

CHICAGO MARTIAL ARTS INSTITUTE  
SYLLABUS FOR BELT PROMOTION

FOR PROMOTION TO THE RANK OF YELLOW BELT:

KATA:

Kuk-ma 1  
Kuk-ma 2

BLOCKS:

Downward  
Rising  
Single-arm  
Outside  
Double-arm  
Knife-hand  
X-block

STRIKES:

Upper target punch  
Middle target punch  
Lower target punch  
Knife edge strike

KICKS:

Side thrust  
Front snap  
Back kick  
Roundhouse (encouraged)

UKEMI:

Side break fall  
Bridge back fall  
Face fall  
Forward roll  
Back roll  
Roll with a slap-out

SELF-DEFENSE TECHNIQUES:

vs choke  
vs full nelson  
vs bear hug from behind, over arms  
vs bear hug from behind, under arms  
vs bear hug from front  
vs headlock  
vs two hand grab from behind  
(encouraged)

COMBATIVES:

Three-step sparring – three variations  
Trading side kicks

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FOR PROMOTION TO THE RANK OF GREEN BELT:

KATA:

Pyung-An 1  
Pyung-An 2

BLOCKS:

Combination – downward/rising

STRIKES:

Upper target hammer fist  
Middle target hammer fist  
Spear hand  
Reverse punch  
Double arm block w/ uppercut  
Encouraged:  
    Upper target palm heel  
    Middle target palm heel  
    Lower target palm heel

UKEMI:

Punch roll  
Fake roll  
Flying back fall  
Flying side fall  
Flying face fall  
Modified fri-ukemi  
Modified tomoe-nage

SELF-DEFENSE TECHNIQUES:

Outside sweep  
Inside sweep  
Hip throw  
Shoulder throw  
Outside reverse sweep

COMBATIVES:

Trading side kicks – distance of 2” with  
fully focused kicks  
Six step structured line drill

KICKS:

Testing requirement for kicks – marked improvement in the basic kicks including balance and focus with improved speed and power  
Outside crescent (encouraged)  
Inside crescent (encouraged)

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FOR PROMOTION TO THE RANK OF PURPLE BELT:

KATA:

Pyung-An 2

Pyung-An 3

BLOCKS:

Strong technical improvement in the speed, power, and focus of blocks, with an eye toward the development of fluidity in movement without loss of the focus of the technique.

Dead arm (encouraged)

3 Hand circle (sliding/soft block ending w/ a backfist)(encouraged)

STRIKES:

Back fist

Ridge hand

KICKS:

Inside crescent

Outside crescent

Skipping side (encouraged)

Hook (encouraged)

Back spin (encouraged)

Jumping front (encouraged)

UKEMI:

Extend roll

Airplane roll

Silent roll

No arms roll

Fri-ukemi

Tomoe-nage

Drunken roll (encouraged)

Handstand roll (encouraged)

SELF-DEFENSE TECHNIQUES:

Proper execution of the hip throw, shoulder throw, inside sweep, outside sweep, and outside reverse sweep with rhythm and fluidity is required

Two sacrifices (double leg take-down with Boston crab and front hand scissors)

Pick-ups (encouraged)

Turn-overs (encouraged)

Joint locks and pressure points introduced

COMBATIVES:

Basic sparring

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FOR PROMOTION TO THE RANK OF BROWN BELT:

KATA:

Pyung-An 4  
Pyung-An 5

BLOCKS:

Double-edge knife hand block  
Dead-arm block (encouraged)

STRIKES:

Ridgehand  
Horizontal elbow strike  
Vertical elbow strike  
Lower target hammer fist

KICKS:

Skipping side kick  
Ax (encouraged)  
Hook (encouraged)  
Jumping front (encouraged)  
Spinning crescent (encouraged)  
Spinning Hook (encouraged)  
Flying side (encouraged)

UKEMI:

No-arm roll  
Dive roll  
One finger roll  
Handstand roll  
Pop-up roll (encouraged)

SELF-DEFENSE TECHNIQUES:

More advanced versions of the 5 basic throws  
Drop throw  
Nikkyo  
Sankyo  
Gi throw  
Fri-ukemi throw  
Multiple advanced versions of basics are encouraged

COMBATIVES:

Sparring with kick combinations and sweeps

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FOR PROMOTION TO THE RANK OF BLACK BELT 1<sup>ST</sup> DEGREE (SHODAN):

KATA:  
Chul-gi 1  
Pal-sek

Inside roundhouse  
Hook  
Jumping front  
Ax

BLOCKS:  
All blocks with power, speed, and focus

Spinning back  
Spinning hook or crescent  
Flying side

STRIKES:  
All strikes with power, speed, and focus,  
transition between strikes is fluid

UKEMI:  
Rolls on the floor  
Breakfalls on the floor

KICKS:

SELF-DEFENSE TECHNIQUES:

All basic techniques with speed, power, focus, and fluidity  
Advanced versions of the basic throws and sweeps  
Tomoe-nage throw  
Modified shoulder throw  
Shoulder yank  
Two-hand shoulder throw  
Kotegaeshi throw  
Advanced sankyo  
10 techniques vs single (basic) attack  
Multiple escapes from chokes and grabs are encouraged  
Techniques vs empty hand, knife, and stick

COMBATIVES:

3 board break – sidekick  
Sparring – controlled contact  
Tournament and/or similar experience is encouraged  
Introduction to Arnis or other weapon technique is encouraged