

# **Family Martial Arts Center**

## **Student Training Manual**

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*2<sup>nd</sup> Degree Black Belt through 3<sup>rd</sup> Degree Black Belt*

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## BLACK BELT INTERMEDIATE LEVEL MEANINGS

The growth of the Black Belt from 2nd Degree to 3rd Degree can be compared to the elemental forces of nature. These forces are represented by the eight trigrams of Taoism. These forces are also seen on the Korean Flag. The ancient oriental philosophers viewed the universe as a place in which harmony could be attained by the reconciliation of opposing forces. These opposites continually balance and complement each other. This thought taught martial arts the wisdom of using non-violence against violence, soft against hard, circle against straight line and so on. It is the student's responsibility to understand the conceptual meaning behind the stated meanings of each rank level.



**HEAVEN LEVEL:** Heaven creates, develops, brings about fruition and consummation. The sky is strong and has divine power to provide infinite space to accommodate all. Supreme Yang.



**JOY LEVEL:** Joy is developmental, beneficial if correct. The top broken line is water and the bottom two solid lines is sky. Looking down at a body of water anywhere on earth, we will see the reflected sky below the water surface. Mature Yang.



**FIRE LEVEL:** Fire is beneficial for correctness and development. Raising a cow brings good fortune. The two solid lines indicate the movement of fire. The broken line is the center of the fire which is still. Middle Yang.



**THUNDER LEVEL:** When thunder comes, there is alarm, then laughter. The two broken lines on top have the image of lighting and the bottom solid line symbolizes elevation. Thus, the image is lighting striking on the top of a mountain. Young Yang.



**WIND LEVEL:** Wind is small but developmental. It is beneficial to have somewhere to go. The two solid lines represents the sky and energy approaching the broken line which is earth. The wind is invisible and we can only justify its existence by observing the moving tree tops. Young Yin.



**WATER LEVEL:** Mastering Pitfalls. Flow like water around obstacles. The two broken lines represent the depression of earth (river banks). The solid line in the middle represents motion. Middle Yin.

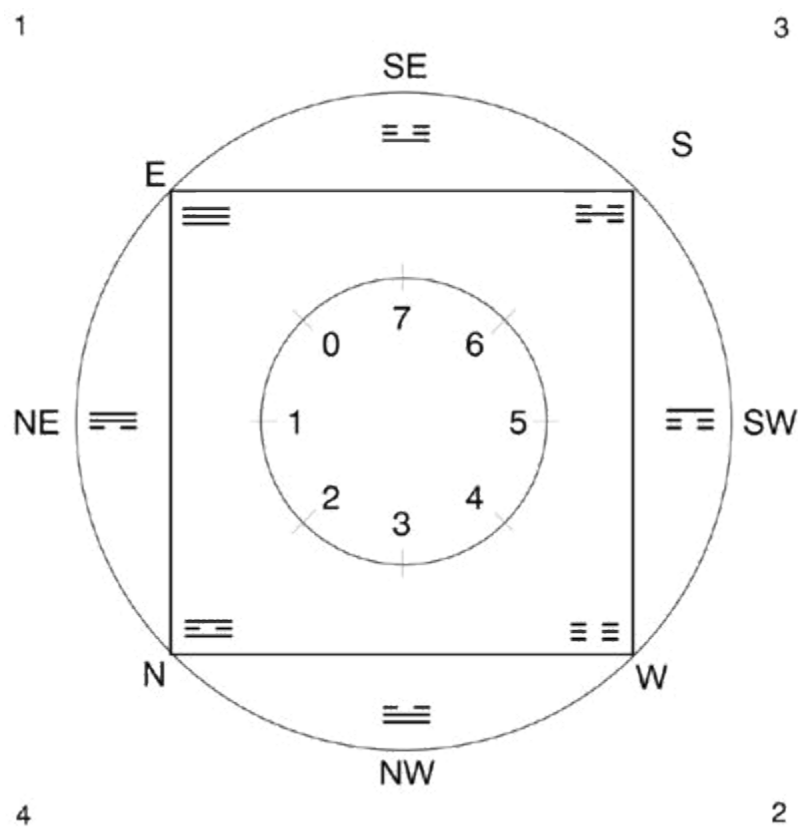


**MOUNTAIN LEVEL:** Stopping at the back, one does not have a body; walking in the garden, one does not see a person. No fault. The solid line represents elevation and the bottom two broken lines represent earth. Thus this image is a mountain elevated above the earth. Mature Yin,



