



# Amen! Kick

*Lessons for Life*

**SHOULDER GRABS**

**WRAP AROUND**

**A** - Right side shoulder grab.  
**D** - Left hand covers while right arm circles around attackers arm into an uppercut. Right stomp to attackers foot. Unwrap and Guard

**STEP AND CHOP**

**A** - Right side shoulder grab.  
**D** - Left pin to opponent's hand. Step to the right side with your right foot into a horse stance. Right chop to neck. Guard.

**STEP AND HAMMERFIST**

**A** - Right side shoulder grab.  
**D** - Left pin to opponent's hand. Step to the right side with your right foot into a horse stance. Right hammerfist to stomach. Guard.

**LITTLE DRAGON**

Horse Stance

Look to right and right outward block. Right shuffle wheel kick. Land and block.  
Look to left and left outward block. Left shuffle wheel kick. Land and block.  
Bring hands and feet together with high "x" block.  
Step to right into horse stance with a right chop.  
Bring hands and feet together with a high "x" block.  
Step to left into horse stance with left chop.  
Left drop side thrust kick. Kneel up onto right knee. Left back knuckle, right punch.  
Right foot step up into horse stance. Bow. Amerikick Team Salute.

**STAR BLOCK**

(Up, In, Out, Touch, Down, Back, Double Palms, KIAA!)

**BASICS**

Attention Stance	Front Kick	Back Knuckle
Horse Stance	Back Kick-Knee	Reverse Punch
Natural Stance	Wheel Kick	Back Knuckle - Rev Punch
Sparring/Fighting Stance		

**AMERIKICK CREED**

*As an Amerikick student, I will, Work Hard, Aim High, Finish What I start.*

MY BLACK BELT TARGET DATE IS \_\_\_\_\_



**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

## WRIST GRABS

**WRIST GRAB (near and far) A** - Right straight wrist grab.

**D- (far)** - Right front kick to knee. Land to the right side.  
Left palm to the jaw. Right upward elbow release. Guard

**D- (near)** - Right knee to groin. Land to the right side.  
Left palm to jaw. Right upward elbow release. Guard.

**REAR WRIST GRAB A** - Rear Wrist, Arm or Hair Grab

**D** - If opponent is far away, Step Toward Opponent with left foot.  
Right rear Kick to knee, if opponent is close, Right stomp to foot.  
Pull away (For Hair grab, hand pins the attackers hand) Guard.

## LITTLE DRAGON

Horse Stance

Look to right and right outward block. Right shuffle wheel kick. Land and block.

Look to left and left outward block. Left shuffle wheel kick. Land and block.

Bring hands and feet together with high "x" block.

Step to right into horse stance with a right chop.

Bring hands and feet together with a high "x" block.

Step to left into horse stance with left chop.

Left drop side thrust kick. Kneel up onto right knee. Left back knuckle, right punch.

Right foot step up into horse stance. Bow. Amerikick Team Salute.

## LITTLE TIGER

Horse Stance

Double star block (Up, In, Out, Touch, Down, Back, Double Palms KIAA!)

Step back with the right foot into a sparring stance and left outward chop block.

Right reverse punch pivoting into a forward bow stance.

Right front kick advancing. Left roundhouse kick advancing.

Left downward chop pivoting into a reverse bow stance.

Right reverse punch. Right foot step up into horse stance. Bow.

Amerikick Team Salute.

## BASICS

Attention Stance

Back Knuckle

Star Block

Horse Stance

Reverse Punch

Front Kick

Natural Stance

Back Knuckle - Rev Punch

Rear Kick-Knee

Sparring/Fighting Stance

Shuffle Back Knuckle - Rev Punch

Wheel Kick/Front Leg Round

## AMERIKICK CREED

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## FRONT GRABS

### **DRAGON TAIL** A- Double Lapel Grab

**D** - Lift your right hand and weave it down between attackers arms. Clap your hand together and lift and twist to right pushing attackers arms away. Step forward with right foot as you double palm push attacker. Guard

### **DOUBLE WRIST GRAB (ANVIL)** A - Two hand wrist grab from front

**D** - Step back with right foot, double outward blocks to break free of the hold. Double hammerfists to attackers arms. Right front kick advancing. Left front kick advancing. Land forward double butterfly palms to ribs. Guard.

### **THE WEDGE** A - Front choke or grab

**D** - Clasp your hands together with left hand on top. Step forward with your right foot and raise your hands straight up. Downward strike to nose. Straight strike to neck or stomach. Guard.

