
- Your hip must remain in place for the throw, refrain from picking opponent up with your hand that is on the lower back
- While lifting your opponent with your legs keep your body close to the uke, avoid completely straightening your knees during the throw
- Follow though throwing the uke by pulling back with your elbow-grabbing arm pulling continually, end with knees bent
- Avoid - not enough hip, hip too high relative to uke’s waist, arm not around waist, straightening knees prior to pull over and around.

### **SEOI-OTOSHI (SHOULDER DROP THROW)**

- Maintaining a firm grip with both hands, coiling arms, pulling uke to you as your whole body drops in contact with uke’s, Put your throwing leg straight back staying close to the uke while your leg continues to straighten
- Avoid putting your knee on the ground, sole of your rear leg flat on the ground, (potential injury) locking uke’s leg/ knee
- Keep your leg below knee of uke’s, your upper thigh should be touching the opponent, never bind or lock uke’s leg



### **DEASHI BARAI (FOOT SWEEP)**

- Tori's sweeping foot must be placed at the uke's ankle sweeping upwardly, never kick the leg...sweep it!
- While sweeping bend your supporting leg applying a swift turning/circular hand motion for the throw
- It is important to apply the sweep with the sole of the foot before the uke's weight is on the leg
- Avoid trying to look at the uke's feet to time your throw, trust your feeling sensitivity for your timing

### **MOKIKOMI (HIP WRAP AROUND THROW)**

- Release wrapping hand grip dropping your arm downward circling up ward breaking uke's grip stepping diagonal forward
- Shifting you body forward dropping down to your knee & elbow maintaining a tight coordination of your body to the uke's
- Follow up with a variety of mat hold-downs or submissions

### **IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)**

- Lowering your horizontal center as you advance forward crossing your uke's midline placing your bicep under their shoulder remaining in very close contact pulling your partner with a coiling motion tightly to you
- Keep your knees bent throughout the throw - don't pop, but rather pull with the elbow grabbing hand
- Avoid raising the shoulder, keeping your back against the opponent's chest to abdomen pulling opponent around & down
- Be sure to squeeze the arm between the bicep and the flexor carpi radials during the throw Avoid uke's arm OVER the shoulder, Grabbing uke's sleeve with grabbing arm hand. Avoid hip too high relative to uke's Knees not bending enough at the waist, straightening knees prior to pull over and not enough side hip.

### **TAI-OTOSHI (BODY DROP THROW)**

- Off balance uke quickly upward as you pivot dropping perpendicular to the uke's feet, as they catapult off the forward foot
- Avoid attempting to pull uke over your thigh, instead pull over the calf, keeping your feet in a line forward of uke's feet
- The thrust of your hands coiling is an essential component of the throw, keep the heel of the stretched leg positioned up
- Straighten your back at the end of the throw and maintain control of the uke' arm as they fall.

### **UKI GOSHI FLOATING (HALF HIP)**

- Pull equally with both hands, prevent rocking the uke back onto his/her heels, maintain a low stance and vertical posture. Your hip should be placed in the center of uke's abdomen, not on the side of the body like O-Goshi, bend knees throughout
- The hip twist/coil is slightly less than O-Goshi using a portion of the hip for the fulcrum,

### **MOROTE SEOI-NAGE (AUGMENTED SHOULDER THROW)**

- Off balance uke by setting their weight on their heels then pull up and outward with hands, lowering your elbow wrapping your elbow under the uke's armpit avoiding a strain in the lapel arm by keep pulling forward and not lifting the uke.
- Do not leave the augmented arm behind you when you pivot into position, the whole body must move in unison
- Be sure to remain on the balls of your feet to prevent a rocking motion to your back corner
- Although there is an extreme amount of upper body movement, make certain that the throw still rotates over the hip
- Avoid pulling uke around too much, not using enough hip and lapel pull and not bending knees enough

### **UKI OTOSHI (FLOATING DROP THROW)**

- To ensure your partners continuous safety ALWAYS pull upwardly and outwardly, NOT downwardly at the same time you are dropping to one knee,
- To assure continuous control, make sure that you maintain shoulder width of the stance (between knee and foot)
- If you drop down too far away from your opponent there is a greater possibility of being countered
- Make sure your weight is forward and you are not sitting back on your ankles, to do so will position the uke on top of you

### **TOMOE NAGE (CIRCLE THROW)**

- Off balance uke pulling up and forward, a small amount of weight is transferred onto the foot being placed on the front of your partners hip, pull slightly upward using the foot on the hip as the “fulcrum” sitting close to the uke’s feet
- Maintain a strong grip while you pull outwardly and sit, make certain to straighten your leg while you are rolling backward completing the circular movement. Avoid letting go of uke too soon, be sure that your foot is placed on uke’s front hip
- Avoid falling too far away from uke. Raising leg too soon (Telegraphing), Letting go too soon during throw

### **SASAE TSURIKOMI ASHI (FOOT STOP THROW)**

- Keep the uke’s weight off the front foot until you are prepared to throw. Avoid looking at uke’s feet,
- Capitalize on the body shifting of the uke and pivot into their center upon the throw
- Advance your leg diagonally to the rear corner with a concurrent pull of your whole body
- Lift and pull enough so their knees do not bend, continue to pull down as the throw is continued

### **HARAI GOSHI (HIP SWEEP)**

- Place your leg on the outside of uke’s calf - heel pointing up - toes pointing downward - just below the knee
- Continue to bring head toward the knee bending at waist, as you raise throwing leg, pulling uke in a circular forward motion. Keep upper thigh above uke’s knee, pull and lean forward
- If it feels like there is too much weight on your leg, try separating your partners “gi” while continuing to raise the leg. This throw is an excellent follow up throw when your opponent attempts to evade an Ogoshi throw

### **HANE GOSHI (SPRING HIP THROW)**

- Separate - bring your elbows outward on entry to throw, place your leg on the inside of uke’s calf - below the knee - toes pointing downward - using the outside edge of foot, Continue to bring head toward the knee bending at the waist
- Use half hip for placement and together raise the leg and pull outward and downward
- Avoid trying to actually lift uke onto the reaping leg and pulling in the wrong direction, not leaving leg up until uke falls.
- Although the dynamics and principles of the throws remain constant, oftentimes an augmented or quick change in a particular grab and accrue to aid the throw.

### **MAGARU KARDA (WHIP BODY THROW)**

- Lower your hips so that you are below and under your partner’s waist
- Striking the partner’s face with the back of your head gets the uke’s balance broken
- Take advantage of the uke by immediately grabbing, stretching, and continuing to powerfully reach towards the floor as if you were doing a forward rollout.
- Avoid not getting under uke’s center and not committing to reaching in a spherical movement pattern

### **SODE TSURIKOMI GOSHI (SLEEVE LIFTING PULLING HIP THROW)**

- Pull equally with both hands, prevent from rocking uke back onto heels, pull slightly upward and through your position.
- Maintain a low stance and vertical posture, always grab the sleeve with palm facing upward just above the elbow.
- Avoid pulling uke around too much, not using enough lapel pull and, not bending your knees enough

## JUDO SELF DEFENSE EXAMPLES, TEAMS OF 3-KATA/FORM

On a very basic level katas and forms are used to teach students how to respond appropriately to a variety of attacks. This kind of training and conditioning provides the student with unconscious abilities to recognize instantaneously the most effective self-defense skills to utilize. Memorizing technical details optimize the student's skill abilities. As a student's performance improves they begin to realize the purpose and benefits behind the concept of formal kata movement and body control. It is an instructor's prerogative to vary, change or recreate any self-defense kata that might provide students with the ability to improve their skill and understanding.

- **EXAMPLE OF TEAMS OF 3-KATA:**

1) The uke and tori stand at a distance determined by placing off the area according to the size of the participants and appropriate number of steps in the kata. 2) Each perform a standing bow. 3) After the bow commences the first uke takes a right step simultaneously with Tori's (left step). 4) Uke then steps left while Tori steps right. Uke starts approach to attack Tori. 5) Tori defends. 6) As the 1<sup>st</sup> uke gets up he/she walks behind 2 uki as 2<sup>nd</sup> uke attacks Tori. Depending on whether the third attack is from the front or back of Tori will determine the direction the uke will go next. After a few minutes everyone will be working harmoniously in concert with one another. Just have fun and allow for the student's guided discovery.

- **UNDER-ARM BEAR-HUG, TEAMS OF 3-KATA/FORM**

1) Demonstrate Form, NO Throw 2) Rear Under-arm Bear-hug Escape 3) Two On One Defense,  
4) Picked up off Floor, *Advance Students Only* 5) Double Over arm Bear Hug, *Advance Students Only*

- **MUGGERS HOLD ESCAPE, TEAMS OF 3-KATA/FORM**

1) Demonstrate Form, NO Throw 2) Formal Throw Defense Application 3) Combine Side Over-arm Bear Hug  
4) Tori Pulls Uki Backwards Two Steps 5) Double Muggers Hold, *Advance Students Only*

- **TIGER/HEAVEN EARTH, TEAMS OF 3-KATA/FORM**

1) Demonstrate Form, NO Throw 2) R. to R. Hand Wrist Escape 3) R. Hand Attempted Collar Grab  
Escape  
4) Two-Hand Attempted Collar Grab 5) Front Middle Kick and Two-Hand Push

- **OSOTO GARI, TEAMS OF 3-KATA/FORM**

1) Demonstrate the Throw 2) Rear Choke Escape 3) Front Choke Escape 4) Rear Hair Pull with R. Hand  
Escape 5) Front Over-Arm Bear-Hug Escape

- **O-UCHI GARI, TEAMS OF 3-KATA/FORM**

1) Demonstrate the Throw 2) Rear Choke Escape 3) Front Choke Escape 4) Rear Hair Pull With R. Hand  
Escape 5) Front Over-Arm Bear-Hug Escape

- **OGOSHI, TEAMS OF 3-KATA/FORM**

1) Demonstrate the Throw 2) Side, Left Arm Headlock or Arm Around Waist 3) Front Push with Right Hand  
4) Rear Double Wrist Escape 5) Right Left Right Round-House Punch from Front

- **MAKIKOMI, TEAMS OF 3-KATA FORM**

1) Demonstrate Throw 2) R. Hand Collar Grab 3) R. Hand Collar Grab & Punch 4) Double Collar Grab - Shake  
5) Right Hand Grabs and Pulls Tori into the Attacker

- **KNIFE DEFENSE, TEAM OF 3-KATE FORM**

1) Knife held at the throat from the front 2) Knife held at throat from a Mugger Hold 3) Knife thrust from  
front  
4) Horizontal Knife Slash 5) Downward Stab

- **CLUB AND KNIFE DEFENSE, TEAM OF 3-KATA FORM**

1) Descending Club Attack from the Back 2) Descending Club Attack from the front 3) Front Knife Slash or  
Thrust 4) Horizontal or Diagonal Attack from the Front 5) Collar Grab and Knife Held as a Threat

## **15 ANIMAL FORM DESCRIPTION AND HELPFUL HINTS**

(When learning any new Animal form, practice slowly and smoothly to assure your opponent's/uke's safety)

### **YON CH'UAN 15- ANIMAL INTERNAL KUNG FU FORMS**

TIGER\_\_\_ MONKEY \_\_\_ GOOSE \_\_\_ EAGLE\_\_\_ DRAGON \_\_\_ PANG \_\_\_ LUN \_\_\_ WILD HORSE SNAKE \_\_\_ MANDARIN \_\_\_ CRANE  
\_\_\_ LEOPARD \_\_\_ BEAR \_\_\_ APE \_\_\_ LONE GOOSE \_\_\_ PUSH HANDS \_\_\_ STANDING\_\_\_ ROWING \_\_\_ WALKING \_\_\_

### **CORRECT STANCES AND FOOTWORK FOR THE 15 ANIMAL FORMS**

- There are four basic stances used in the 15 Animal Forms. They are: the L-STANCE, 60/40 stance, the CAT STANCE and Hanmi STANCE. Each form will be described with footwork applications.