**EARTH LEVEL:** The superior person has somewhere to go. Taking the lead, one goes astray; following, one finds the master. Stability in rectitude is good. Supreme Yin. It is a supporting body for human life and a burial ground for death. It is considered soft and receptive, because it can take a lot of punishments with tolerance. Supreme Yin

**3rd DAN:** The 3rd Degree Black Belt has completed an advanced cycle of training. He attains a level of physical skill that once seemed impossible. He continues to research other martial arts and philosophies, in order to help perfect his character. Much of his time is spent helping others advance in the martial arts. He deeply values the bond he has formed with his students. He begins to develop his own program as he grows in creativity and responsibility in preparation for advancement to the master level.





SUN. Sensing. The sensing is defined by the weak yin line, outside, at the bottom. The motivation is to be soft and penetrating. The image is grass and wind; the wind does not harm the rooted grass.



LI. Thinking. Thinking links up sense data with words, following the wishes or motivations and impulses. Thinking has a beginning and end, visualized in the image of burning wood. You should not think beyond the solution of the problem. The motivation is to attain clarity, unattached to the thought. Thinking, like dialogue, is not an end in itself.



TUI. Feeling. Feelings experience the inner signals, as opposed to the outer signals of senses. The image is the clear lake which you can look through. The motivation is serenity, to be joyous together, and not to be together in pity or sympathy, which means emphatic suffering with the another.



Earth. The image is the vastness of our planet. The motivation is the receptive, to receive the germ and let it grow.

The first four trigrams are Yin, they result in emptiness of the functions. In Sun, after receiving an impression, the senses are free for a new one. In Li, thinking, once you have understood a problem, the solution is in memory, you cannot understand it twice. In Tui, feeling, a satisfied need disappears. Once you have eaten, you have no more hunger. In Kun, willing, once a choice, resolution, or decision is made, it is done and you are transported to a higher level of responsibility. The next four trigrams, the three realms, plus Awareness, are Yang. They have a certain significance. You have a body, a soul, and a spirit, you cannot ignore them. In Awareness, as Keyserling says, "*you face the voice of revelation*".



KEN. Body. The body has a certain gestalt. You are unable to change it, and have to accept it as it is. The image is the mountain, the motivation is keeping still. Only in the tranquility of silence, of deep sleep or illness, can your body talk to you about his/her motivations.



KAN. Soul. The soul is between heaven and earth, spirit and body. It is always in danger of stagnation, based on the six primary relations of the family: Mother, Father, Sister, Brother, Daughter, Son. The Soul, like the river, has to flow from the source in the mountain to the sea, then be transformed, die, into clouds, and finally be reincarnated again as rain in the mountains. The motivation is danger and the abyss.



CHEN. The Spirit, attained only in the waking state, is always sacred spirit; it is defined by the images of thunder and lightning, and the

motivation is the inciting. First you experience awe and anxiety, then laughter, because you understand the game and the rules.



CHIEN. Awareness here means living in tune with the spirit of the time, the East. The image is the night heaven. The motivation is creativity. The purpose of the I Ching is to merge with cosmic creativity.

# Aikido

1.     Attack:   Opposite side wrist grab (pull)  
       Defense: Step forward, knife circle break grasp, grab wrist, other hand to shoulder, pump handle and flip
2.     Attack:   Opposite side wrist grab (pull)  
       Defense: Grab opponent's wrist with both hands, step under and flip
3.     Attack:   Opposite side wrist grab (push)  
       Defense: Grab attacker's wrist, open like a gate, other hand to shoulder, pick up front foot and flip
4.     Attack:   Opposite side wrist grab (push)  
       Defense: Grab shoulder with opposite hand and pull, while wrapping grabbed hand around front of attacker spinning attacker 180°, opposite hand moves to top middle back, turn while sliding hand down back and take down
5.     Attack:   Opposite side wrist grab  
       Defense: Grab wrist with other hand, up middle, lock arm, step with opposite leg and flip
6.     Attack:   Same side wrist grab  
       Defense: Step behind, free arm to side of neck, straight leg sweep from behind take down
7.     Attack:   Same side wrist grab  
       Defense: Free hand to wrist, twist held hand, bring opponents arm up across his face keeping thumb locked, lock arm, step with foot opposite held side behind, sweep with other foot and take down
8.     Attack:   Same side wrist grab  
       Defense: Free hand to wrist, thumb in pocket of opponent's palm, break hold, pivot 360° to outside on foot of held hand, bring arm up, step under and lock arm behind back pushing arm forward, continue stepping back and takedown
9.     Attack:   Front double grab  
       Defense: Grab arms, fall to side, far leg steps behind and near leg up, sacrifice throw
10.    Attack:   Same side wrist grab  
       Defense: Tiger mouth wrist with held hand, step in with opposite foot, free arm to side of neck, push arm to back at shoulder level while stepping in with held side foot, pick up front foot and overhand throw

