

Student: _____



P.A.C.T.

(Practical Application Combat Training)

Version 4.0

Martial Arts Center of St. Louis, Missouri
Under the direction of Tim (T.O.) Toeniskoetter, 6th Degree Black Belt-Rokudan

<http://www.kenpousa.com/cc/>

INDEX

- BELT REQUIREMENTS

- Yellow - 3
- Orange - 4
- Purple - 5
- Blue - 6
- Green - 7
- Brown (3rd Degree) - 8
- Brown (2nd Degree) - 9
- Brown (1st Degree) - 10
- Black (1st Degree) - 11
- Black (2nd Degree) - 12

- NOTES - 13

BELT REQUIREMENTS

YELLOW BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Q.U.I.E.T System Explanation _____
- Punch and Kick Defenses _____
- Take down defense (Half Sprawl and Full Sprawl) _____

-Kickboxing/Muay Thai

- Techniques - Fighting Stance, Jab, Cross, Hook, Uppercut, Thrust Kick, Wheel/Cut Kick, Side Kick _____
- 1 Round of Sparring (3 Minutes) _____

-Jiu-Jitsu

- Break Falls (Back, Side, Front, Forward Roll, Rear Roll) _____
- Jiu-Jitsu Pull Ups (2 Minutes), Shrimping (2 Minutes) _____
- Triangle Sit-Ups (2 Minutes), Duck Squats (2 Minutes) _____
- Basic Entry Techniques _____
 - Entry #1 - Kick to opponent's lead leg, set to the inside line of attack. Deflect the jab punch and clinch across the opponent's body. Keep your head up to prevent the elbow or the guillotine choke.
 - Entry #2 - Versus the right hand attack. Duck under the punch and clinch to the spine from the front of the opponent. Second option is to go over the top of the opponent's right arm with your left arm and side clinch.
 - Entry #3 - Versus a south paw with his right side forward. Apply the check kick right leg to right leg then move into the inside line of attack. Duck under the lead arm or slip under the lead arm and side body clinch. Keep your head up to prevent the elbow or the guillotine choke.

-Kali/Escrima

- How to hold the weapon _____
- The 4 quadrants (1,2,3,4) _____
- The 6 striking types (fan, up & down, circle, stab, snap back, follow through) _____
- Footwork – Female triangle _____
- The angles of attack (The difference between a block and a strike is the use of a trap hand)
- #1 Strike (From Right to Left downward striking to the left high clavicle) _____
 - Blocks -- Inside deflection - Wing - Shield
 - Disarms -- Punch - Snake - Vine
- #2 Strike (From left to right downward striking to the right high clavicle) _____
 - Blocks -- Outside deflection - Wing - Shield
 - Disarms -- Vine - Snake - Punch down
- #3 Strike (From right to left in a horizontal body strike motion) _____
 - Blocks -- Inside deflection - Low wing - Low Shield
 - Disarms -- Punch disarm - Snake - Vine
- #4 Strike (From left to right in a horizontal body strike motion) _____
 - Blocks -- Drop stick deflection - Outside deflection - Follow or Ground level drop stick deflection
 - Disarms -- Vine - Snake - Backward pull over the blocking weapon (backward lever)

Fight Theory:

-Joe Lewis Free fighting System Principles (1-3) _____

1. Setups
2. Positioning
3. Initial Speed

ORANGE BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow belt requirements _____
- Headlock and Grab Defenses _____
- Take down defense (Side Sprawl) _____

-Kickboxing/Muay Thai

- Techniques - Snap Kick, 45 Degree Punch _____
- Concepts - Head movement, Independent motion, Hyper Extended, Double Hyper Extended _____
- 2 Rounds of Sparring (6 Minutes) _____

-Jiu-Jitsu

- Basic Takedowns _____
 - Takedown #1 - From the side clinch, position the right foot behind the opponent's right foot and sit down backward and sacrifice throw the opponent. Move to the mount position.
 - Takedown #2 - From the front clinch, Pull fists into small of opponent's back and lean the opponent over backward and follow him down to a mount.
 - Takedown #3 - From the side clinch, with the head on the opponent's right arm, readjust the right leg in front of the opponent for a leg sweep or a hip throw.

-Kali/Escrima

- Bamboo Drill _____
- Male Triangle with footwork drill _____
- #5 Strike (Straight stab to stomach) _____
 - Blocks -- Pass - Abaniko or Scoop - Inside Deflection
 - Disarms -- Vine - Snake - Lined up strip (weapon to weapon and pull down)
- #6 Strike (High straight stab to #1 quadrant) _____
 - Blocks -- Backward flip - Cross step arm pit strike with pass - Inside deflection
 - Disarms -- Vine - Inside deflection - #7 strike behind the weapon, then pull the weapon down
 - Snake
- #7 Strike _____
 - Blocks -- Outside deflection - Wing - Roof
 - Disarms -- Walk disarm - Roof into a snake - Outward flip into a rollover into a vine and pass the weapon to the opposite arm.
- #8 Strike _____
 - Blocks -- Outward flip then drop stick deflection - Outside deflection then drop stick deflection
 - Outside flip then low shield without the trap hand
 - Disarms -- Outward flip into a rollover into a vine and pass the weapon to the opposite arm
 - Outside deflection, then drop stick deflection, vine
 - Outside flip then low shield without the trap hand, snake
- Bamboo drill _____