#### **THE L-STANCE**

- The feet are shoulder width apart with one foot/leg forward. The forward leg holds 100 % of the weight. The rear leg is straight knee slightly bent/curved with sole of feet gripping the ground, rear foot in a 45% or less. The lower spine is slightly tucked

#### **THE 60/40 STANCE**

- The feet are shoulder width apart with one foot/leg forward. The forward leg supports 40% of the weight - the rear leg holds 60%. The rear foot is 45% in relationship to the forward leg except when drawing an opponent downwardly, then the foot opens to a 90% to the forward foot. The spine is in straight alignment and pelvis is slightly tucked.

#### **THE CAT STANCE**

- The feet are close together with one foot in front of the other. The inside of the forward foot is in alignment to the rear heel. The rear foot holds 100% of the weight with the rear foot turned 45° to the front foot. The front foot toes/ball touch the ground with the heel raised very slightly. The spine and rear leg are aligned vertically with the pelvis slightly tucked/pelvis tuck. Sometimes the Cat stance will transfer weight to 70/30% Back Stance.

#### **THE FOLLOW STEP/HANMI**

- There are many variations, but generally from a cat stance, push off from the rear foot and slide forward with the front foot, letting the body weight fall into the step. Immediately bring forward or follow with the rear foot to a cat stance position and sit your weight back to the rear foot - ready to perform another follow step. Frequently the front foot is released forward into a 60/40% stance after a follow step/hanmi.

#### **THE READY/BASIC GUARD POSITION**

- Begin all Yon Ch'uan Animal Forms from a 60/40% basic guard position with the same side, foot and hand forward. Rear hand should be near the forward elbow with arms held in a 15° angle, fingers slightly stretched, chest empty/concave, body straight, legs slightly bowed outwardly with your feet gripping the ground ready to spring in any direction instantaneously.

#### **THE TIGER FORM**

*The Tiger is a powerful hunter who attacks with fierce speed, moving with total focus without hesitation.*

- 1) From the ready position evade horizontally left with the left foot and shift the weight onto it. Bring the right foot forward into cat stance. Simultaneously, raise the arms together, aligning the forearms vertically in front of your chest with palms facing you. Your body is turned towards your right corner.
- 2) Step with your right foot to the right front corner - pushing off from the rear left foot using a follow step and conclude in a 60/40% stance

- 3) Shift all the weight to your left foot into cat stance then step to your right with the right foot into a 60/40% stance. During this part of the movement the right hand begins to draw back (turning the palm up) and the left hand moves from left to right turning palm down. Sit into a 60/40% stance as the hand complete the movement with the right palm up and the left palm facing down at the waist height.
- 4) Turning your waist to the left as you sweep the rear left foot horizontally right crossing behind you completing 180° turn ending in a 60/40% stance. (Remember that your whole body moves in unison).
- 5) Move your back right foot into a right cat stance as the hands return to the ready position. Repeat the movements of the Tiger to the right side. The Tiger form can be utilized compassionately or harshly. It is a versatile, effective self defense for both children and adults.

### **THE MONKEY FORM**

***Monkeys are nimble, agile and quick. This form is immensely effective merged with other forms or used alone.***

- 1) From left 60/40% stance, hands and arms held in basic guard position quickly slide your rear foot on a 45° angle right and back into a left cat stance, spiraling both palms up. Advance your left foot with hanmi/follow step very quickly forward stealing distance, maintaining your advancing on a 45° slant, ending with the right foot forward in a right cat stance -- turning your whole body 90° to the right with arms spiraling as rolling a large ball and palms ending facing down as move forward into right 60/40% stance -- basic guard position.
- 2) Repeat from right 60/40% stance, hands and arms held in basic guard position quickly slide your rear left foot back on a 45° slant ending in right cat stance as you spiral both arms and palms up. Advance your left foot with hanmi/follow step very quickly forward stealing distance, maintaining your advancing on a 45° slant, ending with left foot forward in a left cat stance -- turning your whole body 90% to the left with arms and palms spiraling as rolling a large ball. Your palms ending facing down as move forward into left 60/40% stance -- basic guard position. Repeat form from left 60/40% stance and practice yielding and sticking with an opponent.

### **THE GOOSE FORM**

***The goose uses its beak and powerful wings with lightning speed, blocking both outside, inside - moves forwards to seize balance, turns to pull and peck. The goose always moves with quickness, intensity and controlled power.***

- 1) From a left 60/40% ready position, yield and coiling your body backward with left arm and palm to nose height facing you, sitting in left cat stance. Simultaneously, move the left hand, arm and body forward in a counter clockwise direction, slightly toward the left front corner, powerfully lowering/blocking with the left hand and arm into 60/40% stance.
- 2) Move from 60/40% left stance into right cat stance coiling slightly to the left corner blocking and moving simultaneously with the right hands coiling upwardly to the left with a powerful rising chopping motion.
- 3) Turn the right foot out to the right corner and shift your weight onto it as you simultaneously coil your right arm and palm powerfully blocking downwardly ending in 60/40% right ready position stance.
- 4) From a right 60/40% ready position, rise coiling your body forward with left arm and palm to nose height facing you, sitting in left cat stance. Simultaneously, move the left hand, arm and body forward in a counter clockwise direction, slightly toward the left front corner, powerfully lowering/blocking with the left hand and arm into 60/40% left ready stance position. Repeat and master this portion of the form slowly and smoothly before moving on to learning the rest of the goose form.
- 5) The next movement involves a 360° turn. Imagine this turn as the circle of a compass with the forward direction you now face is North. From the 60/40% left stance of the previous position, shift the weight onto the heel of the left foot and turn it to the right followed by pressing the heel of the right foot pivoting it also to the right. Simultaneously, the arms cross in front of the face with the right hand on top and the left underneath. Pivot on the left heel as you turn the toes to face SE. Turn the body so you can look North over your left shoulder. Push off with the left foot and spin on the ball of the right foot clockwise, swinging the left leg around until you are in a 60/40% left stance with the left leg forward facing North. As you spin, the left hand comes forward and the right draws back in line with your center. Both palms face down. Adjust the left foot to be in a left cat stance as you draw the hands in a ready position.

## THE DRAGON PREPARATION FORM

***The Dragon is a Chinese mystical animal believed to move with snake-like coiling. When we practice the Dragon Form we are training ourselves to use our waist to coil the whole body.***

One of the first forms taught to an older more advanced student is the Dragon Form. It teaches whole body joint connectivity movement and coiling in concert with diaphragm breathing. This form teaches highly advanced self-defense principles that instantaneously direct the attacker's strength back against him/her self.

The techniques of learning whole body connectivity and coiling really are quite simple yet extremely profound. One begins by learning in four directions, forward and back and up and down. That's all; however, but these movements are being performed simultaneously and continually throughout the entire form sequence.

The Dragon's body produces great force very swiftly. To accomplish rooted balance, power and speed you absolutely MUST begin practicing each movement of the Dragon with uninterrupted slow, smooth and even movement. Through the slow repetitive use of the neuromuscular system you will develop starting speed and whole body strength. The key secret is; "slowness develops speed!"

- **THE DRAGON PREPARATION:** Stand in an open parallel stance with your feet straight ahead a little wider than your shoulders and heels of your feet and back approximately two inches from a wall. Begin by feeling the outside sole of your feet, toes and heel grip the floor as you ever so slightly lower your body by bending your knees outwardly as you slowly exhale. Slowly rise as you very slowly inhale synchronizing your breath and movement. Next, think about tucking your sacrum/tailbone as you empty your chest and feel your sacrum slightly touch the wall and feet grip the floor. Soon your movement and breath will move in unison without any conscience thought. This is the first and most important fundamental movement of the Dragon Preparation!!! Without this fundamental movement of your lower body moving in unison with your upper body, you will deprive yourself of the real experience and appreciation of whole body connectivity. Only after you accomplish this lower body basic skill should you begin to incorporate upper body movement. (Only the most serious committed Yon Ch'uan students accomplish this skill ability).
- 1) Part one of 4-parts, ready position of Dragon Preparation: To connect the upper body and lower body movement imagine yourself holding a very large beach ball down below your waist. Raising your hands and arms spiraling upward and outward, lower your body -- expelling air from the lungs as you sink downwardly tucking your pelvis, emptying your chest and slightly bowing your knees outwardly. Your fingers should stop at your nose height, arms slightly curved and fingers together slightly out stretched. (As you lower your body, bow your knees slightly outwardly, feet gripping the floor with pelvis tucked, sit in your hip).
- 2) Part two, your whole body rises with your arms and hands spiraling spherically in an outward rotation, in unison with diaphragm inhaling throughout the movement slowly and naturally. (When you naturalize these movement pattern and principles your breathing will become naturalized and unconscious).
- 3) Part three, lower your whole body as you exhale, drawing your arms and hands in a spherical/elliptical downward movement pattern stopping at your lower rib height. (As you lower your body, bow your knees slightly outwardly, feet gripping the floor, tucking pelvis and sitting in your hip).
- 4) Part four, inhale with diaphragm breathing and raise your whole body as you lower your hands and arms returning to ready position one. Repeat the Dragon Preparation Form sequentially.

