



GENESIS

MARTIAL ARTS

SECOND DAN BLACK BELT



RESPECT

LOYALTY

LEADER

INTEGRITY

KNOWLEDGE

COMMITMENT

DETERMINATION

GENESIS MARTIAL ARTS

2nd Dan Grading Objectives

To broaden the students understanding and knowledge of other martial arts. Also to increase self esteem, confidence in everyday life by development of leadership & organisational skills.

2nd Dan Grading Criteria

The minimum training time for a student requesting to take a 2nd Dan grade is 2 years from the date of certification of your 1st Dan.

Students should indicate to their Instructor that they have completed the requirements for the next Dan grading, and may request that they are graded at the next opportunity.

In order for you to apply for your 2nd Dan Black Belt you must demonstrate that you have shown continual commitment to Genesis Martial Arts during the period since your last grading test. You must have:

- A) Attended Three 2nd Dan Black belt courses

Reason - To cover the 2nd Dan black belt syllabus in detail, to be monitored, assessed, and given feedback on your progress.

- B) Organised 2 Genesis Martial Arts training events / social events or jobs / tasks.

Reason – To empower the black belt student with a position of responsibility, to help & improve organisational skills, communication skills and confidence. This will be of benefit to Genesis Martial Arts, but more importantly the students' life. This task can be undertaken as a partnership with another 1st Dan black belt and must be under the guidance of your instructor.

- C) Attended 3 Genesis Martial Arts events such as interclub tournaments, Fight shows, training courses, social events, fund raising events etc. (Not including point B above)

For ANY of the above to be used towards an application for a 2nd Dan black belt grade it MUST be recorded at head office and stamped / signed in your Genesis Martial Arts licence by the examination board. Your licence must be valid and up to date.

Theory Paper

A short multiple choice theory paper covering technical knowledge, technique application, stretching & basic anatomy.

Verbal Examination

For this part of the exam you will have to answer this one question.

'What have I learned on my journey to and as a 1st Dan black belt and why do I want to take my 2nd Dan black belt?' This can be written down beforehand and be read from notes in front of the examination panel if the student wishes.

Equipment Needed.

Additional equipment will be required by each student. These will be fingerless padded 6oz MMA style gloves and a BLACK Ju Jitsu/Judo type jacket (which should be purchased from Genesis Martial Arts). Students will be supplied with additional resources and handouts with all relevant information that they should know for the theory paper and a hand out for throws, locks and strangles



2nd Dan Syllabus

Walking Techniques

Shuffle FWD Jab, Parry (rear arm) hook punch (lead arm) move to side (lead side)
R'House kick to body (rear leg)

Fake side kick (lead leg) jab, cross punch, hook punch (rear arm) jump back kick (to body)

Double cover (crouch) upper cut (Lead arm) elbow (rear arm) 1 step spinning reverse elbow (other arm))

Breakfalls

Left Side x 5 Right Side x 5 Front x 5 Back x 5 Rolling x 5 left rolling x 5 right

Throws

Basic hip throw (x 5 repetitions)
Basic 1 arm shoulder throw (x 5 repetitions)
Basic Body Drop (x 5 repetitions)

Strangles

Rear Naked strangle (1 effective variation)
Front Guillotine strangle (1 effective variation)

Armlocks

Straight Armlock (1 effective variation)
Basic figure 4 armlock (1 effective variation)

Sparring

Reality sparring 3x2mins 45secs rest
(Reality sparring: light continuous sparring all ranges including kicking, punching, grappling standing and ground work. Controlled low kicks are allowed. Controlled strangles and armlocks are allowed with submissions signified by tapping out. Examiner remains in control of the sparring at all times stopping and starting when they feel it is appropriate. 3 rounds should be completed regardless of submissions. Knee strikes & elbow strikes are illegal techniques!)



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2nd Dan Handout Sheet

Breakfalls

Breakfalling is a fantastic skill to master as it is essential to protect yourself when you are falling from a throw. **Never Hold Your Breathe** If you do not relax into your breakfall you will inevitably injure yourself. Breath out as you reach the 'point of no turning back' as you enter into it, because you will naturally relax with your outward breath

First learn how to fall from a sitting position, then a squatting position, then progress to a standing position. But the most efficient way to develop a good break fall is by being thrown, you learn in a very unique way, the mechanics of the throws being used.



Backwards Breakfall



Side Breakfall



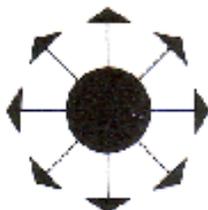
Front Breakfall



Throws Basic

The key to a successful throw is the initial off-balancing phase whereby you break your opponents balance displacing their centre of gravity. Good technique, timing & speed also play vital roles in the outcome of an attempted throw.

