



AIM USA SELF-DEFENSE TECHNIQUES



WHITE BELT	YELLOW BELT	ORANGE BELT	PURPLE BELT	GREEN BELT	BLUE BELT	BROWN BELT
Stances Horse Stance Self-Defense/ Sparring Stance Ready Stance Blocks High Block Low Block Inside Block Outside Block Hand Techniques Reverse Punch Jab Punch Mid Rear Elbow Strike (Stomach) Kicks Front Snap Kick (Back Leg) Sitting Side Kick Side Kick (Front Leg) Skip Side Kick (Front Leg) Front Snap Kick (Stepping Forward) Front Round House Kick(Front Leg) (9-15 Years Old) <i>One Block Sparring</i> <i>Escape Maneuvers</i> Work on Stretching	1st. Degree Guarding Block Double Forearm Block Low Rear Hammer Fist (Groin) Back Fist Press Kick (Shin) (Front Leg) Front Kick (Front Leg) Turning Round House Kick (Stepping Forward) Back Kick (Stationary) (Ready Stance) 2nd. Degree Foot Stomp Palm Heal Push (Front & Back Hand) Knee Strike (Groin) (Front & Back Leg) Skip Round House Kick (Front Leg) 3rd. Degree Step Jump Front Snap Kick <i>Two Block Sparring</i> Turning Back Kick (Stepping Forward) High Rear Elbow Strike (Face) <i>Escape Maneuvers</i> Work on Stretching & Balance	1st. Degree Defensive Postures Front Snap Kick & Back Kick (From Ground) <i>1 Block Step Away Self-Defense</i> <i>Step-In Counter Attack</i> High Downward Hammer Fist(Nose) Inside Crescent Kick (Stepping Forward) Knifehand Strike (Front & Back Hand) Skip Front Kick (Front Leg) 2nd. Degree Ridgehand Strike (Front & Back Hand) Turning Side Kick (Stepping Forward) <i>2 Block Step-Away Self-Defense</i> 3rd. & 4th. Degree Inside Crescent Kick (Front Leg) Outside Crescent Kick (Front Leg) Sweeping Elbow Strike <i>Advanced 2 Block Step Away Self-Defense</i> <i>Escape Maneuvers</i> Work On Form, Flexibility, Speed, Power & Accuracy	1st. Degree Upward Elbow Strike (Front & Back Arm) Downward Elbow Strike (Front & Back Arm) Scoop Kick (Groin) (Front & Back Leg) Knee Strike (Thigh) (Back Leg) Advanced Blocking (Back Arm) High, Low, In, Out 2nd. Degree Reverse Turning Side Kick (Stepping Forward) Reverse Knifehand Strike (Front Hand) 3rd. & 4th. Degree Spinning Crescent Kick (Optional) <i>3 Block Step-Away Self-Defense</i> 2 On 1 Sparring <i>Escape Maneuvers</i> <i>Form 14-16 Moves</i> Work On Form, Flexibility, Speed, Power & Accuracy	1st. & 2nd. Degree Turning Backfist Turning Reverse Knifehand Strike Turning Mid Elbow Strike Turning High Elbow Strike 3rd. & 4th. Degree Skip Outside Crescent Kick (Front Leg) <i>4 Block Step-Away Self-Defense</i> Advanced Sparring Techniques Continue Working On Form, Flexibility, Speed, Power & Accuracy Assistant Instructor Training Begins <i>Forms 16-18 Moves</i> <i>Escape Maneuvers</i> Refine All Previous Techniques	1st. - 4th. Degree Downward Sweeping Elbow Strike (Front & Back Arm) Upward Sweeping Elbow Strike (Front & Back Arm) Stepping Back Kick Advanced Sparring Techniques <i>Form 18-20 Moves</i> Escape Maneuvers Refine All Previous Techniques Student Should Be Able To Execute All Techniques With Advanced Level Form, Speed, Power, Accuracy & Control RED BELT 1st. - 4th. Degree Hook Kick (Front Leg) Skip Hook Kick (Front Leg) Advanced Sparring Techniques <i>Forms 18-20 Moves</i> <i>Escape Maneuvers</i> Refine All Techniques Student Should Be Able To Execute All Techniques With Advanced Level Form, Speed, Power, Accuracy & Control	1st. - 4th. Degree Mid Sweeping Hammer Fist (Front & Back Hand) High Sweeping Hammer Fist (Front & Back Hand) Spinning Hook Kick (Optional) Advanced Sparring Techniques <i>Form 20-25 Moves</i> <i>Escape Maneuvers</i> Refine All Techniques Student Should Be Able To Execute All Techniques With Advanced Level Form, Speed, Power, Accuracy & Control

