

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



UPPER ELEMENTARY 1 COURSE SYLLABUS

Below you will find a list of skills, techniques and knowledge, which you will be asked to show in order to successfully complete the Bee Safe Upper Elementary 1 Course (equivalent to Orange Belt)

Student Name _____

TECHNIQUE	INTRODUCED	APPLIED
HAND TECHNIQUES		
Theory: concept of double-tap/strike through	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1, 2 and 3 - performed with double-tap on pad	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1, 2 and 3 - applied in controlled sparring	<input type="checkbox"/>	<input type="checkbox"/>
Spike - against pad and applied in partner drill	<input type="checkbox"/>	<input type="checkbox"/>
Kata: Zacho Knuttyy	<input type="checkbox"/>	<input type="checkbox"/>
DISENGAGEMENT TECHNICQUES		
all disengagement techniques from Elementary 2 performed against a resisting opponent	<input type="checkbox"/>	<input type="checkbox"/>
LEG WORK		
Strategic Leg Movement (every step an attack)	<input type="checkbox"/>	<input type="checkbox"/>
Applied Leg Sweeps - Steps and Stamps	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1 and 2 - applied in controlled sparring	<input type="checkbox"/>	<input type="checkbox"/>

TECHNIQUE	INTRODUCED	APPLIED
MANIPULATION OF ENVIRONMENT		
1. Use of Walls and Floors	<input type="checkbox"/>	<input type="checkbox"/>
Breakfalls and Rolls from Elementary 2 - applied in throw-for-throw drill with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Leg Sweeps with a Partner	<input type="checkbox"/>	<input type="checkbox"/>
Half-Shoulder Throw with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Finish Moves/Compliance Restraints on the Ground	<input type="checkbox"/>	<input type="checkbox"/>
Application: Defend against restraining attacks from behind	<input type="checkbox"/>	<input type="checkbox"/>
2. Use of Opponents clothing		
Belt and Pants	<input type="checkbox"/>	<input type="checkbox"/>
3. Improvised Weapons (Baton/Umbrella)		
Basic Drill 1 - back and forth with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Basic Drill 2 - back and forth with a partner	<input type="checkbox"/>	<input type="checkbox"/>
4. Traditional Weapons (Jo Staff)		
Kata 1	<input type="checkbox"/>	<input type="checkbox"/>

Estimated Course Duration: 30 training sessions of 60min
You will need to train in a Gi from this level onward.

Comments
