



3RD DAY KARATE

Class Manual

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The different colors of student belts represent a growing level of knowledge and achievement leading towards 1st Degree Black Belt. Within each belt level students need to learn and develop proficiency with the different components required for that level. Students need to earn a stripe for each component of their belt level to be eligible to test for the next higher belt level.

Being awarded a stripe represents having successfully tested for the following component:

- Green Stripe – self-defense
- Yellow Stripe – Kihon (blocks, kicks, strikes, and stances)
- Blue Stripe – Arnis (stick drills and takeaways/disarms)
- Orange Stripe – Kata (a predetermined set of moves)
- Purple Stripe – Bible memory verse - recite by memory to instructor, and give examples and context info required by age

The following pages list out the details for the requirements at each belt level.



Bible Memory Verse Stripe Information



At each belt level students will need to memorize the Bible verse for that belt, explain what the verse means, and give the additional information described for their age bracket. The extent of the explanation will depend of the age/maturity of the student.

- Ages 7 → 10: explain what the verse means to them
- Ages 11 → 13: explain what the verse means, and the general context of the verse
- Ages 14+: explain the context of the verse, the meaning of the verse in that context, and give an example of how it applies to life

White: **Theme – Seek Perfection of Character**

1 Timothy 4:8 - For physical training is of some value, but godliness has value for all things

High White:

1 Corinthians 15:33 – Do not be misled: “Bad company corrupts good character.”

Yellow: **Theme – Defend the Path of Truth**

John 14:6 – Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through me.”

High Yellow:

Ephesians 6:14 – Stand firm then, with the belt of truth buckled around your waist.

Orange: **Theme – Endeavor to Excel**

2 Timothy 2:15 – Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

High Orange:

Colossians 3:23 – And whatever you do, do it heartily, as to the Lord and not to men.

Green: **Theme – Display Courtesy**

Romans 12:10 – Love one another with brotherly affection. Out-do one another in showing honor.

High Green:

Romans 13:7 – Give everyone what you owe him: if you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

Blue: **Theme – Refrain from Violent Behavior**

Romans 12:18 – If possible, so far as it depends on you, be at peace with all men.

High Blue:

Psalms 17:4 – As for the deeds of men – by the word of your lips I have kept myself from the ways of the violent.

Purple:

1 Peter 3:15 – But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

White Belt Requirements

Theme: Seek Perfection of Character

Kihon:

Stances - Fighting Stance, Horse Stance

Blocks – High, Inside, Outside, Down

Kicks – Offensive Front, Defensive Round, Defensive Side, Back Kick

(know the difference between Offensive and Defensive Kicks)

Strikes – Backfist, Reverse Punch, Mid-level Punch, Palm Heel (face, body, groin), Inside Knife Hand, Outside Knife Hand

Kata:

For White Belt, instead of a Kata, memorize the Student Creed

Student Creed

1. Seek Perfection of Character
2. Defend the Path of Truth
3. Endeavor to Excel
4. Display Courtesy
5. Refrain from Violent Behavior

Self-Defenses: (defense against wrist grabs)

1. Single Cross-wrist Grab – Circle hand towards thumb, then over the top, and knife hand down
2. Single Straight Wrist Grab (Pizza) – grab wrist and rotate hand into pizza, throw pizza, wrist lock
3. Double Wrist Grab (Field Goal) – Step back and pull hands up, offensive front kick
4. Side Wrist Grab (Bus Stop) – move elbow in front of their arm, back fist towards face
5. 2 on 1 Wrist Grab –knife hand through one wrist, grab hand, and pull hands out; back fist

Arnis:

Single Stick – 12 Basic Strikes on both sides of body

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

1 Timothy 4:8 – For Physical Training is of some value, but godliness has value for all things.

High White Belt Requirements

Theme: Seek Perfection of Character

Kihon: (all Kihon previously learned plus...)

Stances – Front Stance, Back Stance

Blocks – Palm Heel Block, Palm Pressing Block

Kicks – Offensive Round, Defensive Front

(know the difference between Offensive and Defensive Kicks)

Strikes – Spear Hand, Hammer Fist

Kata: Taikyoku Shodan

Be familiar with the following terms:

Yame (stop)

Hajime (to begin)

Kiai (spirited shout)

Kiotsuke (come to attention)

Rei (bow, a sign of courtesy)

Yoi (ready position)

Hai (yes)

One-Steps (“hutz hutz” is how defender calls for strike): (learn to move with these)

1. **Left** high block then right reverse punch
2. **Right** inside block then left reverse punch
3. **Left** outside block then right reverse punch
4. **Left** down block then right reverse punch
5. **Right** palm heel block then left reverse punch

Arnis:

Single Stick – #1 strike disarm

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

1 Corinthians 15:33 – Do not be misled: “Bad company corrupts good character.”

Yellow Belt Requirements

Theme: Defend the Path of Truth

Kihon: (all Kihon previously learned plus...)