### Note:

A Yon Ch'uan student absolutely must unconsciously master the Dragon Preparation. The breath naturalization must be in unison with movement connectivity. Moving in four directions simultaneously is a highly advanced unique Kinetic movement principle and foundational to Yon Ch'uan Martial Arts self-defense.

# Yon Ch'uan

## Internal Martial Arts



John Chung Li & Robert F. Xavier - Yale University 1974

### *Six Combinations*

### *Eight Methods of Yon Ch'uan*

(The following are excerpts from Master Li's seminars at the Hwa Yu Health & Well-being Institute in Boston during the early 1970s)

## **Six Combinations/Eight Methods**

### **1) The BODY combines with the MIND (Mind-Intent).**

Extraneous thoughts should be excluded from the mind and concentration utilized. The mind-intent moves the life force that circulates inside atmosphere of the body so that it may sink deeply and penetrate the marrow of the bones. The mind-intent and inside energy must interact in a lively manner in order to achieve both smoothness and circularity.

### **2) The MIND combines with the IDEA.**

Before the MIND directs the movement, you should have a clear IDEA of what to do. Relax the entire body, calm your mind and concentrate on breathing from the diaphragm. The relationship between the mind-intent and the inside energy is like an automobile; inside is the driver and the engine. To move the automobile, it will take the mind-intent who is the driver and the inside energy which is the engine working and interacting together.

### **3) The IDEA combines with the LIFE ENERGY/Circulation.**

The IDEA directs the LIFE ENERGY to circulate throughout the body with balanced alignment of Yon Ch'uan rooting. The breath must be in unison with the movements of the body. Each meditative movement heightens perception of body awareness and cultivates greater LIFE ENERGY.

### **4) The LIFE ENERGY Circulation combines with the SPIRIT.**

Push the crown point upward, as if the head is suspended from above, ears are listening inward, the tongue is rolled toward the back of the mouth with the teeth and lips lightly touching together. The INSIDE ENERGY is concentrated downward into the abdomen and flows smoothly. The breathing is long, slow, smooth, rhythmic and continuously linked to each movement. Put your SPIRIT into the movement. Your SPIRIT and INSIDE ENERGY together direct your movements.

### **5) The SPIRIT combines with the MOVEMENT.**

You should put your SPIRIT into the MOVEMENTS. Without SPIRIT, the MOVEMENT will be dull. Express each of your movements with your eyes and your crown point raised upward. Move like a lively dragon - up and down, left and right, in and out, allowing all movement to move from the waist. Your movement should be curved and smooth. Thus, your movement looks both esthetically balanced, lively and beautiful.

### **6) The MOVEMENT combines with the AIR.**

To move like the AIR is to move effortlessly like a fish swimming, with the least body muscle resistance. Rather, your Mind Intent of the Six Combinations moves your movements powerfully and naturally.

## **EIGHT METHODS OF YON CH'UAN MARTIAL ARTS**

"In China, there are two kinds of exercise. One is called External. Another is called Internal. External shows out: you see appearance, but in Internal everything is concealed: you cannot see. Also, the outside seems so soft, but the inside is very hard. It's hard as steel. You cannot force it. So, there's a difference between Internal and External exercise. One uses strength. The other uses force: inner force. It seems so smooth, but it is so hard inside. If you want to study some kind of Internal Exercise, then you must first understand the EIGHT METHODS. There are Eight Methods for us to study, so it takes a long time to go over the Eight Methods. All our movement should be move natural and go to its Natural State. It is very important to empty your mind of extraneous thoughts.



Optimal health and well-being will be maintained through daily practicing the movement meditation principles of the Six Combinations Eight Methods. Empty your mind and focus on the NOW Moment of your movement! You will discover truth, whole body connection and achieve maximum movement efficiency.

In this lesson we will discuss the Natural State of Yon Ch'uan. What is the Natural State? If you gain the Natural State, you are satisfied. You're happy and you enjoy internal and external as well. The Natural State means harmony with the universe. Inside you have the world, outside you have the world and the two worlds are harmonious. The joy of the Lord is your TRUE strength! We first praise our great God and Savior the Lord Jesus Christ who gives us His wisdom, understanding and abilities to enjoy the aesthetic beauty of movement and life. To enjoy REAL LIFE spiritually as Christians we must first recognize our need to receive through Christ Jesus, Gods love, acceptance and forgiveness... To reach his/her full psychomotor, cognitive affective potential he/she must learn the Six Combinations and Eight Methods. With these methods we can move from a simple to an advanced state.

### **WHAT ARE THE EIGHT METHODS?**

#### **1) LIFE ENERGY works internally, concentrated by ones spirit.**

The INSIDE ENERGY works internally as an energy source which circulates your blood. Inside energy emanates from an area of the abdomen, located about one and one-half inches below the navel. The abdomen is the source of energy from which all movement emerges. This energy lies dormant within everybody until it is activated by consistent practice of internal health exercise. The spirit guides all our movements toward being expressed with relaxed, flexible, lively suppleness. Inside energy, without spirit, is dull. The energy must be controlled so that it can move throughout the body and penetrate into the bones. Its limit depends on the correctness of instruction and the amount of concentrated practice.

#### **2) BONE - The internal force is concealed.**

The internal force (Geng/Bone Energy = Internal Strength) is concealed within the bones and joints. Use your mind to exercise your internal energy. Let the internal energy sink into the abdomen. Eventually, the internal energy will be condensed into the bone marrow. The nature of this internal force is to come forth suddenly when needed, and then to subside. The internal work is more forceful if we push from the hind leg which is rooted to the ground. In the beginning, the ability to concentrate on the form practice is very important. The development of concentration will help you to control your mind. Then you can use your mind to increase the awareness of your internal bone energy. If, in the beginning, we practice the proper way to root ourselves, then, in the advanced stages, our internal energy will be more powerful.

#### **3) FEATURE - Movement is fluid and continuous.**

From the time we begin to learn the basic Yon Ch'uan preparation principles, throughout the acquisition and application of each sequential movement, we must set our mind on the goal of practicing perfect Yon Ch'uan form. Each movement should be clearly distinguished from the other. In the advanced stage, the movements in the Yon Ch'uan form are smoothed into spherical, fluid, continuous movement patterns. Relaxation should be overall, throughout the entire body. The goal of the body's feature is to move every joint and muscle of the entire body, together in unison, without hindrance or obstruction anywhere.

#### **4) FOLLOW - Meet an opponent's forceful attacks with circular movement, interpreting the force and yielding to it.**

In pushing hands we apply and train our sensory feelings through a very light touch of relax, yield and stick, following our opponent's movements. The lighter your physical contact is with the opponent, the more difficult it will be for him to off-balance you. Without mentally anticipating the opponent's movement, we are able to feel, yield and redirect oncoming force effortlessly. In this manner we can understand our opponent's intentions-how he wishes to uproot, off-balance and attack us. The principle of sticking and following is much like a physical game of chess. When your opponent advances, interpret his movement. Sticking, withdrawing and attacking energies all are involved in an instant. You learn how to lead your opponent to over-extend his advance, uproot him with the ease of a gentle, light touch.

**5) RISE - One's head is held as if suspended from above and relaxed.**

When the head is raised and held as if it were being suspended from above, the mind is tranquil and relaxed. There is increased alertness, awareness and vitality. The mind intent and the inside life energy/atmosphere of the body) interact in a lively manner in order to achieve both smoothness and circularity within all movements. As the clouds of upper atmosphere are lighter than the earth's, so mankind must maintain balance between heaven and earth. Raising the head helps facilitate an alert, intelligent mind with harmonious, relaxed, balanced movements. In this manner, the circulation of the energy moves from the base of the spine to the back of the head, then down the front of the body and back to the abdomen, like a river returning to the sea. Your head is always held lightly and relaxed, as if it were moving through the heavens.

**6) RETURN - To maintain an even balance, movement in one direction is to be tied to its opposite (to and fro, up and down, left and right - moving in four direction simultaneously).**

To maintain an even balance, movement in one direction is related to its opposite. Return is the means of maintaining perfectly balanced movement between to and fro, up and down, left and right, in and out. The legs work like a bow, firmly rooting the feet to the ground. The joints, ligaments and muscles move together like coiled springs. Advance and retreat should be controlled by the spine and the waist. You learn to connect every movement pattern that goes forward, back, up or down to its opposite movement direction. You essentially learn to move in four directions simultaneously. This is an extremely highly advanced kinetic principle.

**7) RESTRAIN - The mind should be calm, devoid of preconceived thoughts, maintaining an inner stillness.**

The mind should be calm, maintaining an inner stillness. Don't mind how fierce your opponent is. Whatever move he makes will be seen and interpreted with clarity and quickness when the mind is calm, focused and relaxed. Calmly watch your opponent with an inner stillness. (Look for nothing and see everything; look for something and see nothing) Your mind must be as calm as a mirrored lake which clearly reflects all its surroundings. Calmness and stillness of the mind will provide crystal-clear expression within the idea and timing of your movement. This calmness is needed to meet any opponents attack the instant he comes into your reachable space. A calm, relaxed mind is equipped with the capacity to think, calculate and be logical with immeasurable speed. Theories concerning the limits of speed, in regards to the physics of the mind, are believed to have numerous phenomena of energy formation that travel faster than light waves. The high speed of psychomotor experience in time, space and force coordination is integrated by the mind and body with ultra-fast light units of speed when the mind is emptied, relaxed and devoid of preconceived thoughts. Also, body posture and movement alignment, with the goal of perfect balance, is extremely essential in facilitating a calm, inner stillness, while confronting an opponent or any other difficult, stressful situation.

**8) CONCEAL - The inner force is concealed until it is needed.**

Maintain a comfortable, natural, relaxed mental and physical state of practice. Your body movements are concealed with soft, gentle, even expression, as though you were moving the air. Conceal your force like a bow within the joints and bones with spiral, spring-like coiling focus. Send it out straight as an arrow.

**SUMMARY OF YON CH'UAN EIGHT METHODS**

Yon Ch'uan Martial Arts is one of the few authentic intrinsic martial art health care systems which still integrate specialized psychomotor alignment with intricate breathing techniques, as originally taught by the ancient Chinese. There is great virtue in the practice of the Yon Ch'uan Martial Arts 15 Animal health and self-defense forms. These forms were formerly known as the six combinations / eight methods internal animal forms with strategies inherent in this highly renowned martial arts health care science. This intrinsic art was exclusively taught only to an elite few in each generation. Today, Yon Ch'uan is available to anyone who is in search of an authentic temple style internal martial art discipline.