11.    Attack:   Opposite side wrist grab  
      Defense: Free hand to hand, turn held palm under towards inside, then over opponents wrist, inside knife to wrist shock, opposite hand to shoulder, take down keeping palm up, fish out of water, knee to kidney, hammer lock (chicken wing).
  
12.    Attack:   Same side wrist grab  
      Defense: Free hand to hand, thumb to wrist, bring arm up, held hand fingers to chest and wrist shock, grabbed hand to shoulder, take down keeping palm up, fish out of water, knee to kidney, hammer lock (chicken wing).
  
13.    Attack:   Spear hand  
      Defense: Grab with both hands, pick up opposite side foot and spin 90°, stretch arm out stepping out with front foot, spin 180° with back foot locking arm and throw
  
14.    Attack:   Overhead knife chop  
      Defense: Double cross high knife block, twist arm, compress wrist/forearm, flip

## One Step Punch Sparring

1.       Attack:   High Punch  
          Defense: Jump to the outside, roundhouse kick, knife block (leave out), middle punch (pull in)
2.       Attack:   High Punch  
          Defense: Jump to the outside, roundhouse kick, back thrust kick, land kicking foot back
3.       Attack:   High Punch  
          Defense: Jump to inside, knife block & punch to face, grab punching hand and pull with knife strike to side of neck
4.       Attack:   High Punch  
          Defense: Jump to outside, inside block front hand, double punch, back of front hand to front of shoulder & front foot sweep to back of near leg, cover face with front hand, remove and punch, recover face.
5.       Attack:   High Punch  
          Defense: Jump to outside, inside block with front hand, step forward with back foot & elbow strike, spinning to back elbow strike, reverse spin & sweep to back of knee
6.       Attack:   High Punch  
          Defense: Same side front thrust kick to takedown, back hook kick to head
7.       Attack:   High Punch  
          Defense: Inside kick to punching arm, rechamber, side kick to head
8.       Attack:   High Punch  
          Defense: Jump to outside, front knife to hand, jump forward front knife to side of neck, spin to back, knife hand to philtrum
9.       Attack:   High Punch  
          Defense: Jump to inside (keep feet parallel), jumping back thrust kick to head
10.      Attack:   High Punch  
          Defense: Step forward, outside knife block, double punch, hand behind back grab belt, other hand to shoulder, hip throw, low side kick to head.
11.      Attack:   High Punch  
          Defense: Jumping front thrust kick, jumping back hook kick to head



## One Step Kick Sparring

12.       Attack     Front Thrust Kick  
          Defense: Step to the inside, catch leg with trailing hand, other hand to shoulder, step in with front foot, lift & sweep take down to back of foot.
- 13:       Attack:     Side Kick  
          Defense: Step to the outside, catch leg with trailing hand, other hand to shoulder, sweep to inside with front foot, lift and takedown.
- 14:       Attack:     Roundhouse Kick  
          Defense: Step to the inside, catch leg with trailing hand, inside block to knee with leading arm. Grab shoulder with leading hand and sweep to inside with front foot, lift and takedown.

# Chokes

## **Choke Hold 1: Naked Choke**

Reach around neck, grab bicep of opposite arm, opposite hand to back of head push, flex bicep and lift.

## **Choke Hold 2: Cobra** (from back press)

Opponent reaches up with left hand, push across face at elbow shoulder parallel to body, hand behind neck palm down, grab palm up, close knee in, other leg out, roll forward & pull in.

