



Chamberlain Studios of Self Defense - Gasan Ryu Kenpo - Adult Speed Sheet



Rank Time and Totals	Kata	Self Defense: Punches	Self Defense: Grabs	Self Defense: Weapons	Mattwork and Grappling	Miscellaneous	Reading and Writing
Gasan Ryu™ Kenpo Beginner Ranks: White, Yellow, Orange							
White Day 1 (training time in rank) (total training time)	Blocking Form #1 and BF #2 with Basic movements, counterbalance, breaking blocks, marching	Checking the Storm Sword of Destruction Evading the Storm	Retreating Butterfly Fang of the Cobra & Three Palms Knee of Vengeance Rear Choke Arm Wrap	Overhead Club 1 Straight-in Knife 1: Kote Gaeshi with the A/B/C endings	Mount, Guard, and escapes: Grappling Drill #1 (Wrap and Roll), Side Control, Shoulder Rolls, Falling/Ukemi.	Dojo Etiquette & History from "Blue Book" Belt Tying and Gi Folding Words and Terms - "Blue Book"	Read the "Yellow Belt Manual" Write Kenpo Report: 1. Why you started, 2. What you enjoy about training, 3. What your goals are.
Yellow 4 Months total	Pinion #1 Marching Drills: 1 & 2 person	Conquering Shield Tiger's Claw Buckling Branch	Hammering Vice & Cobra Lock Hulk Smash Battering Ram Evasive Praying Mantis	Sidearm Club 1: O-Soto Gari Slashing Knife 1: Arm bar takedown High Club: Duck, Arm bar, Sweep	Scarf Hold/Kesa Gatame, Head Control, and escapes, Grappling Drill #2 (2 nd escape Mount and Guard).	Sparring Drills 1 & 2 Kick Defenses - Roundhouse	Read the Red "Student Handbook" Learn basic Kenpo History and Terms, Book report: Zen in the Martial Arts
Orange + 4 Months 8 Months total	Pinion #2 Palama Set 1/3	Defying the Storm Dance of Death Double Elbows Inside	Looking in the Mirror Circling Vice Advancing Butterfly Rotating Destruction (Bear Hug 1)	Overhead Club 2: Kick, Arm break Uppercut Knife 1: Drag Racing	Position Drill - Hips up & Hips Down, going around the body, Arm Bar from the Mount, Grappling Drill #3 (3 rd /Guard Escape).	Sparring Drill 3 & 4 Throwing: Osoto Gari - Leg Hock	Book report: "Karate-Do, My Way of Life" by Gichin Funakoshi
Gasan Ryu™ Kenpo Intermediate Ranks: Purple, Blue, Green (Usually a year to get Purple)							
Purple + 4 Months 12 Months total	Pinion #3 Circle of the Tiger Palama Set 2/3	Menacing Twirl Unfurling Crane Double Elbows Outside Chop Chop	Headlock #1: Three Swords Fleeing Snake Full Nelson Bear Hug 2: Angry Mule	Sidearm Club 2: Elbow strikes Overhead Knife 1: High block, swing, kick Overhead Club #3: O-Goshi	Back Control and escape, Crocodile roll, Rear Naked Choke, Kata Gatame.	Throwing: Seonage & Ogoshi Sparring/Kumite Kick Defenses: Front kick	Book report: "The Weaponless Warriors" by Richard Kim
Blue + 4 Months 1 Year, 4 months	Cat 1 Circle of the Leopard Palama Set 3/3	Clutching Snake A & B Heike Ryu Twirling Sacrifice	Headlock #2: Chicken Wing Tashi, Hair grab, Arm Bars Advancing Snake Reversing Ram	Side Club 3: 3 strikes and you're out Straight-in Knife #2: Elbow drop Overhead Knife 2: Outside fig. 4	Americana, Kimura, Omoplatto, Gi Chokes, done from the guard, mount, side	Assist with Kids Class Escrima Striking Drills Kick Defenses: Spinning	Book report: "The Master's Text" by Professor Nick Cerio (see Professor for a copy)
Green + 4 Months 1 Year, 8 Months	Statue of the Crane Combat Bo #1 Returning strikes BF#1 & BF #2	Captured Twig Rotating Ram Deflecting the Hammer Pilau 1 - Empt	Headlock #3: Spock and Roll Lifting Elbow Circling Tiger Trapping snake or crab	Thrusting Club #1: Elbow strike Strait in Knife #3: Returning the gift (RTG) Side club #2 w/ Lua finish	Standing Take Downs (single & double leg), Sprawl defense, Triangle choke.	Throwing: Harai Goshi Grappling Submissions Escrima - Basic Sinawali	Book report: "A Book of Five Rings" by Miyamoto Musashi