All movement is in strict line with gravity. Movement is light and lively, expressed with your own will. The heightened awareness and sensitivity to feeling movement is deeply profound. You learn to always know your

opponent's intentions without his knowing yours. Your movements are like a flowing river. Extreme softness will develop extreme strength. Your calmness within movement is like a mountain. You learn to turn your spirit to stillness, humility and emptiness. The enjoyment and awareness of movement of life is greatly heightened. The movement and breathing are in unison without thought, form or feature. Your natural state of awareness becomes immensely high. This form should be done properly in the beginning, executing every movement with slowness, calmness and gracefulness. In the advanced stages your movement becomes formless, but always maintains a spherical shape with poise of movement. As you increase in ability to execute the 15-Animal forms, exceeding enjoyment of being in a very high natural state of meditative movement will also increase. This feeling of movement and emptiness is realized without thought.

The intrinsic force is concealed in the bones and joints. This essential feature is able to be expressed at will. It comes suddenly when needed from within the joints and bones with spiral, spring-like energy. It subsides at your will. The life force moves the spirit and the blood. The spirit is fully attentive to helping move it throughout the body at will. The spirit of the movement is able to be both concealed and expressed through the eyes and within the movements.

In practicing Yon Ch'uan, one's body and limbs must be poised, balanced and relaxed, not collapsed. The poised posture, balanced movements, easy and relaxed muscles as advocated in the six combinations / eight methods are in perfect agreement with the theory of the center of gravity of the human body. It should be emphasized the importance of maintaining spinal alignment and conformity of the pelvis tilt within every movement. When the Yon Ch'uan exercise is in conformity with the criteria of natural poise, mildness, relaxation and comfort, the body and mind will realize wonderful replenishment of vitality.

If the principles set forth in the six combinations / eight methods are followed faithfully and carefully, the student will be successful in the use of internal martial art health care science. There are many variables involved and no one standard method of training can be applied perfectly for every student.

Therefore, it is highly recommended that the student's learning process be supervised by qualified instructors in order to avoid possible serious injury and wasted time and energy, which will discourage and frustrate Yon Ch'uan internal training. Consequently, students and those in advanced stages of training should be carefully guided in their formation and use of internal energy and power."

Yon Ch'uan was a closed-door martial art for more than 1,000 years. Master John Chung Li, also a devoted Christian, opened the door to hundreds of students in China, the United States and Europe. Master Li translated The Chinese Five Word Song and added his commentary to each of the 134 verses to help students understand the truth within Internal Martial Arts. We are privileged to now offer the insights to this phenomenal martial art and healthcare science through the publication of The Chinese Five Word Song manuscript.

## Health Benefits

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| <ul style="list-style-type: none"> <li>• Strengthens, balances and tones muscles</li> <li>• Lowers blood pressure and stress</li> <li>• Regenerates cells and detoxifies blood</li> <li>• Invigorates and relieves tension</li> <li>• Improves circulation and bone density</li> </ul> | <ul style="list-style-type: none"> <li>• Reduces bad cholesterol levels</li> <li>• Improves concentration and creativity</li> <li>• Addresses the problem of chronic pain</li> <li>• Increases range of motion and flexibility</li> <li>• Produces positive effects on cardio-vascular, arthritic and diabetic conditions</li> </ul> |
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## † PURPOSE †

**Our ministry purpose is to provide a Christ-centered, easy-to-do, therapeutic, restorative healthcare activity that will assist a person to reach his/her optimal affective, cognitive, psychomotor and spiritual potential.**

## RESOLVING CONFLICTS NON-VIOLENTLY

The Yon Ch'uan training focuses on mental defense, resolving conflicts nonviolently while promoting physical, emotional and spiritual well being. Yon Ch'uan Martial Arts training offers youth programs of instruction designed to foster cooperation and personal growth. The youth training program and the confidence it inspires develops skills to resolve conflicts peacefully. In addition to actual martial arts techniques the program teaches children, young people and adults how to stop both physical and verbal confrontations before they happen. The training provides young people with a unique opportunity for social exchange and teaches each participant how to attain immense, internal energy, eventually reaching the full limits of their organic, psychomotor, cognitive and effective development, according to individual ability.

Yon Ch'uan Three Zone Defense training brings out in young people the qualities of humility, honesty, confidence, courage, strength and truthfulness. None of the youth defense training programs can be used offensively. (Example: a headlock or front choke escape skill can only be used for defense) It is of paramount importance that a beginning student first develop God-confidence and learn alternatives to using force to dissuade a potential physical encounter. The Three Zone Defense youth instruction combines many of the very best martial art sport skills that can NEVER be utilized in any offensive combative fashion. These skills combine the very best principles of sport Judo throws and hold downs. Also, many principles of Aikido escapes, constraint and submission skills are taught to a beginner student to avoid teaching them any dangerous combative skills that could be used offensively by an impulse-ridden beginning student. The student's safety is always highly assured. This youth character training encourages self-discipline and a non-violent attitude and teaches that "rudeness is a weak person's imitation of strength."

The effectiveness of Yon Ch'uan Three Zone Defense for young people is astonishingly beneficial when the emphasis of training is placed upon the student reaching his/her full organic, cognitive psychomotor effective development. The physical conditioning promotes strength and suppleness in the joints and limbs through twisting, bending and stretching--movements that also free limbs from harmful adhesions. This greatly increases the student's awareness of posture and good body alignment and improves his/her reaction reflex, perception and coordination. This Art frees its practitioners to be more creative mentally, gaining more flexibility, grace and range of movement physically. Negative emotions can give way to a feeling of ease, patience and harmony.

### THREE STAGES OF SKILL DEVELOPMENT

All Yon Ch'uan Martial Arts students should realize that there are three stages of Yon Ch'uan practice. In the First Stage the Mind teaches Conscious Body Reaction which is extremely slow. This is the stage of learning new Yon Ch'uan movement skills. The teacher shows the student what to do with his/her mind tries to grasp the concepts and relays commands to the Body that form conscious body posture in relation to the practitioners, defense need. Then, the Second Stage, Unconscious Body Reaction which is startlingly quick! Quickness is developed from a relaxed posture, not a tense posture. As with any practice involving the neuro-muscular system, efficiency of body response increases through repetitive use of the nerves and muscles involved. The student relaxes all unnecessary "parts" of the Mind and Body and FEELS his/her movement with the least muscle resistance. In this way the student will begin to slowly realize subtleties what their Mind missed during stage one. The Body is now teaching the student's mind. With patient and sensitive exacting practice this stage will eventually lead to the Third Stage. The natural harmony of Mind intent and muscle memory serves as radar so that the student's self-defense movement response harmonizes effortlessly with nature's spherical flow.

## **YON CH'UAN IS DOING THE BEST YOU CAN**

Yon Ch'uan Physical Education is an exciting learning process for young people. The learning of techniques, as well as many other things, never stops. The Yon Ch'uan student emphasis is often on relating a martial principle to a principle that occurs in everyday life. Example: If a work or school assignment is tackled without complete concentration and commitment, the results are usually less than desirable. One of the primary objectives in each class session is to provide the student the opportunity to visualize and realize cognitive skill success that will help instill self-discipline, confidence and personal character.

## 78 DEFINITIONS OF CHRISTIAN CHARACTER QUALITIES

**"...be conformed to the image of God's Son" (Romans 8:29)**

Much emphasis is placed on superficial appearances and life style even among Christians. God warned Samuel about this in selecting a king for Israel. He said, **"Look not on his countenance, or on the height of his stature... for man looks on the outward appearance, but the LORD looks on the heart"** (1 Samuel 16:7).

God desires that true Christians develop godly character - the character of Christ. Once a person believes that Jesus Christ is his/her Savior, that person should have a compelling desire to be like Christ. To become like Him means that one needs to know Him. The following characteristics are provided to help one to learn Biblical Godly, Christ-like qualities.

### 1. AGREEABLENESS

Finding a biblical decision, solution, or proposal acceptable enough that I can support and others would not oppose. **"Can two walk together, except they be agreed?" (Amos 3:3)**

### 2. ALERTNESS

Using my physical and spiritual senses to recognize and respond to dangers biblically. **"Be sober, be vigilant, because your adversary, the devil, like a roaring lion walketh about, seeking whom he may devour." (1 Peter 5:8)**

### 3. APPRECIATION

Giving God and others genuine compliments for their importance and value to me. **"...Take delight in honoring each other." (Romans 12:10 NLT)**

### 4. Attentiveness

Acknowledging the worth of a person by giving total concentration to his words. **"...We must listen very carefully to the truth we have heard, or we may drift away from it." (Hebrews 2:1 NLT)**

### 5. Availability

Making my own schedule and priorities secondary to the wishes of those I am serving. **"...Immediately we endeavored to go into Macedonia." (Acts 16:10)**

### 6. Boldness

Speaking the truth and doing the right thing regardless of the consequences. **"We may boldly say, The Lord is my helper, and I will not fear what man shall do unto me." (Hebrews 13:6)**

### 7. Cautiousness

Knowing how important right timing is in accomplishing right actions. **"Zeal without knowledge is not good; a person who moves too quickly may go the wrong way." (Proverbs 19:2)**

### 8. Christian Character

Reflecting the qualities and traits of Christ in my life.

*"...Be conformed to the image of [God's] Son." (Romans 8:29)*

### 9. Commitment

Pledging to guard and fulfill that which has been entrusted to me.

*"Guard that which is committed to thy trust." (1 Timothy 6:20)*

### 10. Communication

The process of conveying my thoughts, attitudes and actions to another in a manner that reflects Christ.

*"Be an example to all believers in what you teach, in the way you live, in your love, your faith, and your purity."*

*(1 Timothy 4:12 NLT)*

### 11. Compassion

The feelings aroused by the distress or misfortune of others that moves me to meet their needs.

*"And Jesus, moved with compassion, put forth his hand, and touched him." (Mark 1:41)*

### 12. Convictions

Purposing to follow the commands of Scripture, whatever the cost.

*"Daniel purposed in his heart that he would not defile himself." (Daniel 1:8)*

### 13. Confidence

Relying on the Lord to enable me in every area of my life.

*"I can do all things through Christ who strengthens me." (Philippians 4:13)*

### 14. Counsel

Helping a friend to apply the ways of God in a difficult situation.

*"The heartfelt counsel of a friend is as sweet as perfume and incense." (Proverbs 27:9 NLT)*

### 15. Courage

The ability to act on the knowledge that He who is in me is greater than he who is against me.

*"Ye are of God... and have overcome them, because greater is He that is in you, than he that is in the world."*

*(1 John 4:4)*

### 16. Creativity

Approaching a need, a task, or an idea from a new perspective.