## **Choke Hold 3: Baseball**

Left hand reaches back and grabs collar at back of neck with palm up, Right hand reaches back next to left hand palm down (Like a baseball bat grip) Bring elbows in.

## **Choke Hold 4: Double Cross Lapel** (from guard)

Cross arms in front of opponent, reach behind and grab collar with both hands (either same or opposite palm positions), push opponents hip out with your leg, move elbows out

## **Choke Hold 5: 3 point leg choke** (Triangle choke from guard)

Opponent on top tries to grab leg. Push opponent's hip out with your opposite leg and shoot captured leg up and across back of neck, secure right foot under left knee, compress.

## **Choke Hold 6: Crucifix** (from guard)

Left hand to shoulder, reach up with right hand to left of opponents neck, right hand under opponents left arm and across back and at the same time take left hand under opponents right arm, bring arms together behind back.

## **Choke Hold 7: Clamp Strangle** (from back press)

Opponent tries to remove arm, push escaping arm towards face and grab with other hand, push your hand through crook of elbow and grab your upper arm/shoulder, apply pressure with knife hand and compress.

## **Choke Hold 8: Trap choke from 4-point**

Right hand behind neck palm up grab collar, left hand palm down to inside of right hand, loop left hand around and under head, bring elbows in and apply pressure.

# Locks

## **Arm Lock 1: Arm Bar (Juji Gatame)** Opponent on back

Lay perpendicular to opponent with your legs across chest, opponent's arm between your legs, pinkie down, pull arm out tight, lift hips.

## **Arm Lock 2: Top mounted side arm bar** Opponent on back

Lay over & across body, arm parallel to body arm close to head, one arm grab wrist palm down, other arm under arm palm down on own wrist, pull arm in parallel to body.

## **Arm Lock 3: Reverse Arm Bar (Waki Gatame)** Opponent on stomach

Grab wrist with far arm palm up, near arm over opponent's shoulder & under opponent's arm, grab own wrist palm down, opponent's arm pinkie up, keep opponent's shoulder pinned, stretch arm and lift.

## **Arm Lock 4: Guard – Leg Hook / Arm Bar**

Secure one arm with both hands, opposite leg to hip, push same side leg over held arm, foot tucks under neck, straighten arm and pull in while pushing head out.

## **Arm Lock 5: Back press – Arm Coil with Leg**

As opponent frees arm, arm over near leg, bend arm at elbow up and bring foot over top of arm, lock foot with other foot and apply pressure to arm by raising hip.

## **Arm Lock 6: Arm Coils (Ude Garami)** Opponent on stomach turtle position

**Variation 1:** Outside knee to elbow, weight on opponents back, pry elbow out, reach in with outside hand and pry arm up. Keep arm bent and apply pressure to shoulder/back. Pivot on shoulder/hip 180 degrees to outside and bend arm up.

**Variation 2:** Inside knee to elbow, keep weight on opponents shoulder, pry arm out with inside hand, slide inside leg in, rotate 90 degrees to inside keeping elbow bent and bend arm up.

## **Arm Lock 7: Key Lock from lapel grab** (single lapel grab attack)

Opposite hand grab held side lapel, same side hand inside attacking arm over elbow, bending opponents elbow in, continue in circular motion, pull attackers elbow in and grab your opposite inside elbow.

## **Arm Lock 8: Ankle Lock**

Bring foot behind arm pit, keep hand on heel, extend opponents leg, apply pressure to top of foot and across the Achilles tendon.

# Sparring Combinations

## Attack Technique (CLOSED STANCE)

1.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

ATTACKER:

Front (Left) foot sliding roundhouse kick (midsection) land fighting stance;

Right leg roundhouse kick (midsection) land R fighting stance

DEFENDER backs up

ATTACKER:

(Jump forward 45 degrees to right) Right Roundhouse kick to the head

## Defense Technique (OPEN STANCE)

2.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

ATTACKER:

(Right) Back leg roundhouse

DEFENDER:

(Jump forward 45 degrees to right) left back thrust kick (spin left, pivot on right foot) land in L fighting stance;

Right back hook kick to the head

## Attack Technique (OPEN STANCE)

3.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

ATTACKER:

Slide step Front (left) leg hook kick land in Left fighting stance;

Right leg roundhouse land Right fighting stance

Nadobahn (right roundhouse).