AIM USA

1-2 BLOCK SPARRING, 1-4 BLOCK STEP-AWAY SELF-DEFENSE & FORMS

WHITE BELT

1 Block Sparring = 1 Block Followed By A Reverse Punch
Low Block / Reverse Punch
Escape Maneuvers = 2 (Instructors Discretion)

YELLOW BELT

2 Block Sparring = 2 Blocks Followed By A Reverse Punch
Outside Block / Inside Block / Reverse Punch
High Block / Low Block / Reverse Punch
Double Forearm Block / Outside Block / Reverse Punch
Low Block / Outside Block / Reverse Punch
Escape Maneuvers = 2 (Instructors Discretion)

ORANGE BELT

Step-Away Self-Defense
1 - 2 Blocks Stepping Away From An Attacker Followed By A Counter Attack
Step In Counter Attack
All Upper Body Counter Attack Techniques With The Hand / Arm In The Front & Back
All Upper Body Counter Attack Techniques Stepping In & Stepping Forward
Escape Maneuvers = 2 (Instructors Discretion)

PURPLE BELT

3 Block Step-Away Self-Defense
3 Blocks Stepping Away From An Attacker Followed By A Counter Attack
All Upper Body Counter Attack Techniques With The Hand / Arm In The Front & Back
All Upper Body Counter Attack Techniques Stepping In & Stepping Forward
FORM 14 - 16 Moves In All 4 Directions
Create Your Own Form Of Previously Learned AIM USA Techniques, & Advanced Level Techniques That You Are Currently Learning In Class
Escape Maneuvers = 2 (Instructors Discretion)

GREEN BELT

4 Block Step-Away Self-Defense
4 Blocks Stepping Away From An Attacker Followed By A Counter Attack
All Upper Body Counter Attack Techniques With The Hand / Arm In The Front & Back
All Upper Body Counter Attack Techniques Stepping In & Stepping Forward
FORM 16-18 Moves In All 4 Directions
Create Your Own Form Of Previously Learned AIM USA Techniques, & Advanced Level Techniques That You Are Currently Learning In Class
Escape Maneuvers = 2 (Instructors Discretion)

BLUE BELT

All Upper Body Counter Attack Techniques With The Hand / Arm In The Front & Back
All Upper Body Counter Attack Techniques Stepping In & Stepping Forward
FORM 18 - 20 Moves In All 4 Directions
Create Your Own Form Of Previously Learned AIM USA Techniques, & Advanced Level Techniques That You Are Currently Learning In Class
Escape Maneuvers = 2 (Instructors Discretion)

RED BELT

FORM 18 - 20 Moves In All 4 Directions
Create Your Own Form Of Previously Learned AIM USA Techniques, & Advanced Level Techniques That You Are Currently Learning In Class
Escape Maneuvers = 2 (Instructors Discretion)

BROWN BELT

All Upper Body Counter Attack Techniques With The Hand / Arm In The Front & Back
All Upper Body Counter Attack Techniques Stepping In & Stepping Forward
FORM 20 - 25 Moves In All 4 Directions
Create Your Own Form Of Previously Learned AIM USA Techniques, & Advanced Level Techniques That You Are Currently Learning In Class
Escape Maneuvers = 2 (Instructors Discretion)