*"Intelligent people are always open to new ideas. In fact, they look for them." (Proverbs 18:15 NLT)*

### 17. Decisiveness

The ability to finalize difficult decisions based on the truths of God's Word.

*"I have chosen the way of truth; thine ordinances have I laid before me." (Psalms 119:30)*

### 18. Deference

Limiting my freedom so I do not offend the tastes of others.

*"It is not good to eat meat or to drink wine, or to do anything by which your brother stumbles." (Romans 14:21)*

### 19. Dependability

Completing a commitment even if it means personal sacrifice.

*"Moreover it is required in stewards, that a man be found faithful." (1 Corinthians 4:2)*

### 20. Determination

Purposing to accomplish God's goals in God's time regardless of the opposition. *"I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness." (2 Timothy 4:7-8)*

### 21. Diligence

Using all my energies to complete tasks as a special assignment from the Lord.

*"Whatever you do, do your work heartily, as for the Lord rather than for men." (Colossians 3:23)*

### 22. Discernment

The ability to see people and situations the way they really are, not merely as they appear to be.

*"The LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." (1 Samuel 16:7 ESV)*

### 23. Discipline

Maintaining an ordered and controlled life through godly training, regardless of how I feel.

*"Exercise thyself unto godliness." (1 Timothy 4:7)*

### 24. Discretion

Avoiding words, actions, and attitudes which could result in undesirable consequences.

*"A prudent person foresees the danger ahead and takes precautions; the simpleton goes blindly on and suffers the consequences." (Proverbs 22:3 NLT)*

### 25. Encouragement

Helping others to see a difficult situation from God's point of view.

*"I weep with grief; encourage me by your Word." (Psalm 119:28 NLT)*

### 26. Endurance

The inward strength to withstand stress to accomplish God's best.

*"And let us not lose heart in doing good, for in due time we shall reap if we do not grow weary." (Galatians 6:9)*

### 27. Enthusiasm

Allowing God's energy to be expressed through my mind, will, and emotions.

*"And whatsoever ye do, do it heartily, as to the Lord, and not unto men." (Colossians 3:23)*

### 28. Fairness

Seeking to look at a decision from the viewpoint of each person involved.

*"And just as you want men to treat you, treat them in the same way" (Luke 6:31)*



### 29. Faith

Recognizing God's will in a given situation and acting in harmony with it.

*"Now faith is the assurance of things hoped for, the conviction of things not seen."*  
(Hebrews 11:1)

### 30. Fearless

Demonstrating courage and a resolute trust in God while facing difficulty or danger.

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*  
(2 Timothy 1:7)

### 31. Flexibility

Not setting my affections on plans or ideas which may be changed by others.

*"Set your mind on things above, not on the things that are on earth."* (Colossians 3:2)

### 32. Fellowship

Being with those who have the same beliefs and are going in the same direction.

*"If we walk in the light, as He is in the light, we have fellowship one with another."* (1 John 1:7)

### 33. Forgiveness

Healing others by using their offenses as a means of expressing to them Christ's love.

*"Be kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you."* (Ephesians 4:32)

### 34. Friendship

My commitment to the development of another's character on a personal level.

*"As iron sharpens iron, a friend sharpens a friend."* (Proverbs 27:17)

### 35. Generosity

Recognizing that all I have belongs to God and using it for His purposes.

*"...Freely ye have received, freely give."* (Matthew 10:8)

### 36. Gentleness

Showing a tender heart and personal care in meeting the needs of others.

*"We proved to be gentle among you, as a nursing mother tenderly cares for her own children."* (1 Thessalonians 2:7)

### 37. Gratefulness

Always making known to God and others how they benefit my life.

*"For who makes you different from another? And what do you have that God hasn't given you? And if all you have is from God, why boast as though you have accomplished something on your own?"* (1 Corinthians 4:7)

### 38. Honor

Expressing humility and devotion by giving tribute to God-given authority.

*"Honor all [people]. Love the brotherhood"* (1 Peter 2:17) *"Let each esteem others better than themselves."* (Philippians 2:3)

### 39. Hope

The confident expectation of the fulfillment of God's promises.

*"If we look forward to something we don't have yet, we must wait patiently and confidently."* (Romans 8:25 NLT)

#### 40. Hospitality

Eagerly sharing my family, home, finances, food, and spiritual refreshment with those God brings into my life. *"Eagerly pursue hospitality." (Romans 12:13)*

#### 41. Humility

Having an attitude of lowliness that elevates God and submits to His Word.

*"He Jesus Christ must increase, but I must decrease." (John 3:30)*

#### 42. Initiative

Recognizing and doing what needs to be done before being asked to do it.

*"Ye Philippians know also that... no church shared with me as concerning giving and receiving, but ye only." (Philippians 4:15)*

#### 43. Joyfulness

The outward expression of my inward being that results from a genuine harmony with God and others.

*"A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken." (Proverbs 15:13)*

#### 44. Kindness

Exhibiting a pleasant spirit and moral goodness.

*"Be ye kind to one another..." (Ephesians 4:32)*

#### 45. Long-suffering

Accepting daily pressures from others because of my love for them and for the Lord.

*"Bear ye one another's burdens, and so fulfill the law of Christ." (Galatians 6:2)*

#### 46. Love

Taking the initiative to meet the needs of others without expecting anything in return.

*"If I... do not have love, it profits me nothing." (1 Corinthians 13:3)*

#### 47. Loyalty

Remaining committed to those whom God has called me to serve even in times of adversity.

*"A friend is always loyal, and a brother is born to help in time of need." (Proverbs 17:17)*

#### 48. Meekness

Yielding my personal rights and expectations to God.

*"My soul, wait thou only upon God; for my expectation is from him." (Psalms 62:5)*

#### 49. Obedience

Willfully fulfilling the directions of my authorities in order to make them successful.

*"...Take every thought captive to the obedience of Christ." (2 Corinthians 10:5)*

#### 50. Observant

Being watchful, giving keen attention to particulars, and adhering to details that please God.

*"Be watchful in all things... fulfill your ministry." (2 Timothy 4:15 NJKV)*

#### 51. Orderliness

Preparing myself and my surroundings so that I will achieve the greatest efficiency for the Lord.

*"But let all things be done properly and in an orderly manner." (1 Corinthians 14:40)*

## **52. Patience**

Accepting a difficult situation from God without giving Him a deadline to remove it.  
*"Be glad for all God is planning for you. Be patient in trouble, and always be prayerful."*  
(Romans 12:12)

## **53. Peaceable**

Allowing the inward tranquility that results from our harmonious relationship with God to control our heart and mind." *Let the peace that comes from Christ rule in your hearts."*  
(Colossians 3:15 NLT)

## **55. Peacemaker**

One who has made peace with God, leads others to make peace with God, and endeavors to maintain peace with others. *"Blessed are the peacemakers; for they shall be called the sons of God."* (Matthew 5:9)

## **56. Persuasiveness**

Urging others by using God's Word to change their thinking and conform to His viewpoint.  
*"Gently teach those who oppose the truth. Perhaps God will change their hearts, and they will believe."* (2 Tim.2:25)

## **57. Priorities**

Choosing preference to those things which God values more important than anything else.  
*"Seek ye first the kingdom of God, and His righteousness."* (Matthew 6:33)

## **58. Provider**

One who is resourceful, prudent, thrifty, and constantly ensures the best use of all available resources. Joseph said his brothers concerning the famine, *"Do not be afraid; I will provide for you and your little ones."* (Genesis 50:21 NASB)

## **59. Prudence**

Having sufficient information to exercise sound judgment to avoid error and danger.  
*"The mind of the prudent acquires knowledge... he foresees danger and takes refuge."*  
(Proverbs 13:6; 2:3)

## **60. Purpose In Life**

Investing the treasure of time into that which will bring eternal results.  
*"...I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain..."* (John 15:16)

## **61. Responsibility**

Knowing and doing what both God and others are expecting from me.  
*"So then each one of us shall give account of himself to God."* (Romans 14:12)

## **62. Reverent Spirit**

Recognizing and respecting a person because of their position and authority regardless of their personality.  
*"Submit yourselves to every ordinance of man for the Lord's sake."* (1 Peter 2:13-14)

## **63. Security**

Structuring my life around what is eternal and cannot be destroyed or taken away.  
*"Do not work for the food which perishes, but for the food which endures to eternal life."*  
(John 6:27)

#### 64. Self-Acceptance

Accepting the unchangeable features in me which God has made in order for the character of Christ to be developed in me. *"... God's strength is made perfect in weakness."* (2 Corinthians 12:9-10)

#### 65. Selflessness

Giving oneself to others, as Christ gave himself, without regard to self-interest. *"Jesus Christ gave himself for us."* (Titus 2:14)

#### 66. Sensitivity

Exercising my senses so that I can perceive and respond to the true spirit and emotions of those around me. *"Rejoice with those who rejoice and weep with those who weep."* (Romans 12:15)

#### 67. Servant-Leader

Selflessly serving others by influencing, equipping, and empowering them to accomplish God's goals. *"The leader should be like a servant."* (Luke 22:26 NLT)

#### 68. Sincerity

Eagerly saying and doing what is right with transparent motives. *"Have sincere love for one another... intensely with all your heart."* (1 Peter 1:22)

#### 69. Success

Knowing God will commend me for my faithfulness to Him and His Word. *"Well done, thou good and faithful servant...."* (Matthew 25:21)

#### 70. Suffering

The pain that is required for God to conform me to the image of His Son and demonstrate His grace. *"Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind."* (1 Peter 4:1)

#### 71. Thoroughness

Being attentive to detail, careful, accurate, and complete. *The Berean Jews "received the word with all eagerness, examining the Scriptures daily to see if these things were so."* (Acts 17:11)

#### 72. Thriftiness

Not letting myself spend that which is not necessary. *"If you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven?"* (Luke 6:11)

#### 73. Time

An earthly trust which, if invested wisely, will produce eternal treasures. *"Teach us to make the most of our time, so that we may grow in wisdom."* (Psalm 90:12 NLT)

#### 74. Tolerance

Making allowances for one's immaturity without compromising truth. *"Love is patient; love is kind... finds no joy in unrighteousness, but rejoices in the truth."* (1 Corinthians 13:4-6 HCSB)

### 75. Truthfulness

Earning future trust by accurately reporting past facts.

*"Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another." (Ephesians 4:25)*

### 76. Virtue

The moral excellence and Godly influence of my life that reflects God's holy standards.

*"...Applying all diligence, in your faith supply moral excellence." (2 Peter 1:5 NASV)*

### 77. Visionary

One who is committed to growth, looking beyond problems to causes, and developing precise solutions for success.