Gasan Ryu™ Kenpo Advanced Ranks: Brown III, Brown II, Brown I (Usually 2 years to get Brown III)							
Brown III + 4-8 Months 2 Years total	Cat 2	Snapping Twig Sweeping Tiger Rising Moon Pilau 2 - Neck spin	Wrist Grabs (Finger, Wrist, Elbow locks) Rear Arm and Choke Front Headlock/Guillotine Low Bear Hug 4: Knee grab	Slash Knife #2: Figure 4 over shoulder Gun #1: low front Three Pak #1: Arm Plexus lift	Cranks, Chokes, Hawaiian choke, Guillotine, muscle cuts.	Grappling Takedowns & Counters Escrima Adv. Sinawali Assist with Adult Class	Book report: "The Zen Way to the Martial Arts" by Taisen Deshimaru
Brown II + 4-8 Months 2 1/2 Years total	Cat 3 Shaolin Fighting Stick	#2 #26 #11 Boston Crab Pilau 3 - Lefty combo	Chicken Wings Handshakes Headlock 4: Sacrifice Roll Gi Grab: Open Arms	Overhead Club #4: "Tashi" Knife at throat: Crashing Hands Gun #2 high front	Practice!! Hours on the mat equals improvement, there's no shortcut!	Continuous Locking Drill (10 locks) Escrima Angles of Attack	Book report: "Meditations on Violence" by Sgt., Rory Miller
Brown I + 4-8 Months 3 Years total	Shushi-No-Kon-Sho (Get the book!)	#10 Slow Dance #17 Tiger Throws #18 Dropping Elbow #19 Rolling Stone/Bending Tree	Bear Hug 5: Head Throw Headlock 5: Spine Break Wrist Grab: Inside Wrist Lift	Three Pak 2: Arm lock takedown Straight in Knife #4: wrist break Knife at throat, attacker behind you Gun #3: behind	Smooth transitions from one move to another, Relaxed movements.	Throwing: Koshi Garuma Escrima Disarms Teaching Group Classes	Book rpt: "Tao Te Ching", by Lao Tzu, Founders Report: on a "Master and Founder of a Style", discuss w/ instructor
Gasan Ryu™ Kenpo Expert Ranks: Black 1-10 (Usually 3 - 4 years to get Shodan) Talk to your instructor about cross ranking in NCK, KGS and Shaolin Kenpo after attaining shodan!							
Shodan + 4-8 Months 3.5-4 Years total	Circle of the Panther Sai Kata #1 Sho Tung Kwok	36-A and 36-B 911 Coming round the Mtn	Come-alongs: Gooseneck Monkey steals the Peaches Nage No Kata (Te Waza)	Three Pak 3: CA The Mountain Straight Knife #5: RTG Walk under arm Gun #4: side	Knee Bars	Throwing: Tai Otoshi Teaching private classes	Elective book report: discuss w/ instructor
Nidan + 2 Years 6 Years "Sensei"	Wah Lum First Form Kanegawa-No-Nichougama	Ball and Chain #21 Strong Arm Smash	Danish Kiss Punch defenses done from grabs Nage No Kata (Koshi Waza)	Sidearm Club 4: Clothesline Straight in Knife #6: RTG lock-up Gun #5: middle, finger lock	Heel Hooks	Throwing: Uchi Mata Cross Training Demonstration	Elective report and project: discuss w/ instructor
Sandan + 3 Years 9 Years total	Han Sukie Right Hand Stick	Double Leg Muscle Destruction Elbow separation	25 escapes from each grab Nage No Kata (Ashi Waza)	Escrima Stick and Knife Reactive Knife drills Strt in Knife #7 (Tanaka - inside & out)	Practice!! Hours on the mat equals improvement, there's no shortcut!	Cross Training Demonstration	Elective report and project: discuss w/ instructor
Yondan + 4 Years 13 Years total	Buck Yuen Tow Toe	Kajukenbo Alphabets A, B, C columns	Nage No Kata (Ma Sutemi Waza)	Gun #6: Deflecting smash Strait in Knife #8: Show him the point	Practice!! Hours on the mat equals improvement, there's no shortcut!	Cross Training Demonstration	Elective report and project: discuss w/ instructor
Godan + 5 years 18 years "Shihan"	Die Myin Jayar Kune Pakua Darn Do	Kajukenbo Alphabets A, B, C columns (cont.)	Nage No Kata (Yoko Sutemi Waza)	Stick, Knife, Gun	Practice!! Hours on the mat equals improvement, there's no shortcut!	Cross Training Demonstration	Elective report and project: discuss w/ instructor
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