## AMERIKICK 1

Horse Stance. Step back with right leg into a sparring stance as left downward block. Right reverse punch switching to a forward bow stance. Right front kick advancing. Right cross behind side kick advancing. Land into a sparring stance with a right outward block. Right foot steps to 3:00 as right back knuckle - left reverse punch to side on an angle. Left foot steps to 9:00 as left back knuckle - right reverse on an angle. Left punch towards 1:00 while dropping down on the left knee. Step back with the right foot into a sparring stance. Right leg roundhouse kick. Right back knuckle. Drop onto left knee as left reverse punch. Right reverse punch. Stand up into your horse stance with fist and cover. Bow. Amerikick Team Salute

## BASICS

Front Kick	Shuffle Wheel Kick	Roundhouse Kick
Rear Kick-Knee	Shuffle Wheel Kick- Back	Roundhouse Kick Advancing
Wheel Kickw/Front Leg Round	Knuckle-Reverse Punch Combo	
Front Kick- Rear Kick -Knee	Double Star Block	Shuffle Front Kick

### The Three Rules of Concentration

Focus in the eyes, Focus in the mind, Focus in the body.

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**

## REAR GRABS

### **DRIVING ELBOWS**

**A** - Bearhug from behind arms pinned

**D** - Step forward with left leg into a sparring stance as right elbow strikes to ribs & left uppercut breaks the hold. Turn as left elbow to ribs. Turn as right elbow to ribs. Right back kick and cover out. Guard

### **SHACKLE BREAK**

**A** - Double wrist grab from behind

**D** - Counter grab. Hop forward onto left foot as right back kick pulling the attacker into the kick. Guard.

### **DANCER**

**A** - Rear 2 hand choke

**D** - Left foot steps behind the right foot as left chops to groin and right hand checks. Bend forward turning into a horse stance as right ridge hand to groin. Left hand up cover. Step out with the right foot into a sparring stance. Guard

## **AMERIKICK 2**

Horse Stance. Step forward with right foot into a sparring stance as right inward block. Right chop. Step forward with left foot into a sparring stance as left inward block. Left chop. Step back with left foot bringing your feet together and turn side ways. Right high chop. Right side kick advancing and landing into a sparring stance with right outward chop block. Step back with your right foot into a reverse bow stance and double palms high and low. Step back with your left foot into reverse bow and double palms high and low. Left reverse punch in a soft bow stance. Chicken kick (left-right) Spin around into a left chop to 12:00 (front) Right reverse punch dropping down onto right knee. Stand up and high x block. Drop into horse stance with double downward blocks. Right reverse punch to left angle turning into a bow stance. Left reverse punch to right angle turning into a bow stance. Step forward with your left foot into a forward bow stance with a right reverse punch. Horse stance fist cover. Bow. Amerikick Team Salute.

## **BASICS**

Inverted Punch

Hook Kick

Front Kick Side Kick

Side Kick

Bow stance

(to the side)

Chicken Kick

Reverse Bow Stance

Front Kick- Roundhouse Kick

## **INTERMEDIATE STUDENT CREED**

As a dedicated Amerikick Student, I intend to develop myself in a positive manner,  
And never do anything that will hinder my mental or physical growth.

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**

## FRONT ATTACKS

### **TACKLE DEFENSE**

**A** - Tackle

**D** - Left hair grab to attacker. Step back with your left leg into a sparring stance as right hammerfist to back of the attacker's neck. Guard

### **DEFENSIVE WARRIOR**

**A** - Left punch, Right punch, Push or grab.

**D** - Step back right, Double outward chop blocks. Shuffle in Right palm then Left palm, then right palm to face, quickly. Right instep kick to the knee and left cut kick to knee. Guard and circle out.

### **THE SPEAR**

**A** - Front 2 hand push

**D** - Put hands together, step forward with right into sparring stance as you wedge block between push. Double outward block. Grab attackers right arm with your left as you right uppercut elbow to jaw. Right downward hammerfist to face. Guard

### **AMERIKICK 3**

Horse stance. Turn into left side bow stance and right downward palm. Touch your shoulder. Right outward chop. Turn into right side bow stance and left downward palm. Touch your shoulder. Left outward chop. Step forward with your left foot into a forward bow and right reverse punch. Slide your left foot back to your right foot with body facing 3:00 (side ways) and bring both hands to your right hip (cup and saucer position). Left foot steps forward and left back knuckle. Right foot steps through as right punch. Spin around into a left back knuckle. Right punch landing into forward bow stance. Open your right hand and right outward crescent kick slapping your hand. Land back into a reverse bow and left downward block. Step to your left with your left foot and left rising block. Right reverse punch. Right outward chop block. Right leg three kick combination. (Wheel kick, side kick, round kick) Land your right leg forward and right back knuckle. Drop onto your left knee and left reverse punch. Turn and right drop kick. Come up on your left knee and left ridge hand all the way touching your right shoulder. Left chop. Right punch. Stand up and finish. Bow. Amerikick Team Salute