*"See the distress that we are in, how Jerusalem lieth waste, and it's gates are burned with fire; come, and let us build up the wall of Jerusalem, that we be no more a reproach." (Nehemiah 2:17)*

### 78. Wisdom

Desiring the knowledge of God and properly applying it to life.

*"Oh, how I love your law! I think about it all day long. Your commands make me wiser than my enemies, for your commands are my constant guide." (Psalm 119:97-98)*

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## PUT OFF

*"THAT YE PUT OFF CONCERNING THE FORMER CONVERSATION THE OLD MAN, WHICH IS CORRUPT ACCORDING TO THE DECEITFUL LUSTS."* EPHESIANS 4:22

1. LACK OF LOVE ..... 1 JOHN 4:7,8,20
2. JUDGING ..... MATTHEW 7:1-2
3. BITTERNESS ..... HEBREWS 12:15
4. UNFORGIVING SPIRIT ..... MARK 11:26
5. SELFISHNESS ..... PHILIPPIANS 2:21
6. PRIDE ..... PROVERBS 16:5
7. BOASTING (CONCEIT) .... 1 CORINTHIANS 4:7
8. STUBBORNNESS ..... 1 SAMUEL 15:23
9. DISRESPECT FOR AUTHORITY .. ACTS 23:5
10. REBELLION ..... 1 SAMUEL 15:23
11. DISOBEDIENCE ..... 1 SAMUEL 12:15
12. IMPATIENCE ..... JAMES 1:24
13. UNGRATEFULNESS ..... ROMANS 1:21
14. COVETOUSNESS ..... LUKE 12:15
15. DISCONTENT ..... HEBREWS 13:5
16. COMPLAINING/MURMURING .. PHILIPPIANS 2:14

## PUT ON

*"BUT PUT ON THE LORD JESUS CHRIST, AND MAKE NOT PROVISION FOR THE FLESH TO FULFILL THE LUSTS THEREOF."* ROMANS 13:14

- JOHN 15:12 ..... LOVE
- JOHN 8:9; 15:22 ... LET GOD SEARCH MY HEART
- EPHESIANS 4:32 ..... LET GOD SEARCH MY HEART
- COLOSSIANS 3:13 ..... TENDER HEARTED AND FORGIVING
- JOHN 12:24 ..... SELF DENIAL
- JAMES 4:6 ..... HUMILITY
- PHILIPPIANS 2:3 ..... ESTEEMING OTHERS
- ROMANS 6:13 ..... BROKENNESS
- HEBREWS 13:17 ..... HONOR AUTHORITY
- HEBREWS 13:17 ..... SUBMISSION
- DEUTERONOMY 11:27 ..... OBEDIENCE
- HEBREWS 10:36 ..... PATIENCE
- EPHESIANS 5:20 ..... GRATEFULNESS
- HEBREWS 13:5 ..... CONTENTMENT
- 1 TIMOTHY 6:8 ..... CONTENTMENT
- HEBREWS 13:5 ..... PRAISE

17. IRRITATION TO OTHERS ... GALATIANS 5:26	PHILIPPIANS 2:3-4 ..... PREFERRING TO LOVE
18. JEALOUSY ..... GALATIANS 5:26	1 CORINTHIANS 13:4 ..... TRUST
19. STRIFE ..... PROVERBS 24:29	JAMES 3:17 ..... PEACE
20. RETALIATION (GETTING EVEN) . PROVERBS 24:29	ROMANS 12:19-20 .. RETURN GOOD FOR EVIL
21. LOSING TEMPER ..... PROVERBS 25:28	PROVERBS 16:32 ..... SELF CONTROL
22. ANGER ..... PROVERBS 29:22	GALATIANS 5:22-23 ..... SELF CONTROL
23. WRATH ..... JAMES 1:19-20	PROVERBS 15:1 ..... SOFT ANSWER
24. EASILY IRRITATED ..... 1 CORINTHIANS 13:5	PROVERBS 19:11 ..... NOT EASILY PROVOKED
25. HATRED ..... MATTHEW 5:21-22	1 CORINTHIANS 13:3 ..... LOVE
26. MURDER ..... EXODUS 20:13	ROMANS 13:10 ..... LOVE
27. GOSSIP ..... 1 TIMOTHY 5:13	EPHESIANS 4:29 ..... EDIFYING SPEECH
28. EVIL SPEAKING ..... JAMES 4:11	PROVERBS 15:30 ..... GOOD REPORT
29. CRITICAL SPIRIT ..... GALATIANS 5:15	COLOSSIANS 3:12 ..... KINDNESS
30. LYING ..... EPHESIANS 4:25	EPHESIANS 4:15 .... SPEAK TRUTH IN LOVE
31. PROFANITY ..... PROVERBS 4:24	PROVERBS 15:4 ..... PURE SPEECH
32. IDLE WORDS ..... MATTHEW 12:36	PROVERBS 21:23 ..... BRIDLE TONGUE
33. WRONG MOTIVES ..... 1 SAMUEL 16:7	1 CORINTHIANS 10:31 .. SPIRITUAL MOTIVES
34. EVIL THOUGHTS .. MATTHEW 15:19-20	PHILIPPIANS 4:8 ..... PURE THOUGHTS
35. COMPLACENCY ..... REVELATION 3:15	REVELATION 3:19 ..... ZEAL
36. LAZINESS ..... PROVERBS 20:4	PROVERBS 6:6-11 ..... DILIGENCE

37. SLOTHFULNESS (NOT DOING BEST) .... PROVERBS 18:9	COLOSSIANS 3:23 ..... WHOLEHEARTEDNESS
38. HYPOCRISY ..... JOB 8:13	1 THESSALONIANS 2:3 ..... SINCERITY
39. IDOLATRY .... DEUTERONOMY 11:16	COLOSSIANS 1:18 ..... WORSHIP GOD ONLY
40. WORRY/FEAR .... MATTHEW 6:25-35	1 PETER 5:8 ..... TRUST
41. UNBELIEF ..... HEBREWS 3:12	HEBREWS 11:1,6 ..... FAITH
42. NEGLECT BIBLE STUDY .... 2 TIMOTHY 3:14-17	COLOSSIANS 3:1-5 ..... BIBLE STUDY/ MEDITATION
43. PRAYERLESSNESS ..... LUKE 18:1	MATTHEW 26:41 ..... PRAYING FAITHFULLY
44. NO BURDEN FOR THE LOST ... MATTHEW 9:36-38	ACTS 1:8 ..... COMPASSION TO WITNESSING
45. PROCRASTINATOR ..... PROVERBS 10:5	COLOSSIANS 3:23 ..... DILIGENCE
46. INHOSPITABLE ..... 1 PETER 4:9	ROMANS 12:13 ..... HOSPITABLE
47. CHEATING ..... 2 CORINTHIANS 4:2	2 CORINTHIANS 8:21 ..... HONESTY
48. STEALING ..... PROVERBS 29:24	EPHESIANS 4:28 ..... WORKING/GIVING
49. LACK OF MODERATION .. PROVERBS 11:1	1 CORINTHIANS 9:25 ..... TEMPERANCE
50. GLUTTONY ..... PROVERBS 23:21	1 CORINTHIANS 9:27 ..... DISCIPLINE
51. WRONG FRIENDS ..... PSALM 1:1	PROVERBS 13:20 ..... GODLY FRIENDS
52. TEMPORAL VALUES ... MATTHEW 6:19-21	2 CORINTHIANS 4:18 .... ETERNAL VALUES
53. LOVE OF MONEY/GREED ... 1 TIMOTHY 6:9-10	MATTHEW 6:33 ..... LOYALTY
54. MORAL IMPURITY .... 1 THESSALONIANS 4:7	1 THESSALONIANS 4:4 ..... MORAL PURITY
55. FORNICATION .... 1 CORINTHIANS 6:18	1 THESSALONIANS 4:3 ..... ABSTINENCE



56. LUST .....	1 PETER 2:11	TITUS 2:12 .....	PURE DESIRES
57. ADULTERY .....	MATTHEW 5:27-28	PROVERBS 5:14-19 ...	MARITAL FIDELITY
58. HOMOSEXUALITY ...	LEVITICUS 18:22	1 THESSALONIANS 4:4-5 ...	MORAL PURITY
59. INCEST .....	LEVITICUS 18:6	1 CORINTHIANS 7:2,5 .....	MORAL PURITY
60. PORNOGRAPHY .....	PSALM 101:3	PHILIPPIANS 4:8 .....	PURE THOUGHTS
61. IMMODEST DRESS ....	PROVERBS 7:10	1 TIMOTHY 2:9 .....	MODESTY
62. FLIRTATION .....	PROVERBS 7:21	1 PETER 3:4 .....	GENTLE, QUIET SPIRIT
63. WORLDLY ENTERTAINMENT ..	PROVERBS 21:7	GALATIANS 5:6 .....	SPIRITUAL PURSUITS
64. FLESHLY MUSIC ...	EPHESIANS 4:29-30	EPHESIANS 5:19 .....	EDIFYING MUSIC
65. BODILY HARM ...	1 CORINTHIANS 3:16-17	1 CORINTHIANS 6:19-20 ...	GLORIFY GOD IN BODY
66. ALCOHOLISM .....	PROVERBS 20:1	PROVERBS 23:30 .....	ABSTINENCE
67. ASTROLOGY/HOROSCOPES ...	DEUTERONOMY 18:10-11	DEUTERONOMY 6:5 ....	WORSHIP GOD ONLY
68. GAMBLING .....	PROVERBS 28:20-21	LUKE 16:11 .....	GOOD STEWARDSHIP
69. PREFERENTIAL TREATMENT ...	JAMES 2:1-9	LUKE 6:31-36 ....	LOVE THY NEIGHBOR AS THYSELF

## **PUT OFF -- PUT ON**

Natures abhors a vacuum and so does mankind... Romans chapter 7:18-19 tells us the very things we want to do, we do not do and the things that we want to do not want to we do. *“For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I practice.”*

If you are struggling with one of the life-dominating problems or besetting sins listed in the **Put Off Put On** list, you might consider memorizing the put off verse and when you are tempted, use the memorized Bible verse to assist you with overcoming the life-dominating problems.

### **The REAL You is a Unique, Unrepeatable, Miracle of God**

The REAL you is a spirit, that lives in a body, that has a soul, (mind, emotion and will.) The mind is your thinker, the emotions your feeler and the will your chooser.

When Christ comes into our spirit we exchange our history in Old Adam -- the bad-news, for the good-news -- our eternal history and identification in Christ. We inherit a new "family tree!" By becoming partakers of Christ's life, we become participants in His death, burial, resurrection, ascension and seating in the heavenlies (Romans 6:3-6; Galatians 2:20; Ephesians 2:6; I John 5:11-13). We have the Holy Spirit's power living and working in us and through us, uniquely as us.

