

# Level 4, 5 & 6 Adults: Advanced

Block A, 3 Months / Block B, 3 Months / Block C, 3 Months / Block D, 3 months  
 Blocks A, B, C, D, 12 Months & After 4<sup>th</sup> Progress Check, Blue Belt Promotion  
 Repeat Blocks A, B, C, D, 12 Months & After 4<sup>th</sup> Progress Check, Brown Belt Promotion  
 Repeat Blocks A, B, C, D, 12 Months & After 4<sup>th</sup> Progress Check, Ready For Black Belt

## Block D - Month D3 – December

**Week 1:** M \_\_\_\_\_ TU \_\_\_\_\_ W \_\_\_\_\_ TH \_\_\_\_\_ F \_\_\_\_\_ SAT \_\_\_\_\_ SUN \_\_\_\_\_

**Week 2:** M \_\_\_\_\_ TU \_\_\_\_\_ W \_\_\_\_\_ TH \_\_\_\_\_ F \_\_\_\_\_ SAT \_\_\_\_\_ SUN \_\_\_\_\_

**Week 3:** M \_\_\_\_\_ TU \_\_\_\_\_ W \_\_\_\_\_ TH \_\_\_\_\_ F \_\_\_\_\_ SAT \_\_\_\_\_ SUN \_\_\_\_\_

**Week 4:** M \_\_\_\_\_ TU \_\_\_\_\_ W \_\_\_\_\_ TH \_\_\_\_\_ F \_\_\_\_\_ SAT \_\_\_\_\_ SUN \_\_\_\_\_

### COMBATIVES

1      2      3      4

Spinning Outside Slap Kick	□□□	□□□	□□□	□□□
Jumping Spinning Back Kick	□□□	□□□	□□□	□□□
Jumping Spinning Heel Kick	□□□	□□□	□□□	□□□
Punch one direction, kick in another	□□□	□□□	□□□	□□□

### STRIKE DEFENSES

General Def. v. Medium to High Kicks	□□□	□□□	□□□	□□□
Sliding Defense v. High Round Kicks	□□□	□□□	□□□	□□□

### HOLDS & THROWS

Hip Throw	□□□	□□□	□□□	□□□
Face-to-Face Throw	□□□	□□□	□□□	□□□

### SELF DEFENSE

Full Nelson – finger strip	□□□	□□□	□□□	□□□
Full Nelson – sweep	□□□	□□□	□□□	□□□
Full Nelson – throw	□□□	□□□	□□□	□□□
Gun from the Front	□□□	□□□	□□□	□□□
Gun to the Side of the Head	□□□	□□□	□□□	□□□
Gun – from behind at a distance	□□□	□□□	□□□	□□□
Long Gun from the Front – live side	□□□	□□□	□□□	□□□
Long Gun from the Front – dead side	□□□	□□□	□□□	□□□
Long Gun from Behind, touching (both sides)	□□□	□□□	□□□	□□□
Knife – threat def. to dead side	□□□	□□□	□□□	□□□
Knife – threat def. to live side	□□□	□□□	□□□	□□□