### **BASICS**

Spin Back Kick

Jump Back Side Kick

Step Behind Side Kick

Step Behind Hook Kick

Chicken Wheel Kick

Jump Back Wheel Kick

Cut Kick

### **BLACK BELT PLEDGE**

We are a Black Belt School, we are dedicate, we are motivated,  
We are on a quest to be the best

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

## PUNCHES

### **EAGLE CLAW**

**A** - Right hook punch

**D** - Step back with right foot into a sparring stance as left outward chop block. Right front kick to groin advancing. Right palm/claw to face. Guard

### **WINDMILL GUARD**

**A** - Right straight punch

**D** - Step to left side with left foot as left parry to punch. Right chopping block to punch. Right counter grab to punch. Right wheel kick. Cover out and guard.

### **FISH HOOK**

**A** - Right hook punch, left hook punch combo

**D** - Step forward with your right foot into a fighting stance. Right inward block to attacker's right punch, keeping your left hand covering. Right extended outward block to attacker's left punch. Left heel palm to attacker's face. Right corkscrew punch to attacker's left temple/jaw hinge. Circle Chop. Guard.

## **AMERIKICK 4**

X block, into a natural stance. Left foot steps to 9:00 into bow stance as left hand chops, right reverse punch. Right foot steps to 3:00 into bow stance as right hand chops, left reverse punch. Return to natural stance. Step back with right foot into forward bow stance as you 'x' block high above head (chop position). Bring chops down to sides. Right front kick to 12:00. Chicken kick to 12:00 (left foot kicks first). Forward roll and get up onto left knee facing 12:00. Left punch followed by right punch. Slow tension crane strike (low to high) into slow tension tiger claw (high to low) with right hand. Turn into a sparring stance facing 6:00 as left chop block. Right roundhouse kick advancing to 6:00. Right step behind hook kick to 6:00. Land into a sparring stance facing the front 12:00 position. Right side thrust kick forward landing into a sparring stance. Left spinning hook kick landing into a reverse bow stance with a right downward chop block. Left foot steps to 9:00 into sparring stance, left rising block, right reverse punch into forward bow stance. Right hand outward block, left reverse punch into forward bow stance. Left foot crosses in front of the right foot (one step), flying side kick. Land into a horse stance as right downward block. Turn into a forward stance facing 7:00 with a left downward block. Right hammerfist parry into a left rising block. Right reverse punch. Right roundhouse kick into a Tornado kick. Land into a side bow stance with the left leg back as right side punch and left dragon palm. Step up with left foot and high X block into double downward palms to sides. "Amerikick Team."

## **BASICS**

Shuffle Hook,  
Wheel, Side Kick  
Spin Crescent Kick  
Switch Round Kick

Crescent Kicks  
(inward & outward)  
Drop Side Thrust Kick  
Switch Front Kick

Jump Back Knuckle  
Jump Spin Back Knuckle  
Flying Side Kick

## **THE PRINCIPLES OF BLACK BELT**

As a dedicated student of the martial arts, I intend to live by the principles of Black Belt:  
Modesty, Courtesy, Integrity, Self Control, Perseverance and Indomitable Spirit.

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

**KICKS, KNEES  
NECKLOCKS LOCKS**

**BLOCKING THE KICK**

**A** - Front kick  
**D** - Step back into fighting stance as left downward block to kick. Right front kick advancing. Right palm to the attackers face. Guard.

**BOWING TO BUDDHA**

**A:** Knee while on the ground  
**D:** While on knee, right forearm block to knee as left cover hand is up. Sweep to the side. Right hammerfist to groin. Turn & right drop kick to the attacker. Roll out into a guard position.

**JAPANESE STRANGLE HOLD**

**A** - Strangle hold  
**D** - Step to right side into horse stance as right counter grab to hold. Left elbow to solar plexus. Left hammerfist to groin. Left uppercut elbow to jaw. Guard.

**HEADLOCK**

**A** - Side headlock  
**D** - Step around with right foot into horse stance as double hammerfist. Grab hair with left hand. Pull back of head. Right palm to jaw. Guard

**HEEL HOOK A** - Full Nelson

**D** - Slam arms down to break hold as right heel kick to opponent's left knee. Right side kick to other knee. Right shin scrape into right heel stomp to instep. Guard.