Unless and until we know by personal faith from the Word of God we will not experience that we were crucified with Christ. We will continue to try to live for Christ, rather than from His unconditional love acceptance and forgiveness. We will continue using the methods we learned in our old Adam self-centered lives. The conflicts stemming from our history in Adam will go on plaguing and defeating us. But when, by faith, we take our rightful place at the Cross in union with Christ's death and resurrection, then and only then can we truly "walk in newness of life where all things truly become new" (2 Corinthians 5:17). **Put Off Put On** provides specific Biblical empowerment to overcome any life-dominating problems.

## **NAVIGATORS SCRIPTURE MEMORY SYSTEM**

### **LIVE THE NEW LIFE**

Christ the Center	2 Corinthians 5:17	Galatians 2:20
Obedience to Christ	Romans 12:1	John 14:21
The Word	2 Timothy 3:16	Joshua 1:8
Prayer	John 15:7	Philippians 4:6,7
Fellowship	Matthew 18:20	Hebrews 10:24,25
Witnessing	Matthew 4:19	Romans 1:16

### **PROCLAIM CHRIST**

All Have Sinned	Romans 3:23	Isaiah 53:6
Sin's Penalty	Romans 6:23	Hebrews 9:27
Christ Paid the Penalty	Romans 5:8	1 Peter 3:18
Salvation is not by Works	Ephesians 2:8,9	Titus 3:5
Must Receive Christ	John 1:12	Revelation 3:20
Assurance of Salvation	1 John 5:13	John 5:24

### **RELY ON GOD'S RESOURCES**

His Spirit	1 Corinthians 3:16	1 Corinthians 2:12
His Strength	Isaiah 41:10	Philippians 4:13
His Faithfulness	Lamentations 3:22,23	Numbers 23:19
His Peace	Isaiah 26:3	1 Peter 5:7
His Provision	Romans 8:32	Philippians 4:19
His Help in Temptation	Hebrews 2:18	Psalms 119:9,11

### **BE CHRIST'S DISCIPLE**

Put Christ First	Matthew 6:33	Luke 9:23
Separate From the World	1 John 2:15,16	Romans 12:2
Be Steadfast	1 Corinthians 15:58	Hebrews 12:3
Serve Others	Mark 10:45	2 Corinthians 4:5
Give Generously	Proverbs 3:9,10	2 Corinthians 9:6,7
Develop World Vision	Acts 1:8	Matthew 28:19,20

## **GROW IN CHRISTLIKENESS**

Love	John 13:34,35	1 John 3:18
Humility	Philippians 2:3,4	1 Peter 5:5,6
Purity	Ephesians 5:3	1 Peter 2:11
Honesty	Leviticus 19:11	Acts 24:16
Faith	Hebrews 11:6	Romans 4:20,21
Good Works	Galatians 6:9,10	Matthew 5:16

## Robert Xavier Personal Profile



Robert Xavier was Grand Master John Chung Li's senior student and close friend. Master Li awarded Mr. Xavier the prestigious Hwa Yu T'ai Chi Senior Instructor's Certification from the Hwa Yu T'ai Chi Health Institute in Chinatown, Boston, Massachusetts in 1975 and an 8th Degree Yon Ch'uan Black Belt at Yale University in 1980. Mr. Xavier is one of the few elite master instructors in the West with certification to instruct the ancient Chinese health care treasures of Hwa Yu T'ai Chi Health and Well-being.

Mr. Xavier has dedicated more than 50 years to studying and teaching martial arts physical education. He is the author and originator of the 3-Zone Police Defense Manual. Grand Master Xavier combined the best principles of T'ai Chi, Aikido, Karate, Judo and Jujitsu into the highly effective 3-Zone Defense System. These methods have been field-tested successfully by professionals in law enforcement and martial arts throughout the United States and many countries around the world. Mr. Xavier is a native of New England. He owned the Canton Academy of Martial Arts in Canton, Connecticut for many years teaching Jukido, Kokondo Karate, Yon Ch'uan Martial Arts and Hwa Yu T'ai Chi Ch'uan. Mr. Xavier served as Defensive Tactic instructor for the Connecticut Police Academy and Monroe County, Florida. He also was the Martial Arts Resource Clinician for The New England Association for Health, Physical Education and Recreation for five years.

In 1976, with the assistance of Dr. Joseph Sheenan, Head of Research at The University of Connecticut School of Medicine, Mr. Xavier assembled a research committee of cardiologists, general internists and department heads of physical therapy to examine scientifically the physiological and psychological benefits of Hwa Yu T'ai Chi Ch'uan.

Robert Xavier has been a missionary/pastor of Things to Come Mission since 1980. He is co-founder of Grace Martial Arts and taught programs in some of the most prestigious schools in the country. He has dedicated more than 50 years to working with young people and families. He has served as the Chaplain of the Manatee County Detention Centers and directed the Set Free Youth and Family Ministries, a Christian rehabilitation residential program of Bradenton, Florida. He is currently the Director of Grace Martial Arts and continues to utilize Martial Arts Physical Education in schools and churches as a mentoring tool for encouraging disciplined direction in young people's lives and education. Mr. Xavier offers Biblically-centered youth and family programs dedicated to providing quality, non-violent self defense. Scripture memorization and prayer are a part of every class session. Building excellent Christ-centered leadership qualities -- one black belt at a time -- is a paramount focus throughout the students training.

## Yon Ch'uan Health Benefits

Yon Ch'uan Martial Arts Health Benefits are some of the most sought after martial arts exercise today. The art combines relaxation in motion with precise breathing to stimulate the inner energies of the body, strengthening the immune system, nervous system and regulating the metabolic process. The Yon Ch'uan movement vocabulary increases the capability to utilize physical energy effectively and efficiently with the least amount of muscular resistance.

It is a holistic healthcare discipline and a sophisticated ancient internal martial art. Bone building and other exercises are integrated into the training at various levels depending on the individual's age and physical ability. The training methods help to improve mental concentration while teaching practical skills that help people live more intelligent and responsible lives, to respect themselves and others and to be able to make intelligent healthy lifestyle choices. It also develops the practitioner's kinetic abilities, such as flexibility, strength, speed, stamina and other attributes of movement. The Yon Ch'uan Martial Art System strengthens the internal organs and generally improves the lymphatic circulation to aid the practitioner in removing toxins from the body and much more.



## YON CH'UAN MARTIAL ARTS ROWING PRINCIPLES

### *A Quiet Mind Opens the Pathway to Harmony Within and Without*

Mental harmony and heightened body awareness can be felt quickly through our daily routine practice of rowing / rooting exercise. Harmony, while in movement and when not in movement, begins with calm, clear, concentrated awareness of your breathing. Your rowing movement patterns should be practiced in exacting, oval, elliptical, slow, relaxed, smooth advancing and retreating cycles, reaching the forward foot weighting of **60%** and to the rear foot weighting of **40%**. The inhalation becomes insubstantial and the exhalation becomes substantial. With daily practice you will soon understand how the "internal life force" naturally makes the body alert and lively; otherwise, the substantial and insubstantial will always be discernible.



Your breathing is synchronized in unison with the elliptical oval movement of your forward and backward rowing motion. Inhale and exhale naturally. **Never force your breathing!** Inhale on the upward, forward rise of your oval movement cycle. Exhale on your backward, downward movement cycle. Both legs are interchangeable.

### **Our Center of Gravity and Breathing Should Be Balanced as Follows**

1. Raise up the crown point of the head, lower the chin, tongue lies against the hard palate.
2. Relax the neck, lower the shoulders and elbows. Withdraw the chest as you tuck the pelvis.
3. Hold and stretch the arms to the level of the solar-plexus, maintain roundness in the arms as if you were holding a large beach ball.
4. Lightly stretch arms and fingers, maintaining roundness, shoulders and elbows low.
5. The sacrum is pulled upward and forward to level of the pelvis. Lower the weight to the abdomen, meditate on breathing, being naturally in unison with the body's movements.
6. The breathing is relaxed, naturally through the nose, using the diaphragm; chest is relaxed. All movement proceeds from the waist (sacrum circles inward and upward).
7. Stand firmly, legs bowed slightly, outside sole-edge, ball, heel and toes grip the floor.
8. Though relaxed, the whole body is like a coiled spring requiring minimum effort to move.

### **Harmonies of the Five Hearts of Movement Awareness**

The five hearts are the centers of the two feet (the center point of the arch), the center of the two palms and the center of the top of the head. You must have the feeling of these five points working in unison with the body and joints. Then you will feel strong, balanced and confident in your new movement vocabulary. When you have the benefits of awareness of these five harmonies, then you will have a heightened ability of understanding the Six Combinations Eight Methods principles. You won't need to focus on technique or anything else, just react according to the specific situation. The real meaning of technique is to move without conscience thought.



## The Song of Pushing Hands/Sticky Hands

There are **FOUR** very basic methods of the application of expressing **ENERGY**. They are called:

- 1) PUSH**
- 2) WARD OFF SLANTING UPWARDS**
- 3) PRESS FORWARD**
- 4) PULL BACK**

These four should be clearly differentiated. When these four methods of applying energy are understood, one can then follow the opponent's high and low movements, thus making it difficult for the opponent to mount an effective attack.

We let the opponent attack us with his hard strength. Using as little as **FOUR OUNCES OF PRESSURE**, we are able turn aside his **THOUSAND POUNDS** of force, letting the attacker fall into empty void. When the chance comes, we return his attack by **JOINING** to him without letting up, **FOLLOWING** his every move and **STICKING** to him even if he moves backward in an attempted retreat. This **STICKING** ability cannot be done if we use force.

If the opponent does not move, we do not move; but if he moves even slightly, we are already moving. Our inner power appears slack, but it is not slack. Sometimes it appears to be stretching, but truly it is not. If it appears we have stopped short, the idea and mind intent of our motion continues on.

## The Basic Body Alignment

The neck and head are straight, chin a little low. The tongue lies against the hard palate.

The shoulders relax and sink. The chest withdraws, as you tuck the pelvis under.

The sacrum is straight, anal sphincter contracted and hip level. Weight is lowered.

The breathing is relaxed, naturally through the nose, using the diaphragm-chest relaxed.

The eyes follow the fingers and palms. Hands feel as if pushing upward, elbow lowered.

The waist precedes the arms (the sacrum circles inward and upward).

Legs bowed slightly, pelvis tucked, outside sole edge, heel and toes grip the floor lightly.

Though relaxed, the body is like a coiled spring requiring only a touch to set it off.