The 3 elements of a throw are 1) Unbalance 2) Entry 3) Execution



Tsukuri and Kuzushi

Potential to unbalance
360 degrees

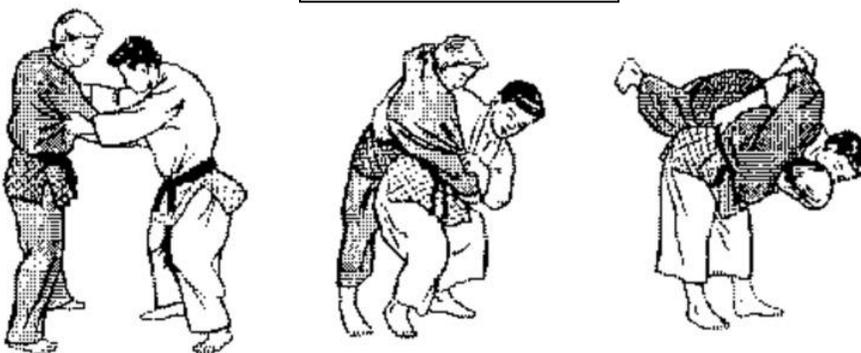
Basic Hip Throw -

Basic hip throw is usually the first of the hip throws taught to Judo/jujitsu practitioners. In response to a punch, you block, turn 180° and with bent knees, put your free arm under the armpit around the back of the attacker and punch the floor with it, pulling the attacker round your hip in the process. A common variant for dealing with tall opponent is to grab the belt rather than use the armpit of the attacker. This throw is the basis for the one arm shoulder throw below. The basic hip throw is also useful against grabs, since you start so close to the attacker.

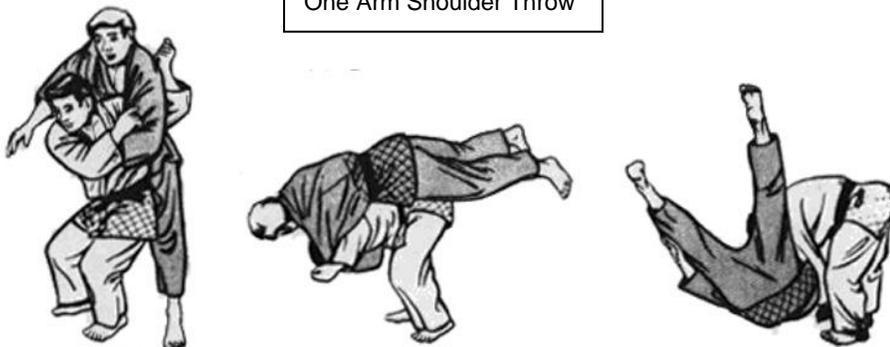
Technical Points:

1. Pull opponent off balance
2. Bend both knees
3. Feet hip width apart
4. hips in tight to attacker
5. turn head & trunk
6. Bend forward whilst pushing hip back.

Basic Hip Throw



One Arm Shoulder Throw



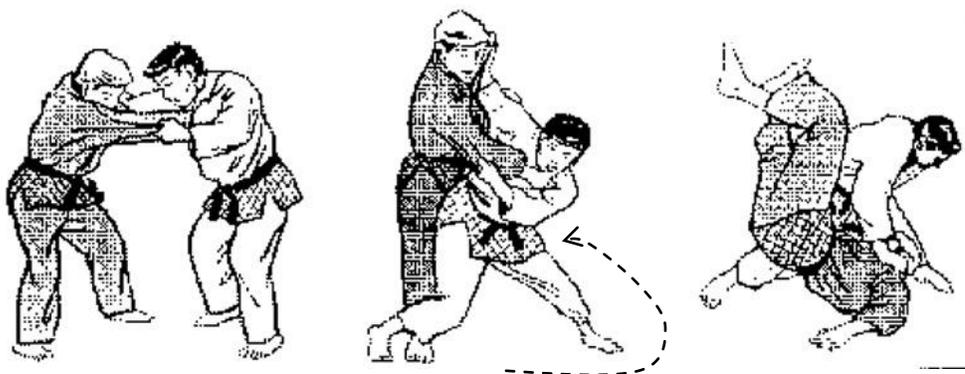
Body Drop

Raise your arm with the sleeve grip, pull out and towards you to unbalance and exaggerate your opponents forward stance. Almost at the same time stepping forward with your opposite foot, following with an upward and forward lift with the collar hand. Immediately arcing your other leg around behind you. Continue moving your first foot/leg in front of your opponent to stop him stepping forwards, at the same time continuing to rotate his body with your sleeve grip. As he comes round your collar hand should apply a push to his head and neck with the heel of your hand, turning your head completing the throw.

Technical Points.

1. Sleeve arm, raise your elbow high and turn your hand thumb inwards.
2. Collar hand, turn your wrist so your thumb points upwards.
3. Keep your back fairly straight avoid bending at the waist too much.
4. Although not bending forward you should lean in a forwards direction.

Body Drop



Naked Strangle

The rear naked choke is the safest and most commonly taught strangulation technique in Judo. When applied properly unconsciousness occurs in about 10 seconds and recovery from the choke is just as quick. The attacker's left arm encircles the opponent's neck, with the opponent's trachea at the crook of the elbow. The attacker's left hand then grasps his own upper right arm (bicep region). The right hand is placed behind (or occasionally on top of) the opponent's head. The elbows are then brought together such that lateral pressure is applied to the neck on both sides.

