

8 “Bad Guy” Drills

1. Personal Space

2. Attack Fast to Target

3. Hit Heavy (stance & stability)

4. Multiple Attacks

5. Go to the ground

6. Weapons

7. They Have Friends

8. No Respect for Authority

Black Belt Sparring

1. Read Opponent (sensing threat)

2. Defense

- Block & Counter
- Evade (option to counter)
- Retreat

3. Offense

- Unexpected Technique
- Blind Side
- No Telegraph

4. Timing (*right BEFORE foot touches*)

5. Set Up

6. Technique Speed

Board Breaking

1. Circle Drill

- Large Target
- Small Target
- Easy Board

2. Eyes Closed... Then React

Attributes:

- *Proper Part*
 - *Body Alignment*
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Drill vs. Training

Drill: Know Your Job

First 3 or 4 times, good communication between instructor, student, partner.

Training: Make It Real

- Does it work?
- Start relaxed

Targets held to support REAL drill applications (board break, self defense)



Color Belt Sparring

1. Statue Sparring

-Trust & Distancing

2. ATA Statue Sparring

-Targeting Rules

3. Timing

-When Foot Touches Ground

4. Offense

-Logical Combos, NO Front Hand Punches

5. Set Up *-Fake out, Spar SMART*

6. Side Kick

Turning Drills

1. Say Something

2. Touch/Tap

3. Pull

- **Prepare - Look then React**
- **Solve Problem**

(actually do technique 99% of the time)



Balance & Kicking

1. Pivot

2. Body Position

3. Solid Sole

4. Hand position

5. Eye Contact

6. Chamber

7. Execution

8. Re-Chamber

9. Return

Basics

1. Starting Position

2. Direction

3. Rotation

4. Ending Point

5. Eye Contact

One Steps

Evolution of a Fight

1. Awareness, Readiness

- Personal Space (step back)***
- Push / Strong Stance***
- Punch or Attack***

2. Striking Section

- Wavemaster / Targets***
- Proper Part***

(2 knuckles, ball of foot)

3. Multiple Attacks

- Double Step Back***
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