Fight Theory:

-Joe Lewis Free fighting System Principles (4-6) _____

4. Critical Distance
5. Line of Attack
6. Bridging the Gap

-Mass Attack Principles (1-4) _____

1. Offensiveness
2. Principles of Defense
3. Constant Flowing Motion
4. Repetition

PURPLE BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow and Orange belt requirements _____
- Choke Defenses _____
- Take down defense (Under Hooks – Front and Rear) _____

-Kickboxing/Muay Thai

- Techniques - Spinning Back Fist, Reverse Spin Kick, Back Kick _____
- Concepts - Off-Angle Movement, Fakes, Footwork _____
- 2 Rounds of Sparring (6 Minutes) _____

-Jiu-Jitsu

- Top Positions (Mount, Side Mount) _____
- Bottom Positions (Guard) _____
- Bottom Transitions (Shrimp, Buck) _____
- Top Transitions (Elbow inside Thigh) _____

-Kali/Escrima

- #9 Strike _____
 - Blocks -- Low Shield - Low chop block - Low inside deflection with trap
 - Disarms -- Line up strip - Back wrist twist and pull under - Punch disarm
- #10 Strike _____
 - Blocks -- Low wing - Low chop block - Low outside deflection
 - Disarms -- Snake - Vine - Strip
- #11 Strike _____
 - Blocks -- Outward flip, right wing - Roof, drop stick - Umbrella
 - Disarms -- Roof, vine - Drop stick, vine
- #12 Strike _____
 - Blocks -- Outward flip - Wing - Umbrella
 - Disarms -- Roof, vine - Drop stick, vine
- Disarm drill _____
- Footwork (Refacing) _____

Fight Theory:

-Joe Lewis Free fighting System Principles (7-9) _____

7. Five Primary Techniques
8. Leading Side vs. Rear Side
9. Economy of Motion

-Mass Attack Principles (5-8) _____

5. Diversionary Tactics
6. Initial Offensive Action
7. Dealing With Most Immediate Danger First
8. Breaking Out

BLUE BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, and Purple belt requirements _____
- Multiple Opponent and Ground Defenses _____
- Take down defenses (Bear Hugs – Front and Rear) _____

-Kickboxing/Muay Thai

- Techniques - Clinching, Leg Checking, Hook Kick, Crescent Kick _____
- Concepts - Double-Up Strikes _____
- 3 Rounds of Sparring (9 Minutes) _____

-Jiu-Jitsu

- Top Positions (North South, Back Mount) _____
- Bottom Positions (Half Guard) _____
- Moves (Key Lock, Gooseneck, Ankle Lock, Leg Lock, Guillotine Choke) _____
- Top Transitions (Swim from Guard to Side Mount) _____

-Kali/Escrima

- 12 Angles of Attack Kata _____
- Double stick counts 1,2,3,4 _____
- Sambrada (Drop Stick or Puno) _____
- Reinforced block drill _____
- 3 Stick punching drill (30 Seconds) _____
- Double stick blocking _____

Fight Theory:

-Joe Lewis Free fighting System Principles (10-12) _____

10. Independent Movement
11. Relaxation vs. Tension
12. Mobility vs. Immobility

-Mass Attack Principles (9-12) _____

9. Shielding Factor
10. Support Factor
11. Weapon Factor
12. Dealing Simultaneously With Multiple Opponents

GREEN BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, and Blue belt requirements _____
- Knife Defenses (Knife Tapping) _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Techniques - Floating Kicks, Axe Kick _____
- Concepts - Inside Fighting, Trapping, Hi-Low Striking _____
- 1 Joe Lewis Combination - Benny Briscoe _____
- 3 Rounds of Sparring (9 Minutes) _____

-Jiu-Jitsu

- Bottom Positions (Butterfly Guard) _____
- Moves (Kimora, Arm Bar from Mount, Arm Choke)
(Half Guard Leg Lock, Double Arm Bar) _____
- Top Transitions (Knee to Belly from Side Mount, Knee over Thigh from Guard)
(Far side Leg over Top) _____

-Kali/Escrima

- Takedowns instead of disarms _____
 - Takedowns then disarm
- Stick and Knife (Espada y Daga) _____
 - 4 count
 - 6 count
 - 9 count
- Knife hand positions _____
- Double stick 6, 7, 12, & 14 count _____

Fight Theory:

-Joe Lewis Free fighting System Principles (13-15) _____

13. Extension, Hyper-Extension, Double Hyper-Extension
14. Leading Centers
15. Unpredictability vs. Classical Form

-Mass Attack Principles (13-16) _____

13. Economy of Motion
14. Reaction Factor
15. Spontaneity through Awareness
16. Movement Patterns

3RD DEGREE BROWN BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, Blue, and Green belt requirements _____
- Gun Defenses _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Techniques - Knees, Elbows, Thai Clinch _____
- Concepts - Cuffing _____
- 1 Joe Lewis Combo - Short Punch _____
- 3 Rounds of Sparring (9 Minutes) _____