**AMERIKICK 5**

Step forward with the left as left chops followed by a right drop punch (towards the ground) dropping onto the right knee. Step back with right leg into reverse bow stance as left high chop. Turn into forward bow stance as right high reverse punch. Right downward chop. Right front kick. Right shuffle front kick landing into a left twist stance with double downward blocks. Turn around to 3:00 into bow stance as left chop. Right reverse punch. Step up with right foot as right high chop. Step out with right foot into bow stance as left reverse punch. Right shuffle wheel kick. Land into a horse stance with double downward blocks. Turn into a bow stance facing 9:00 as left chop. Right reverse punch. Step up with right foot as right high chop. Step out with right foot into bow stance as left reverse punch. Left round house kick landing into a horse stance with double downward blocks facing 12:00. Turn facing 6:00 bringing the right foot back to the left foot, with feet together, as right high chop. Right side kick landing into sparring stance facing 6:00. Step back with the right foot into a natural stance as double palms strike out to the sides. Circle hands up with slow tension into a triangle. Step out with left foot to 6:00 as left chop and right side punch with a left low palm. Right front kick into Right jumping front kick. Land into a sparring stance facing 12:00 with double side punches towards 12:00. Right leg rear axe kick advancing into a right jump spinning crescent landing into a sparring stance, left leg forward and left inward block. Turn into a forward bow stance as left high block and right reverse punch. Stand up into X block position. Bow. Amerikick Team Salute.

**BASICS**

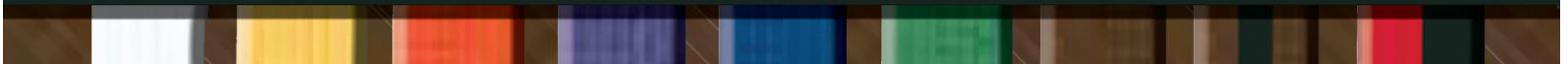
Ridge Hand Front & Rear Hand  
Tornado Kick  
Jump Spinning Back Kick  
Whip Kick

Axe Kick Front Leg & Rear Leg  
Roundhouse Tornado Kick  
Front Roll  
Spinning Hook Kick

20 Push ups  
20 Full Sit-Ups  
or 40 Crunches  
3 rounds of sparring

**ADVANCED STUDENT CREED:** As a dedicated martial artist, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth. I intend to develop my-self discipline in order to bring out the best in myself and others. I intend to use what I have learned in class constructively and defensively and never be abusive or offensive.

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**





**ADVANCED. REAR GRABS**

*Lessons for Life*

**HAMMERLOCK A-** Right Hammerlock  
**D -** Right countergrab. Step back with left foot into fighting stance as left elbow to face. Step forward with left foot. Step around and back with right foot as you counter grab arm and apply an arm bar with the left palm. Right front kick to stomach. Cover out Guard.

**BREAKING THE CROSS**

**A -** Rear 2 hand choke  
**D -** Grab opponent's wrists. Step to left with left foot landing into horse stance and break opponent's thumbs. Step around with right foot as you twist opponents arms. Right knee to elbows. Right front kick to stomach. Right elbow to head. Guard.

**CIRCLING ELBOWS**

**A -** Bearhug from behind, arms free.  
**D -** Step to right into horse stance as you circle your elbows down, breaking hold. Left "C" step. Left uppercut elbow into right hammerfist taking attacker down. Guard.

**SPREADING THE LEAVES**

**A -** Full nelson bent over  
**D -** Step forward with left foot into fighting stance. Right elbow to head. Turn & left elbow to head. Turn & right elbow to head. Right back kick to stomach. Guard.

**INTERLOCK (WINGS OF SILK) A-** Rear interlocked arm grab.  
**D-** Left thumb poke to nerve. Right claw to groin. Left stomp to foot. Right scoop kick as right uppercut elbow. Step to the left with right foot. Left counter grabs arm. Left foot steps around into square horse stance. Right uppercut break to arm. Guard.

**AMERIKICK 6**

Start from 'X' block position. Step back with left foot into twist stance as left outward blocks with tension. Step forward with left foot into forward bow stance as left chop followed by right reverse punch. Right twist kick landing forward into Right jump front kick. Land facing 6:00 into fighting stance. Left chop followed by right reverse punch into forward bow stance into a left downward block switching into a horse stance. Right spinning hook kick into a right jump spinning hook kick landing into horse stance facing 6:00. Right reverse punch as left high palm block in a forward bow stance. Left shuffle front kick to 6:00 into a right roundhouse kick to 6:00 into a right tornado kick to 6:00 landing into a forward bow stance and right reverse punch facing 6:00. Step up with your right foot so your feet are together as right outward block high and you left downward block facing 12:00. Step with left into forward bow as left chops. Right reverse punch. Left reverse punch as you switch step landing your right leg forward and left leg back. Right inverted chop as you spin around counter clockwise facing 12:00. Left chop right punch landing in a forward bow stance. Slide left leg back as left high chops. Left switch step axe kick into split kick. Right punch turning into a left side bow facing 12:00. Drop onto your left knee with a left side punch and right overhead palm. Bow. Amerikick Team Salute

