

WHITE BELT



Form

Kibon (12 movements)

Basic or Beginning. Principle building blocks for your training, both mental and physical.

Blocks

High Block

Stances

Attention Stance
Ready Stance
Front Stance

Self-Defense

Same Side Wrist Escape
Cross Side Wrist Escape

Strikes

High Section Punch
Stretching Kick
Back Leg Snap Kick

Grappling

Back Break Fall
Sitting Guard

YELLOW STRIPE



Form

Kicho (24 movements)
Foundation. A solid foundation on which to build and develop your martial arts potential.

Blocks

Middle Block
Scooping Block

Stances

Fighting Stance
Back Stance

Self-Defense

Double Wrist Escape
Two on One Hand Wrist Escape

Strikes

Mid-Section Punch
Back Leg Front Thrust Kick
Back Leg Roundhouse Kick

Grappling

Side Break Fall
Stand in Base

YELLOW BELT



Form

Kyuki II Chang (30 movements)
Spark Spirit. Kyuki-do's ability to awaken the spiritual potential within each of us.

Blocks

Guarding Block
Double Knife Hand Block

Stances

Horse Stance

Self-Defense

Haymaker Punch Block

Strikes

Palm Heel Strike
Back Leg Side Thrust Kick
Step Up Side Thrust Kick

Grappling

Front Break Fall
Trap and Roll (mount defensive)

GREEN STRIPE



Form

Kyuki Yee Chang (31 movements)
Spark Mental. Kyuki-do's ability to awaken the mental potential within each of us.

Blocks

Augmented Scooping Block
Wedge Block
Parry Block

Stances

Fixed Stance

Self-Defense

Tackle Defense (Sprawl)

Strikes

Reverse Punch
Back Fist Strike
Back Leg In-Out Crescent Kick
Back Leg Out-In Crescent Kick
Sparring Roundhouse Kick

Grappling

Rolling Break Fall
Rolling Standing Break Fall
Elbow Escape (mount defensive)

GREEN BELT



Form

Kyuki Sam Chang (29 movements)

Spark Physical. Kyuki-do's ability to awaken the physical potential within each of us.

Blocks

Single Knife Hand Block
Low X Block
High X Block

Stances

All Previous Stances

Self-Defense

Haymaker Defense with Takedown

Strikes

Knife Hand Strike
Elbow Strike
Step Up Snap Kick
Step Up Roundhouse Kick

Grappling

Kesa Gatame (Pin One)
Kata Gatame (Pin Two)
Punch Block Defense One, Two and Three (From Guard Position)

BLUE STRIPE



Form

Guen Bon (28 movements)

Roots. Representing the past experiences of those who have gone before us and given of themselves for our benefit.

Blocks

Low Section Kyuki-do Block

Mid-Section Kyuki-do Block

Stances

All Previous Stances

Self-Defense

Side Headlock with Punches

Side Headlock Hands Together

Strikes

Hammer Fist Strike

Front Leg Thrust Kick

Front Leg Roundhouse Kick

Front Leg Side Thrust Kick

Grappling

Yoko Gatame (Pin Three)

Kamishi Ho Gatame (Pin Four)

Kazure Kamishi Ho Gatame (Pin Five)

Maintain High Posture (Inside Guard)

Maintain Low Posture (Inside Guard)

BLUE BELT



Form

Chon Ji In Il Chang (33 movements)

Sky. The limitless potential for the development and well being of the individual.

Blocks

Out-In Middle Block

Stances

All Previous Stances

Self-Defense

Front Head Lock Escape

Strikes

Ridgehand Strike
Arc Hand Strike
Back Leg Axe Kick
Scissor Roundhouse Kick

Grappling

O-Goshi Throw
Open the Guard (From Inside Guard)
Double Leg Stack Pass

BROWN STRIPE



Form

Chon Ji In Yee Chang (33 movements)
Earth, which has served as the one constant for the development of humanity.

Blocks

Open Hand Box Block

Stances

Cat Stance

Self-Defense

Double Leg Takedown From Punching

Strikes

Spear Hand Strike
Eye Gouge Strike
Front Leg Axe Kick
Spinning In-Out Crescent Kick

Grappling

O-Soto Gari Throw
Koshi Guruma Throw
Sit-Up Sweep (From Guard)
Scissor Sweep (From Guard)
Flower Sweep (From Guard)

BROWN BELT



Form

Chon Ji In Sam Chang (33 movements)

People. Human kind, which fills the cosmos with hopes, dreams, and the uniqueness within each person; which together with the earth and heaven makes up the universe in which we live.

Blocks

Leg Check

Stances

All Previous

Self-Defense

Bear Hug Arms In
Bear Hug Arms Out

Strikes

Jab Punch
Cross Punch
Lunging Axe Kick
Back Leg Hook Kick

Grappling

Ippon Seoi Nage Throw
Morote Seoi Nage Throw
Armbar (From Guard)
Triangle Choke (From Guard)

RED STRIPE



Form

Ma Nam (52 movements)

Gather Together. Learning from contact, we are the sum total of all the experiences we have had, represented by the coming together of the practitioner and bo staff.

Blocks

All Previous

Stances

All Previous

Self-Defense

Standing Forearm Choke From Behind

Strikes

Hook Punch
Uppercut Punch
Step-Up Hook Kick
Spinning Hook Kick

Grappling

Ko-Ouchi Gari Sweep
O-Ouchi Gari Sweep
De-Ashi Harai Sweep
Palms Up Cross Choke (From Mount)
Palm Up Palm Down Cross Choke (From Mount)

RED BELT



Form

Ka Chi (36 movements)
Go Together. Sharing the journey of life.

Blocks

All Previous

Stances

All Previous

Self-Defense

Two Hand Choke From Inside Guard

Strikes

Clinch
Jumping Spinning Roundhouse Kick
Jumping Spinning In-Out Crescent Kick

Grappling

Tai-Otoshi Throw
Americana (From Mount)

KYUJKI-DO BELT REQUIREMENTS

BLACK STRIPE



Form

Sa Rang (33 movements)

Love. The willingness to sacrifice yourself for the benefit of someone or something you believe in.

Blocks

All Previous

Stances

All Previous

Self-Defense

All Previous

Strikes

Elbow From Clinch
Knee From Clinch
Tornado Kick
Jumping Spinning Back Kick
Jumping Spinning Hook Kick

Grappling

Uchimata Throw
Armbar (From Mount)