Stances - Improve Technique for Fighting Stance, Horse Stance, Front Stance, Back Stance

Blocks – Fold for Outside block, Fold for Down block, Fold for Outside Knife Hand, X-Block, Slice

Kicks – Spinning Back Kick, Offensive Side

Strikes – Ridge Hand, Elbow

Kata: Heian Shodan

Self-Defenses: (shirt and throat grabs)

1. Single Lapel – peel hand and arm bar
2. Single Front Choke – grab thumb and turn into choke, step and inside block to arm, back fist
3. Double Front Choke – arm up, turn, elbow down through arms, elbow to face
4. Front Hair Grab – hold their hand against head and bow down into wrist lock, turn to arm bar
5. Double Shove – catch balance, dodge and outside block 2nd push, and distance

Arnis: (Including previously learned stick takeaway/disarm)

Redonda stick drill

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

John 14:6 – Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through me.”

High Yellow Belt Requirements

Theme: Defend the Path of Truth

Kihon: (all Kihon previously learned plus...)

Kicks – Skipping Round, Skipping Side

Strikes – Spinning Backfist, Tiger Claw

Kata: Heian Shodan

Be familiar with the following terms:

Karate (empty hand)

Dojo (the way place)

Dan (level)

Heian (peaceful mind)

Kyu (below black belt)

Kabuda (ancient way, also weapons)

One-Steps: (Directions of movement)

1. Backward to horse stance w/inside block, back fist, side kick
2. Forward – High block, wrap arm to chamber, and high block to neck
3. Outside - move outside with outside block, arm bar
4. Inside – move inside and outside block, rising elbow to gut
5. Forward 45° against hook punch – (Nidan) step forward to back stance, square block, uppercut, hammer fist to head

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Stick disarm (2 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Ephesians 6:14 – Stand firm then, with the belt of truth buckled around your waist.

Orange Belt Requirements

Theme: Endeavor to Excel

Kihon: (all Kihon previously learned plus...)

Kicks – Outside Crescent, Inside Crescent

Strikes – Hook, Uppercut Punch

Kata: Heian Nidan (plus Heian Shodan)

Self-Defenses: (More intensity)

1. 3D's
2. Closer, Stronger, Faster, Realism
3. All one-steps, defender starts in fighting stance

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Four Count stick drill

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

2 Timothy 2:15 – Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

High Orange Belt Requirements

Theme: Endeavor to Excel

Kihon: (all Kihon previously learned plus...)

Stances – Cat Stance

Kicks – Defensive Hook Kick

Strikes – Tiger Mouth, Willow Leaf Palm

*Break-fall

Kata: Heian Nidan (plus Heian Shodan)

One-Steps: (Take downs and Falling)

1. Arm-bar – move to outside with outside block and uppercut to ribs, elbow to head, arm-bar to ground
2. Sweep – move to inside with outside block and hammer fist to far collar, knee, boot-to-boot sweep
3. Over leg throw – move to outside with outside block, step behind and punch through jaw, throw over leg

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Stick disarm (3 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Colossians 3:23 – And whatever you do, do it heartily, as to the Lord and not to men.

Green Belt Requirements

Theme: Display Courtesy

Kihon: (all Kihon previously learned plus...)

Kicks – Offensive Hook, Skipping Hook

Strikes – Jab, Leopard Punch

Kata: Heian Sandan (plus Heian Shodan, and Heian Nidan)

Self-Defenses: (Attacks from Behind)

1. Rear Hair Grab – clasp hands to head, circle and bring their hand to their shoulder, pull down
2. Rear Bear Hug – double punch forward with rear hip thrust, elbow ribs, throw
3. Rear Choke/Push – drop arm/shoulder and circle with elbow to face

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Circle 3 Sinawali

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Romans 12:10 – Love one another with brotherly affection. Outdo one another in showing honor.

High Green Belt Requirements

Theme: Display Courtesy

Kihon: (all Kihon previously learned plus...)