## Defense Technique (CLOSED STANCE)

4.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

ATTACKER:

Quick Kick

DEFENDER:

Jump left, front leg roundhouse, land Left fighting stance

Right leg Roundhouse, land right fighting stance in close

Right Back Knuckle to forehead

### **Attack Technique (CLOSED STANCE)**

5.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Back leg feint Roundhouse into side kick land right fighting stance;

Jump 45 degrees forward (to left) back leg (left) back thrust kick land left fighting stance;

Right roundhouse to head

### **Defense Technique (OPEN STANCE)**

6.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

Attacker:

Back leg roundhouse

Defender:

Back leg jujin to right side (pass attacker);

RL double roundhouse to body, land left fighting stance;

Left quick kick to solar plexus, land left fighting stance;

Right inside axe kick to head (or chest)

### **Attack Technique (CLOSED STANCE)**

7.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Jumping front snap, (left foot) land left fighting stance;

Right back hook kick to head, land right fighting stance;

Right sliding side kick to body, land right fighting stance;

Left back thrust kick to solar plexus

### **Defense Technique (CLOSED STANCE)**

8.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Jumping front snap, (left foot) land left fighting stance;

Defender:

Hujin, left quick kick, land left fighting stance;

Right back hook kick, land right fighting stance;

Left roundhouse to head

### **Attack Technique (OPEN STANCE)**

9.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

Attacker:

Right back leg Roundhouse kick, land right fighting stance;

Hujin to Right fighting stance (slide back to same stance as opponent counterattacks);

Nadabon roundhouse land right fighting stance (defender steps back as nadoban begins);

Left back hook kick to head

### **Defense Technique (OPEN STANCE)**

10.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

Attacker:

Left leg Quick kick

Defender:

Jumping reverse roundhouse kick (left), land left fighting stance;

Back thrust kick (right leg) to the body, land right fighting stance;

Left inside axe kick to head

### **Attack Technique (OPEN STANCE)**

11.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

Attacker:

Left leg quick kick, land to inside of defender,

Right back thrust kick,

Left Roundhouse kick to head

### **Defense Technique (CLOSED STANCE)**

12.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Right leg Roundhouse kick

Defender:

Shift right, Low block left hand, Right middle punch & Right roundhouse kick to head simultaneously.

### **Attack Technique (CLOSED STANCE)**

13.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Quick Kick land inline,

Right back hook kick, land 45 degrees to outside of defender,

Left inside axe kick to head

### **Defense Technique (OPEN STANCE)**

14.

**ATTACKER left leg forward.**

**DEFENDER right leg forward.**

Attacker:

Jumping reverse Roundhouse kick (Right leg kick)

Defender:

Jumping back thrust kick (Left leg),

Right Roundhouse kick,

Right outside axe kick, Left side kick

### **Attack Technique (CLOSED STANCE)**

15.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Left outside axe kick to arm (keep leg chambered),

Left quick kick (keep leg chambered), Left roundhouse kick,

Jumping reverse roundhouse kick to the head

### **Defense Technique (CLOSED STANCE)**

16.

**ATTACKER left leg forward.**

**DEFENDER left leg forward.**

Attacker:

Front leg roundhouse kick

Defender:

Right palm block, step to inside with Right foot,

Left snap kick,

Left inside roundhouse kick to body,

Right roundhouse kick to head,

Left back hook kick to head



Poomsae Tae baek

No.	Direction	Movement	Stance	Action	
1	West	Turn left 90°	L tiger	Slow double low knife hand	
2	West	Forward	R Front	Right front snap kick Right middle punch Left reverse middle punch	
3	East	Turn right 180°	R tiger	Slow double low knife hand	
4	East	Forward	L Front	Left front snap kick Left middle punch Right reverse middle punch	
5	North	Turn left 90°	L Front	Left double face knife hand Right slow inside palm press	
6	North	Forward	R Front	Left reverse middle punch Left slow inside palm press	
7	North	Forward	L Front	Right reverse middle punch Right slow inside palm press	
8	North	Forward	R Front	Left middle punch	Kiyap
9	East	Turn left 270°	L back	Twin outside body block	
10	East	Stay Stay Forward	L back RH L Front	Right upper cut Left middle side punch Left side kick & punch Right elbow strike	
11	West	Turn right 180°	R back	Twin outside body block	
12	West	Stay Stay Forward	R back RH R Front	Left upper cut Right middle side punch Right side kick & punch Left elbow strike	
13	South	Turn left 90°	R over L / L back	Left double knife hand	
14	South	Forward	R Front	Right spear finger thrust	
15	South	Turn left 360°	L back	Right hand behind back, Left back fist	
16	South	Forward	R Front	Right middle punch	Kiyap
17	West	Turn left 270°	L Front	Right scissor block	
18	West	Forward	R Front	Right front snap kick Right middle punch Left reverse middle punch	
19	East	Turn right 180°	R Front	Left scissor block	
20	East	Forward	L Front	Left front snap kick Left middle punch Right reverse middle punch	