Hand Clasp Variation: This variation has the supporting hand clasp the hand of the choking arm, allowing more pressure to be applied to the neck, but losing some of the control of the head. This alters the choke somewhat so that it is more likely to be applied as an airway-restricting choke or mixed blood and air choke, which results in more pain but a slower choke-out. There are many similar versions of this technique and it is applied in all positions including standing, lying and kneeling.



The Guillotine

The Guillotine (standing version) is a very functional strangle in that it is easy to apply and is one of the most used techniques taken from sport and used in an every day situation on the street. It is a great counter attack from an attacker running towards you in a rugby tackle type manoeuvre. As the attacker grabs your waist immediately widen your stance and stabilise your position by leaning into your opponent whilst guiding his head under your armpit. Quickly send your arm up the side of their neck in an upper cut motion with your palm facing your chest so that the radial bone of your arm runs alongside his throat. Reach with the other arm and grab your wrist, then lift up, lean back slightly, squeeze your elbow towards your ribs tightening the strangle until submission or control is gained. Further control can be gained by sitting down at your opponents' feet and wrapping your legs around their torso.



Armlocks- Basic

Straight Armlock

This is the most basic of all armlocks and can be applied in many different ways to suit the situation. The main concern for this armlock is to understand the basic application.

1. The arm must be controlled at the wrist end to avoid movement
2. Pressure must be applied directly to the back of the elbow forcing it into maximum extension.

3 versions of the very many straight armlocks available

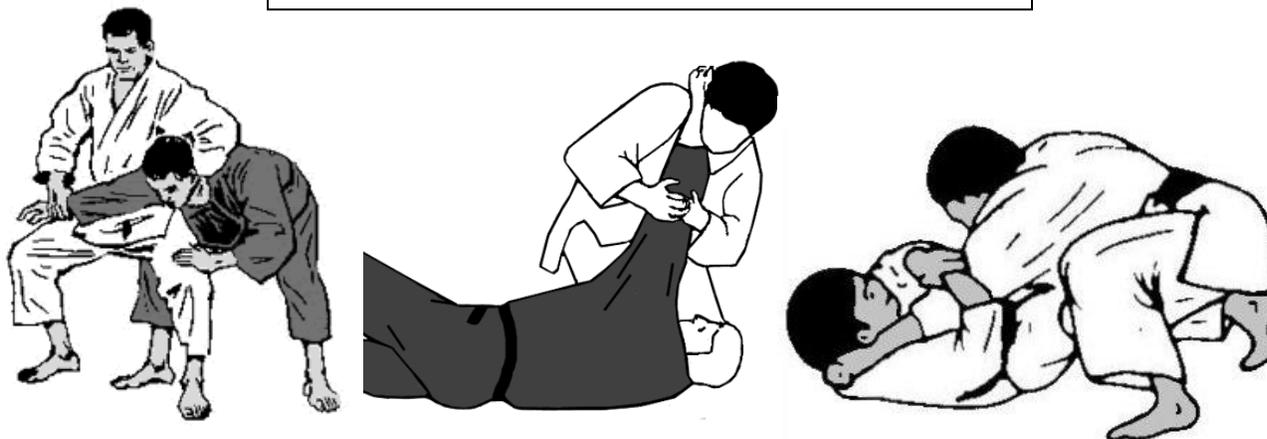
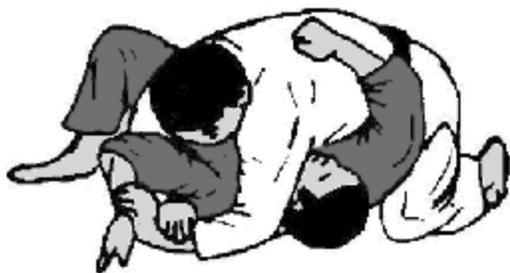


Figure 4 Armlock

Figure four armlock, this is a very effective armlock that when mastered can be performed at various angles whilst standing and lying. Take a hold on your partners arm and pull up towards the head, with your other arm feed it under and over to lock the arm in position.

- To achieve the strongest position to apply the armlock you must bend the opponent's elbow and seize his/her wrist with your hand so that the thumb side of your hand is closest to your opponent's elbow. You then reach under the opponent's elbow with your other arm and grab onto your own hand or wrist. In Judo we often try to achieve the arm pressure on the elbow since it is the more efficient and effective version. The two key points that make the figure 4 work effectively against the elbow when you are in the basic figure 4 position shown are: 1) the arm should not be bent very far (90 degrees is too much), and 2) the elbow should be pulled towards the belt.
- There are many more variations of this technique from different positions so experiment with different methods. Always apply this technique gently exercising great care for your training partner
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Basic Figure 4 Armlock



Standing Reverse Figure 4 Armlock