**BASICS**

Falcon kick  
Split kick  
Twist kick  
Boxing basics  
(Jab, cross, hook, uppercut)

Jump spin hook kick  
Jump spin crescent kick  
Front fall  
Back fall

35 Push ups  
25 Full sit ups or 50 crunch  
5 Rounds of Sparring

**ADVANCED STUDENT CREED** As a dedicated martial artist, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth. I intend to develop my-self discipline in order to bring out the best in myself and others. I intend to use what I have learned in class constructively and defensively and never be abusive or offensive.

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**RED BELT  
Kids Curriculum**

500 world essay

“What a Black Belt means to me”.

Must pass the black belt pre-test.

Must perform in the black belt extravaganza.



**Min of 12 months or 136 classes**  
Must complete all updated rank requirement from white belt to black belt. Class attendance must be maintained. Honor role must be maintained. All Amerikick financial obligations must be met

**TWO PERSON ATTACKS**

**OPPONENTS AT SIDES** **A** - Double Shoulder grab **D** - Step to the right into a horse stance as right hammerfist. Step around with right leg to the second attacker as right inverted hammerfist as left hand covers. Guard

**DOUBLE WRAP AROUND** **A** - Double Shoulder Grab **D**- Step back with your right foot as your double wrap around the attackers arms. Step forward with your right foot and double uppercut to apply pressure to the attackers arms. Double hammerfist low to the attackers to bend them over. Circle hands around and grab attackers heads and smash them together. Push attackers heads down into a chicken knee. Cover out and guard.

**JAPANESE HAND** **A**- Cross Push **D**- Step back with your right foot as your left hand traps and pins the attackers push. Grab the attackers hand with both of your hands to apply a wrist lock. Step back with your left foot and apply the wrist lock taking the attacker down to the ground. Right leg downward wheel kick. Cover out and Guard

**LAPSEL GRABS**

**STRIKING SNAKE** **A**-- 2 hand lapel grab from front pulling you forward **D** - Left cover/pin over opponent's arms. Step forward with right foot. Right middle knuckle strike to solar plexus. Right inward block to clear the grab. Right chop to neck. Right inward elbow to head. Guard.

**KIMONO GRAB** **A** - 2 hand lapel grab **D**- Left pin to grab. Step back with left foot into fighting stance as right rising block to break. Right inward block to clear arms away. Right chop to neck. Right elbow smash to head. Right hammerfist to groin. Right back kick. Guard

**PUNCHES WITH TAKE DOWNS**

**TRAPPING HANDS** **A** - Right punch Left punch **D** - Step back with right foot into fighting stance as left parry to punch. Right parry to punch. Left side punch to face. Right reverse broom sweep. Cover out. Guard.

**RETURNING VIPER** **A** - Right punch **D** - Windmill Guard technique up to the wheel kick. Right side kick to the back of attackers knee. Left hair grab and left roundhouse kick sweep to the attackers right leg to take attacker down. Right spin rear stomp. Cover out. Guard.

**TIGER TAKE DOWN (DANCE OF DOOM)** **A** - Right straight-punch **D** - Left parry and right ridge-hand to groin as left steps to side. Left hook to back of knee, as right steps forward and right elbow to ribs. Take opponent down. Right back knuckle to left knee, Figure 8 back knuckle to right knee, Right chop to groin. Right kick to opponents right leg. Cover out. Guard.

**CLUB DEFENSES**

**CROSSING THE CLUB** **A** - Right over-head club **D** - Left step to forward into fighting stance as “X” block to wrist. Right counter grab to wrist as left forearm to elbow, while left foot steps around and in front of opponent to 2:00. Bend opponent over with forearm (as in Crossing the Talon). Right front-kick to face. Cover out. Guard.

**BENDING THE CLUB** **A** - Right side-club **D** - Right step forward into fighting stance as double chop-block to radial and bicep nerves. Right hook to elbow, as right foot steps back into fighting stance and left hand rises up simultaneously. Right knee to sternum, landing into right downward elbow to spine. Guard.