Kicks – Spinning Crescent Kick

Kata: Heian Sandan (plus Heian Shodan, and Heian Nidan)

One-Steps: (Intro to passing – getting their back)

1. Move to outside with right hand outside block, front kick to knee, left hand strike
2. Move to inside with left hand outside block, right hand punch, clear/pass shoulder, step through them to disrupt balance
3. Move to inside with left outside block and right hand knife hand to collar bone, right hand grab shoulder and pull while knee to groin to disrupt balance, pull forward and move behind, strike

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Stick disarm (4 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Romans 13:7 – Give everyone what you owe him: if you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

Blue Belt Requirements

Theme: Refrain from Violent Behavior

Kihon: (all Kihon previously learned plus...)

Stances – Tiger Stance

Kicks – Spinning Hook

Strikes – One Knuckle Punch

*dive roll

Kata: Heian Yodan (plus Heian Shodan, Heian Nidan, and Heian Sandan)

Self-Defenses: (Advanced Grabs)

1. Headlock – bad Guy grabs around neck and is reaching to grab hands. Defense: block reaching hand, knee to back of knee to disrupt balance, reach around to front of face to hook jaw with thumb and pinky to philtrum, pull back on face, and follow up strike
2. Full Nelson – step around behind, attempt hammer fist to groin, and sacrifice throw
3. Hammer Lock – lift free arm, wrap arms and wrench hand free, uppercut to ribs, step behind legs and throw to floor

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Double Sinawali (Circle 3 without the circle)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Romans 12:18 – If possible, so far as it depends on you, be at peace with all men.

High Blue Belt Requirements

Theme: Refrain from Violent Behavior

Kihon: (all Kihon previously learned plus...)

Kicks – Spinning Round, Jump Front Kick

Kata: Heian Yodan (plus Heian Shodan, Heian Nidan, and Heian Sandan)

One-Steps: (Against Kicks)

Be prepared to defend against these kicks in any order with only the chamber to distinguish.

1. Against Stomp Kick – dodge to side with down block, follow up with appropriate strike
2. Against Round Kick (to side of knee) – stop kick by turning knee into kick and planting, follow up with appropriate strike
3. Against Side Kick – dodge to side with down block, follow up with appropriate strike

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

New stick takeaway (5 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Psalm 17:4 – As for the deeds of men – by the word of your lips I have kept myself from the ways of the violent.

Purple Belt Requirements

- In order to be eligible to test for 1st Brown Belt, students must demonstrate all previous Kihon, Kata, Self-Defenses, One-Steps, and Arnis with good form, vigorous application, positive attitude, and adequate memory appropriate to being a Brown Belt.

Kihon: (all Kihon previously learned plus...)

Kicks – Axe, Drop Side, Iron Broom, Drop Round

Kata: Heian Godan (plus Heian Shodan, Heian Nidan, Heian Sandan, and Heian Yodan)

Self-Defenses & One-Steps:

Work on all previously learned Self-Defenses & One-Steps with good form, vigorous application, positive attitude, and adequate memory.

1. All one-steps, both defender and attacker start in fighting stance
2. Closer, Stronger, Faster, Realism
3. Apply 3D's to White through High Yellow self-defense techniques

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Four Count Combination Sinawalli (Hi, Low, Finish the Sticks) and new stick takeaway (6 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

1 Peter 3:15 – But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

- Students will need to successfully achieve 6 degrees of Brown Belt to be eligible to test for Black Belt, and display good form, vigorous application, proper timing, correct distance, sporting attitude, and zanchin in all areas.

1st Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Flying Side Kick

Be familiar with the following terms:

Dachi (stance)

Zenkutsu dachi (front stance)

Kokutsu dachi (back stance)

Kiba dachi (horse stance)

Kata: Tekki Shodan (plus Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, and Heian Godan)

Advanced Techniques: (Counters to Take Downs)

(Including all previously learned Self-Defenses and One-Steps)

1. Counter High Tackle: double forearm brace and sprawl, drag outside arm and pass under, and push
2. Counter Low Tackle: same as above (may push down to floor)
3. Counter Arm Bar: Attacker starts by performing High Orange #1 arm bar defense; as they try to apply arm bar, bend elbow and collapse in towards opponent, pull arm out and go for double leg take down/tackle, on ground go for side control then choke.
4. Counter to Tekki Sweep (and all sweeps): Bad Guy does right hand punch with right leg tekki sweep; block punch, plant on front leg while pushing knee into their leg, follow up with uppercut to gut/ribs and punch to face

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Single Sinawalli (Tuck and Pull), and new stick takeaway (7 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Psalms 106:3 – Blessed are they who maintain justice, who constantly do what is right.