**Grand Masters Robert Xavier and David Maloy**

## Basic Principles of Pushing Hands

- 1) First, last and always the student must relax. Doing the postures correctly aid him in this. All rigidity and strength must be emptied from the upper torso and must sink to the very soles of his feet, one of which is always rooted firmly to the ground.
- 2) The student relaxes completely and breathes like a child -- naturally through the nose, using the diaphragm rather than the intercostal muscles between the ribs.
- 3) Only in the flexibility of the waist is there true strength, for the waist is the foundation of all bodily movement. It is the axis from which all Yon Ch'uan movement should derive its celerity, crispness and power. To move with arms or legs independently of the waist is a mark of a perpetual beginner.
- 4) The earliest Yon Cu'uan classics stress that when the sacrum is vertical, the intrinsic energy reaches to the top of the head and that when the head is held as if suspended from above, the entire body feels light and nimble. The body must be held so light that the addition of a feather will be felt and pliable that a fly cannot alight on it without setting it in motion.
- 5) Every defensive movement in correct martial art science should be circular. If the force of a straight line attack is opposed by a straight line defense, the stronger force will prevail. But, if the incoming force is neutralized by circular movement, it is a simple matter to defeat an opponent, regardless how strong. If one were pushed by force of one hundred pounds frontal, he would withdraw slightly and neutralize his opponent's push. A slight pull is enough to bring him down.

## **The Three C's of Yon Ch'uan**

"Comprehensive self-defense emphasis must be placed on "contact" with an opponent, and then redirection of the opponent's force with "control" and "counter" along with appropriate self-defense skills. Movement centered from your mid-line increases speed, power and intuitive awareness of your opponent's body position. When a student is comfortable with their mid-line yielding and clearing movement they will soon be able to control and counter without hesitation.

Conscious action is extremely slow and cumbersome. Unconscious action is startling fast and effective. Focusing primarily on the whole body sinking and clearing the mid-line eliminates the visual and mental business of the mind, which impedes speed and good martial arts skill level. Slow, even, smooth practice both with the eyes open or closed and the use of a blindfold will also enhance the feel of movement centering. Feel the contact, then interrupt with control and counter with an effective skill.

## **Grand Master Chen Hsi-I, The Founder Yon Ch'uan Martial Arts & 15-Animal Kung Fu**

Grand Master Chen Po Hsi-I is the legendary founder of Yon Ch'uan Martial Art (Liu Ho Pa Fa). He lived during the early part of China's Sung Dynasty (960 - 1279 AD). Master Chen spent long periods of hermitage and meditation in the mountains. He grew up in the village of Ching Yun in the Ho Chow district and spent much of his time as a boy playing by the water near the shore. Always watched over by his "green dressed lady," Master Chen developed a fascination for the fluid, ever-changing character of water. Later, no doubt, his observation carried over into the Taoist belief that nothing is so yielding, yet possesses so great a force.

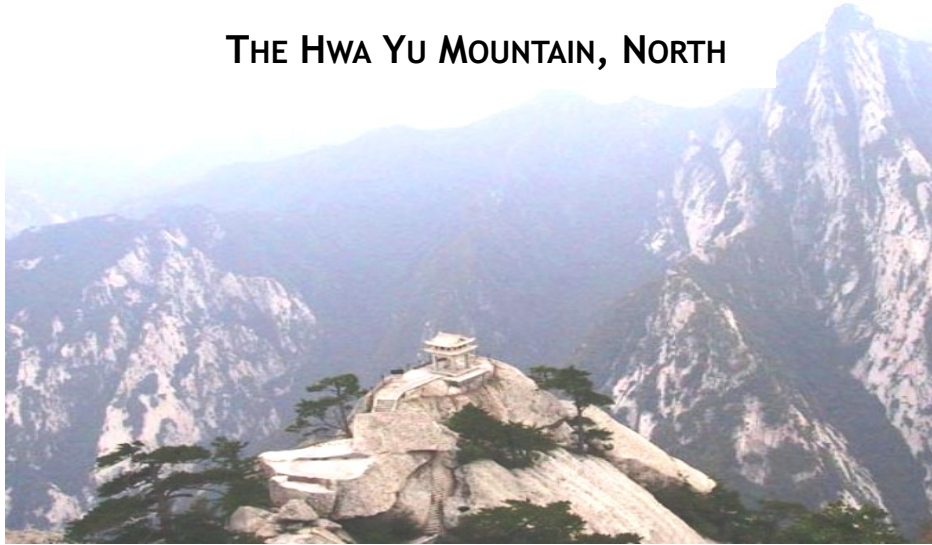
Chen Hsi-I was, by all accounts, understanding, clever and studious, possessing what today might be termed a photographic memory. Although his boyhood had all the earmarks of correct preparation for grooming of a young man to become a high official of the Sung Dynasty, Chen failed the examination necessary to become an official. What reaction he had towards this failure can be measured by his short-lived ambition to become an officer of the court. Quite soon after that decision, Hsi-I gave up the inclination and decided to become a traveler. He devoted the rest of his life to travel and to long periods of hermitage--usually in the mountains beside streams.

It was during the mountain hermitages that Master Chen authored four books: Chee Hin, Ko Yung, Du Tam and The Fable of Sam Fung. He also wrote a treatise on Twenty-Four Ways to Guide life force throughout the Body. Chen also developed an exercise called (Liu Ho Pa Fa) or "Six Combinations Eight Methods."

The story goes that Emperor Chen Hong Yuen, who had long admired Chen Hsi-I's exceptional prowess as a Kung Fu warrior, asked the Taoist monk to assist him in war strategy. Although Master Chen was indeed an expert in Kung Fu, he nevertheless refused the Emperor's bidding. Aggravated assault was not part of his peaceful Taoist way of life. Instead, Chen invited the Emperor to a chess match. If Chen Hsi-I should win, the Emperor was to give him the Hwa Shan mountain range, but if he should lose, Chen would comply with the Emperor's plans to defeat his enemies. Chen Hsi-I, who was nobody's fool, easily won the match over the pre-occupied Emperor. Master Chen was therefore able to reveal to his distracted opponent the short comings of a troubled mind, while at the same time gain land for no payment.

The Hwa Yu Shan mountain range was given to Chen Hsi-I and there he developed the highly advanced martial arts exercise called Lop Hop Pak Fat which is the foundation from where Yon Ch'uan Martial originated.

### THE HWA YU MOUNTAIN, NORTH



### YON CH'UAN (SOFT FIST ART) "*THE WAY OF GENTLE FLOWING POWER*"



**1974, Grand Master John Chung Li & Mr. Robert Xavier**



## GRAND MASTER DAVE MALOY



Grand Master David L. Maloy holds a 9th Degree Black Belt in Yon Ch'uan Martial Arts and serves as the President of the Federation. He also holds a 5th Degree Black Belt in Classical Aikido. Mr. Maloy is a highly versatile, effective and deceptive martial arts practitioner who possesses incredible strength and power with ultra-effortlessness and ease of movement. He has traveled and studied many different martial arts throughout this country, Europe and Asia. Grand Master Maloy is responsible for designing the role-playing that takes place at martial arts youth camps and assists young martial artists in dealing with feelings of aggression. He has taught Yon Ch'uan 3-Zone Self & Police Defense at the Connecticut State Technical College to police officers and has volunteered in many programs teaching underprivileged children. GM Maloy has been an outstanding adult role model for children and youth.

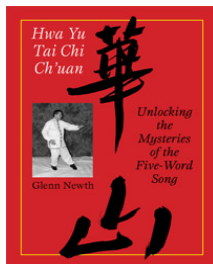
## GRAND MASTER GLENN NEWTH



Sensei Glenn D. Newth is a 9th Degree Black Belt in Yon Ch'uan Martial Arts and is a first-generation student of John Chung Li, the internationally renowned Grand Master of Hwa-Yu T'ai Chi Ch'uan. Mr. Newth has more than 30 years experience instructing both Yon Ch'uan Martial Arts and Hwa-Yu T'ai Chi. He has taught in many schools both public and private and has taught more than 2,500 students of all ages. Mr. Newth is one of the very elite Hwa-Yu T'ai Chi instructors in the world to have a coveted certification personally given to him by Grand Master John Li. He is the author of *Hwa Yu T'ai Chi Ch'uan: Unlocking the Mysteries of the Five-Word Song*. Mr. Newth is also proficient in many weapons arts and has performed hundreds of martial arts demonstrations including many television performances.



- ***You can purchase "The Chinese Five Word Song" from top online book sellers ([Barnes and Noble](#), [Borders Books](#), [Amazon.com](#) and [Books A Million](#)).***
- ***You'll also enjoy Grand Master Glenn Newth's "Hwa Yu T'ai Chi Ch'uan: Unlocking the Mysteries of the Five-Word Song." You can purchase this book through any of the major booksellers websites.***





## MR. XAVIER & MARK MC GEE



**Mark McGee** is a 9th Degree Black Belt in Yon Ch'uan Martial Arts and a Senior Instructor in Hwa Yu T'ai Chi Ch'uan Kung Fu. Sensei McGee has worked with Grand Master Robert Xavier to promote Christian Martial Arts since 1997. Mr. McGee is Co-founder and Director of Grace Martial Arts Fellowship and editor of the famous *Chinese Five Word Song*. He is also author of [A History of Man's Quest For Immortality](#), which includes a detailed account of the history of T'ai Chi Ch'uan.

Most importantly Mr. Mark McGee has devoted 50 years as a faithful Bible student and teacher, publishing many wonderful "easy to read" Christian books, eBooks and Internet articles. He is a highly respected journalist who has freely assisted many Christian martial arts leaders from around the world, including myself (GM Xavier) to develop and enlarge their Christ-centered influence through the World Wide Web.

## MR. JOHN PHILLIPS, SENIOR INSTRUCTOR



**John Phillips** is a 6th Degree Black Belt Senior Instructor of Yon Ch'uan Martial Arts and 15-Animal Kung Fu. He has been a serious student and practitioner of Martial Arts since 1986: including Tae Kwon Do, Yon Ch'uan, Goju Ryu Karate and Sil Lim King Fu. Mr. Phillips is a Desert Storm Army Veteran with more than 25 years of martial arts experience. John also holds a senior instructors certification in the Hwa-Yu Tai-Chi Health and Well-being and the 15-Animal Kung-Fu system. John is an exceptional Christian role model. He readily wins students' confidence and earns their respect, not only by teaching excellent martial arts skills, but more importantly by his example of teaching a disciplined, Christ-centered way of life. Mr. Phillips was formerly a school teacher, as well as a highly accomplished classical guitar instructor.



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