**BASICS**

360 spin back kick

Forward broom sweep

360 Spin hook kick

50 Push ups

Double front kick

Reverse broom sweep

Triple jump kick

30 Full Sit Ups  
or 60 Crunches

Cartwheel kick

Falcon kick

Side fall

7 Rounds of Sparring  
(2 minutes)

**THE PRINCIPLES OF BLACK BELT**

As a dedicated Amerikick student, I will live by the principles of Black Belt:  
Modesty, Courtesy, Integrity, Self Control, Perseverance and Indomitable Spirit

**KATA: KORYO, CREATIVE KATA  
CREATIVE WEAPON, CREATIVE TEAM**

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**



**ADVANCED KICKING TECHNIQUES**

**TWISTING DRAGON** **A** - Your left wheel kick is grabbed. **D**- Spin in the air and right spin hook kick to opponent's head. Land in side fall position or on your feet. Guard

**CHOPPING THE LOG** **A**- Right roundhouse kick. **D**- Right downward block as left cover. Loop right arm trapping attackers leg. Right knee to inner thigh. Left downward elbow to leg. Right leg loops over attackers leg and take down. Guard.

**DOWNWARD X BLOCK** (Prayer of Doom) **A**- You are on one knee and attacker kicks with right. **D** - Downward X block right fist on top. Grab bottom of attackers heel with right hand. Twist attacker over so their back is facing you. Front kick to groin as you stand up. Double palms to back forcing attacker to the ground. Axe Stomp. Guard.

**UNIVERSAL BLOCK** (Deceptive Panther) **A**- Right leg round kick, while you are in a Right leg forward sparring stance **D** - While in a fighting stance, slide left foot around to 4:00 as universal blocks kick. Right lunge side-kick to opponent's supporting leg. Land forward into right hammerfist, followed by left hammerfist to back of neck, shifting into twist stance. Lifting back-knuckle to jaw as left hand checks. Right back/scoop heel kick to opponent's jaw. Guard.

**MULTIPLE ATTACKER TECHNIQUES**

**HANDS OF FORCE** **A** - Double shoulder grab far. **D** - Step to the right into horse stance as right chop to throat, left hand in guarding position. Step to 10:00 with your right foot, as right slicing eye-rake followed by left dragon palm to throat. Pivot left foot back and around to 10:00 as right inward block to first opponent. Right front-kick to first opponent landing forward. Left rear-cross-over into right back-kick to second opponent. Right double cross-out facing first opponent. Spin sweep to first attacker. Guard.

**TIGER STRETCH** **A** - Double wrist grab from the sides. **D** - Right counter grab as right rear-cross-over toward left. Right side-kick to right opponent. Land in a right front-cross-over towards left opponent. Left knee-kick to back of left opponent's right leg. Left side-kick to opponents left knee. Land into left front crossover toward right opponent as right back-knuckle strike as you turn clockwise. Left Right chicken wheel-kick to left opponent. Land forward into right stiff-arm back knuckle to left opponents jaw. Left back-kick to right opponent. Double cross out to 11:00. Guard.

**BEARHUG AND PUNCH** **A** - Rear bear hug and front right punch. **D** - Right inward block to attacker's right punch while you right front kick to the attacker's groin. Land your right kicking leg to the right side landing into a square horse stance. "X" hands up and perform the technique 'Circling Elbows' on the rear attacker. After your right hammer fist to rear attacker, left front crossover toward front attacker. Right side kick to any available target on first attacker. Without dropping your right kicking leg, Right front kick to rear attacker to any available target. Cross out. Guard.

**DOUBLE WRAP AROUND** **A** - Double shoulder grab close. **D** - Step back right, wrap around with both arms as you step forward with right double Upper cuts breaking arms, double hammerfist to stomach, step back, bring arms around smashing opponents heads together, Chicken knee to face, Step back and clear, Right Left then left hinge kicks to legs. Cover out. Guard.

**DOUBLE RAMS** **A** - Right straight punch from the front and rear attack. **D**- Step forward left as you left inward and right outward block. Whip through with a hammerfist to face of front attacker, step forward right and pivot to face rear attacker as you left chop front attackers ribs. Parry and waiter hand check, right front-kick to rear opponent, landing into Five Swords Pivot into left twist-stance, facing front person as right front kick to front opponent, landing into left back kick to rear opponent. Double cross out to 3:00. Guard.

**HAMMERLOCKS**

**REVERSE HAMMERLOCK** **A** - Right hammerlock. **D** - Pin attackers hand by pressing it to your spine. Step with your right foot to 10:00 into a horse stance pulling attackers arm out straight. Left elbow to attackers left elbow. Left hammerfist to attackers groin. Left side kick to attacker left knee into a right spin rear kick. Cover out. Guard.