2nd Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Jump Round Kick

Be familiar with the following terms:

Uke (block)

Jodan age uke (high block)

Soto uke (inside block)

Uchi uke (outside block)

Gedan barai (down block)

Kata: Choice of Shushi or Jite (all previous Katas)

Advanced Technique Sets:

(Including all previously learned Self-Defenses and One-Steps)

1. Apply 3D's to Orange through High Green self-defense techniques
2. Ground fighting basics:
 - a) What are guard, mount, and side control
 - b) How to get up from guard
3. Flow Drill/Bunkai

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

New stick take away (8 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Matthew 7:2-3 – For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?

3rd Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Double Front Jump Kick

Be familiar with the following terms:

Geru (kick)

Mae geru (front kick)

Mawashi geru (round kick)

Yoko geru (side kick)

Ushiro geru (back kick)

Kata: Shushi or Jite (all previous Katas)

Advanced Techniques:

(Including all previously learned Self-Defenses and One-Steps)

1. Ground fighting basics:
 - a) Getting to guard and side control
 - b) Transitioning between guard and mount / defeating mount
 - c) How/when to get up

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Earth, and new stick takeaway (9 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

1 Peter 5:8 – Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

4th Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Jump Spinning Back Kick

Be familiar with the following terms:

Uchi (strike)

Tsuki (punch)

Shuto (knife hand)

Uraken uchi (back fist)

Gyaku tsuki (reverse punch)

Shomen chudan tsuki (mid-level punch)

Teisho uchi (palm heel strike)

Nukite (spear hand)

Kata: 2 Katas: Tonfa 1 or Bo 1, AND Empi or Bai Sai Dai (all previous Katas)

Advanced Techniques:

(Including all previously learned Self-Defenses and One-Steps)

1. Apply 3D's to Blue and High Blue self-defense techniques
2. Flow Drill/Bunkai

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

New stick takeaway (10 Total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Hebrews 4:12 – For the word of god is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

5th Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Front Kick Touch Round Kick

Be familiar with the following Okinawain weapons:

Bo

Nunte Bo

Tonfa

Sai

Nunte Sai

Nunchaku

Ekku (boat oar)

Kama (sickles)

Cheesy Combo (wooden knuckles)

Kata: 1 new Kata - choose from: Tonfa 1, Bo 1, Empi, and Bai Sai Dai (all previous Katas)

Advanced Techniques: (against weapons self-defenses)

(Including all previously learned Self-Defenses and One-Steps)

1. Club - #1 Strike: Double arm block, hammer strike to neck, finish with guillotine choke
2. Knife presented to face/neck/torso: shift weight while blocking inside silhouette, use your arm to pin their arm to body, several punches to head, finish with wrist lock/break to disarm the knife
3. Gun presented to torso/face: shift weight while blocking inside silhouette by grabbing barrel of gun, pin gun to attacker's waist line, one punch to head, break then take.

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

Five count drill, and new stick takeaway (11 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

Philippians 4:13 – I can do all things through Him who strengthens me.

6th Brown Belt Requirements

Kihon: (Including all previously learned Kihon)

Kicks – Butterfly Kick

Be familiar with the following information about black belts:

Shodan (1st degree Black Belt) – time in training to achieve varies; on average 3 years

Nidan (2nd degree Black Belt) – in training as a Shodan for minimum of 2 years

Sandan (3rd degree Black Belt) – in training as a Nidan for minimum of 3 years

There are 10 degrees of Black Belt. Only one person is 10th degree, and only one person is 9th degree. The 9th degree is in line to be the next 10th.

Kata: 1 new Kata - choose from: Tonfa 1, Bo 1, Empi, and Bai Sai Dai (all previous Katas)

Advanced Technique:

(Including all previously learned Self-Defenses and One-Steps)

1. Flow Drill/Bunkai
2. Create 5 bunkai

Arnis: (Including all previously learned stick drills and stick takeaways/disarms)

New stick takeaway (12 total)

Bible Memory Verse: (recite by memory to instructor, and give examples and context info required by age)

1 Corinthians 15:57 – But thanks be to God! He gives us the victory through our Lord Jesus Christ.

Brown Belt Katas

Empty Hand Katas:

Tekki Shodan

Empi

Bai Sai Dai

Jite

Weapon Katas:

Shushi No Kun Sho

Shihon Uke (Bo#1)

Matayoshi No Tonfa Ichi (Tonfa #1)