-Jiu-Jitsu

- Bottom Positions (Spider Guard) _____
- Moves (Arm Triangle Choke, Blood Choke, Knee Bar, North South Choke)
(Can Opener, Body Triangle) _____
- Bottom Transitions (Sweep from Guard, Sweep from Half Guard)
(Sweep from Butterfly Guard) _____
- Top Transitions (Stand up Slam) _____
- Take Downs (Reap Minor, Inside Leg Sweep, Outside Leg Sweep) _____

-Kali/Escrima

- Stick fighting (single) _____
- Jump spinning 4 count _____
- Knee walking 4 count _____
- Knife wrist cuts _____
- Knife hand grabbed _____
 - Fighting (i.e. Duck under to pop the hand free)
 - Circle and cut
 - Double wrist clear
- Knife tapping _____

Fight Theory:

-Joe Lewis Free fighting System Principles (16-18) _____

16. Straight Line versus Curved Line
17. Defensive Choices
18. Initial Speed versus Combinations

-Mass Attack Principles (17-19) _____

17. Breathing
18. Control - Physical
19. Control - Psychological

2ND DEGREE BROWN BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, Blue, Green and Brown belt requirements _____
- Application and Expansion (Randori) _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Techniques - Jump Kicks _____
- Concepts - Setups _____
- 1 Joe Lewis Combo - The 38 _____
- 4 Rounds of Sparring (12 Minutes) _____

-Jiu-Jitsu

- Moves (Rear Naked Choke, Boston Crab) _____
- Take Downs (Hip Toss, Reap Major, Fireman's Throw, Rice Belt Throw) _____

-Kali/Escrima

- Lock flow _____
- Knife tapping with all knife positions _____
- Knife fighting (single) _____
- Stick fighting (double) _____

Fight Theory:

-Joe Lewis Free fighting System Principles (19-21) _____

19. Faking
20. Constant Forward Pressure
21. Time Commitment Theory

-Mass Attack Principles (20-22) _____

20. Low Kicks
21. Instant Retraction
22. Principle of Uncertainty

1ST DEGREE BROWN BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, Blue, Green and Brown belt requirements _____
- Application and Expansion (Randori) _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Techniques - Posting _____
- Concepts - Orthodox vs. Unorthodox _____
- 1 Joe Lewis Combo - Shotgun _____
- 4 Rounds of Sparring (12 Minutes) _____

-Jiu-Jitsu

- Top Positions (Advanced Mount, Advanced Side Mount) _____
- Moves (Arm Bar from Guard, Omapalata, Leg Triangle Choke) _____
- Take Downs (Single Leg) _____

-Kali/Escrima

- Knife and stick combined fighting _____
- Start fighting from the ground _____
- Stick versus sword _____
- Double stick against staff _____
- Stick and knife against tonfa _____
- (The weapon defending against can be interchanged) _____

Fight Theory:

-Joe Lewis Free fighting System Principles (22-24) _____

22. Defensive Movement Patterns
23. Angle of Attack versus Technique Variation
24. Half, Full, Extension Commitment

-Mass Attack Principle (23-25) _____

23. Multiple Opponents Sweeping Strikes
24. Change of Direction
25. Avoiding Entanglement

1ST DEGREE BLACK BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, Blue, Green and Brown belt requirements _____
- Application and Expansion (Randori) _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Technique - Scissor Kick _____
- Concepts - Move Feet Under Strikes _____
- 1 Joe Lewis Combo - Matador _____
- 5 Rounds of Sparring (15 Minutes) _____

-Jiu-Jitsu

- Moves (Heel Hook, Crucifix, Neck/Face Crank from Back)
(Side Mount Switch Arm Bar) _____
- Take Downs (Double Leg) _____

-Kali/Escrima

- Empty hand against stick _____
- Empty hand against knife _____
- Empty hand against double stick _____
- Empty hand against stick and knife _____

Fight Theory:

-Joe Lewis Free fighting System Principle (25) _____

25. Theory of Broken Rhythm

-Mass Attack Principles (26-27) _____

26. Constant Cover

27. Hostage Factor

2ST DEGREE BLACK BELT REQUIREMENTS

Technique:

-Q.U.I.E.T Self Defense

- Review Yellow, Orange, Purple, Blue, Green and Brown belt requirements _____
- Application and Expansion (Randori) _____
- Take down defenses (Review and practice) _____

-Kickboxing/Muay Thai

- Techniques - Advanced movement and striking techniques _____
- Concepts - Critiquing and profiling fighters _____

-Jiu-Jitsu

- Defending against the "Ground and Pound" _____
- Defending against a standing opponent striking while on the ground _____
- Application and Expansion _____

-Kali/Escrima

- Role Playing against knife
- Weapon grappling _____
- Fighting from a crouched position _____
 - Empty hand
 - With knife
 - With stick
 - With double stick
 - With stick and knife