**DIVING HAWK** **A** - Right Hammerlock **D** - Step back left. Left elbow to face. Double step back as you twist attackers arms. Right, left chicken kick. Land into Crossing Talon left forearm to attackers arm. Left side elbow to temple. Downward elbow to spine. Right knee to face. Left rear kick then right spinning rear kick. Guard.

**AMERIKICK SWORD** **A**- Strikes/Cuts **D**- Beginner level 1 strikes are executed from a ready stance. Feet shoulder width apart with knees slightly bent and sword in front with the tip angled towards the front attacker. Overhead half cut. Overhead full cut. Diagonal cut right. Diagonal cut left. Horizontal cut right. Horizontal cut left. Thrust

**BLOCKS** Beginner level 1 blocks are executed from a ready stance. Feet shoulder width apart with knees slightly bent and sword in front with the tip angled towards the front attacker. High block right. High block left. Low block right. Low block left. Overhead angled block right. Overhead angled block left

**AMERIKICK SWORD KATA 1 (WITH A BLADED SWORD)**

Attention stance. Sword in left hand on the left hip. Step forward with right foot as right spearhand to angle. Right tension ridge hand and grab sword. Right draw cut with the sword while left hand chops to the left side. Half cut while in a ready stance. Step forward with your left foot and right horizontal cut. Step forward with your right foot and left downward diagonal cut. Forward thrust finishing in a forward bow stance. Left foot steps forward into a twirl full cut. Left foot steps back, reverse bow, with an angled block. Right foot steps back, horse, with a right low block. Left foot steps back, horse, with a left high block. Right foot steps back to a ready stance, square horse and half cut. Figure eight. Right foot steps forward with a left horizontal cut. Right thrust. Right foot steps back into a reverse bow with an angled block. Left reverse diagonal upward cut. Right horizontal cut while dropping to the left knee. Twirl into half cut returning to a ready stance, square horse. Sheath the sword. Bow

Short 1  
Long 1  
Short 2

Amerikick 7  
Sword form #1

Blocking Set  
Elbow Set

Knee Set  
2 person sword Set

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**



**HAMMER AND SWORD** **A** - Right shoulder grab or left shoulder grab **D** - Pin opponent's hand and step to that side into a horse stance. Hammer strike to the groin followed by a chop to the throat. Variation: chop to the throat then hammer fist. Guard.

**PUSHING THE CIRCLE** **A** - Right straight grab **D** - Step back with left foot as you pull your right arm back to your left shoulder going against the attackers thumb. Right hammer fist to stomach or face. Guard.

**FRONT HEAD LOCK** **A** - Right side Front headlock **D** - Relieve the pressure of grab with the left arm. Step forward with the right foot into a horse stance as the right ridge hand strikes to the groin. Right upward elbow to jaw. Slide your head out of the grab. Side elbow. Guard.

**TRIGGERED PUSH** **A** - Front straight push to left shoulder **D** - Pivot in place, Twist into Right heel palm to attacker's jaw. Pin attackers hand to your left shoulder with your left hand. Right hook to attacker's right arm dropping attacker's height. Step forward with your right foot into a horse stance Right inward elbow to attacker's face. Left outward elbow to attacker's face. Right uppercut to opponents jaw. Guard.

**PARTING THE PUSH.** **A** - Front two hand push **D** - Step back with the right foot into a fighting stance. Double outward chops strike inside attacker's wrists. Right chop to attacker's left floating rib, left hand checks high. Left outward chop to attacker's left side of neck. Right middle knuckle solar plexus as left hand checks low. Guard

**THE SHIELD** **A** - Left hook punch **D** - Step forward with the right foot into a forward bow stance. Burst into a right extended outward block to attacker's punch. Left heel palm to attacker's jaw. Right hammer knuckle rake to attacker's temple. Shuffle in Right elbow strike to attacker's solar plexus keeping left hand covering. Guard.

**CRUSHING HAMMER** **A** - Rear bear hug, arms pinned. **D** - Step to the left side landing into a square horse stance. Simultaneously pin opponent's grab with your left hand and right hammer strike to attacker's groin. Right 'C' step behind attacker's left leg to buckle. Right obscure elbow under jaw. Left heel palm to ribs. Guard.

**FRONT BEAR HUG ARMS FREE** **A** - Double palms to attackers ears. **D** - Double chops to attackers neck. Left hair grab and right palm to the attackers jaw twisting their neck. If attackers has no hair then grab their ear. Knee. Guard

**FRONT BEAR HUG ARMS PINNED** **A** - Step back with the right foot into a fighting stance as both thumbs strikes to attacker's groin nerves. Left hooks opponent. Right knee to attacker's groin while right hand chambers back to hip to break the hold of attacker's left arm. Land forward with your right foot and knife edge stomp to instep. Guard.