## Kata Tekki Shodan

Move	Technique	Step	Head	Stance	
1.	L palm over R palm	L over R	R	X-stance	
2.	Right high step, R outside palm	R	R	RH	
3.	L elbow strike to E		R	RH	
4.	Right side Kamea		L	RH	
5.	L low block to W		L	RH	
6.	R hook punch		L	RH	
7.	Hold	R over L	L	X-stance	
8.	L outside leg block, R outside block	L	F	RH	
9a.	Cross, L upper block, R downward block		F	RH	
9b.	Close punch, R fist under L elbow		F	RH	
10.	Turn head to W		L	RH	
11.	L reinforced outside block to W	Pickup L	L	RH	
12.	Turn head to E		R	RH	
13.	L reinforced inside block to E	Pickup R	R	RH	
14.	Right side Kamea		L	RH	
15.	Double Strike L high R mid		L	RH	Kiai
16.	Cross, L outside palm		L	RH	
17.	R elbow strike to W		L	RH	
18.	Left side Kamea		R	RH	
19.	R low block to E		R	RH	
20.	L hook punch		R	RH	
21.	Hold	L over R	R	X-stance	
22.	R outside leg block, L outside block	R	R	RH	
23a.	Cross, R upper block, L downward block		F	RH	
23b.	Close punch, L fist under R elbow		F	RH	
24.	Turn head to E		R	RH	
25.	R reinforced outside block to E	Pickup R	R	RH	
26.	Turn head to W		L	RH	
27.	R reinforced inside block to W	Pickup L	L	RH	
28.	Left side Kamea		R	RH	
29.	Double Strike R high L mid		R	RH	Kiai

Kamea – Both fists to side with named fist under palm up other fist back facing front

## Kata Tekki Nidan

Move	Technique	Step	Head	Stance	
1	Double elbow	L over R	R	X-Stance	
2	Fist together, elbow at shoulder R (palm out) high outside, L Middle	R High step	R	RH	
3	R (palm up) low reinforced to Front	L over R	R	X-Stance	
4.	R reinforced outside block to E	R	R	RH	
5.	Double elbow	R over L	L	Natural	
6.	Fist together, elbow at shoulder L (palm up) high outside, R Middle	L High step	L	RH	
7.	L (palm up) low reinforced to Front	R over L	L	X-Stance	
8.	L reinforced outside block to W	L	L	RH	
9.	L back elbow open hand on R fist		R	RH	
10.	R reinforced outside block to E		R	RH	
11a.	R back elbow L open palm on R fist	pick up R	F	RH	
11b.	R front elbow to Front , L palm F		F	RH	
12.	R middle grasping block to E		R	RH	
13.	L hook punch		R	RH	
14.	Hold	L over R	R	X-Stance	
15.	R leg block, L outside block	R High step	F	RH	
16a.	Cross, R upper block, L downward block		F	RH	
16b.	R Close punch, L fist under R elbow		F	RH	Kiai
17.	R back elbow open hand on L fist		L	RH	
18.	L reinforced (p to w) outside block to W		L	RH	
19a.	L back elbow R open hand on L fist	pick up L	F	RH	
19b.	L front elbow to Front , R palm F		F	RH	
20.	L middle grasping block to W slow		L	RH	
21.	R hook punch		L	RH	
22.	Hold	R over L	L	X-Stance	
23.	L leg block,R outside block	L High step	F	RH	
24a.	Cross, L upper block, R downward block		F	RH	
24b.	L Close punch, R fist under L elbow		F	RH	Kiai

## Vital Spots to Side of Head