**CROSSING THE TALON** **A** - Front cross wrist grab. Counter grab attacker's right wrist with your right hand. Left foot step forward and to your right landing in front of attacker in a horse stance while left forearm strikes attacker's right elbow (arm bar). Force attacker down with arm bar. Left outward elbow strikes attacker's temple. Left claw rakes attacker's face upward. Left downward elbow to attacker's spine. Right knee to attacker's face while left palm strikes attacker's back of the head. Cross out. Guard

**Returning the Club.** **A** - Right round club attack into a backhanded club attack. Step back with your left foot towards 8:00 into a fighting stance moving out of the path of the first club strike and keeping both hands up. Step forward with your left foot towards 11:00 landing into a horse stance and blocking attacker's back handed swing with both of your forearms, right arm above the attacker's elbow, left arm below attacker's elbow. Right hand counter grabs attacker's right wrist. Step back with your right foot towards 9:00 apply pressure with your left forearm to attacker's right elbow and swing attacker around and downward (similar to crossing the talon). Right front kick to attacker's face. Disarm. Guard.

**Circling Choke (Wing).** **A** - Rear two hand choke. Step to your right side with your left foot towards 1:00. Circle your right arm up, over and down on attacker's right arm that is choking you. Drop into a horse stance while dropping your right elbow down. Left spear hand to attacker's eyes. Right uppercut elbow to under attacker's jaw while left hand checks attacker's arms. Right hammer fist to attacker's groin shifting into a reverse bow stance. Right rear kick cover out. Guard.

**Sleeper** **A** - Right straight punch **D** - Step forward left and slip punch into a fighting stance. Left parry to attacker's punch. Shift into a forward bow stance as right ridge hand strikes to the left side of attacker's neck, left hand checks high on attacker's right arm. Right 'C' step behind attacker's right leg. Grab your right ridge hand with your left hand to apply pressure to attacker's neck and choke attacker. Step back with your left foot and throw attacker down to the ground. Right vertical punch to attacker's face while your drop your right knee drops to attacker's right rib, left hand checks attacker's right arm. Guard

**Corkscrew** **A** - Right Punch from Side. **D** - Turn right into twist stance as you sweep both hands down and right ridge hand to neck Step behind opponent with left foot, left palm to base of spine as you lock them in a rear choke with your right arm, secure with left. Right heel kick to groin. Throw attacker to ground. Stomp and cover out. Guard

**Dance of Doom.** **A** - Right straight punch. **D** - Step forward left and slip punch into a fighting stance. Left parry to attacker's punch. Shift into a forward bow stance as right ridge hand strikes attacker's groin, left hand checks high on attacker's right arm. Hook the back of attacker's right leg with our left arm. Step forward and between the attacker's legs with your right leg while striking with your right elbow to attacker's ribs. At the same time pull attacker's right leg to your left hip with your left hand, this should take down the attacker landing them on their back. Right figure 8 back knuckles to inside of attacker's knees. Right downward chop to attacker's groin. Grab attackers right foot with both hands and flip attacker over onto their stomach. Left stomp. Cover out and Guard.

**Leap of Doom** **A** - Right straight punch **D** - Step forward with left foot while right outward-chop blocks punch. Left palm to opponents elbow. Left back knuckle to ribs. Force opponent to ground. Leap on the back of opponent with double heel stomps to back. Double palms to back of head. Chin lock to opponent. Snap neck. Right knee as right chop. Left knee as left palm. Jump off to opponent's right as right downward wheel-kick to temple. Guard.

**Fan Blocks** **A** - Double punch **D** - Step back with left into fighting stance as right downward parry to punch. Draw right foot back into cat-stance as left downward parry to punch. Right front-kick landing forward into right uppercut to jaw. Small step forward left as you left punch to face, right low cover and right knee to groin. Upper cut forearm to jaw, cross out. Right crossing rear kick Cover out.

**Full Nelson** **D** - Step slightly to your left with your left leg. Double claw to attacker's face. Drop your weight into a horse stance breaking the full nelson hold. Stand back up straight while pinning the attackers hands to your side. Head butt attacker in the face. Step forward with your left foot pulling attacker forward. Pivot into a reverse bow stance and strike attacker in the face with your right elbow. Step forward with right foot than back with left foot. Step back with your left foot into a reverse bow stance and strike attacker in the face with your left elbow. Guard.

ARNIS DEFENSE  
SHORT 3

KNIFE DEFENSE  
LONG 2

GROUND DEFENSE  
HAND SET

ARNIS KATA + STRIKES  
TIGER SET

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