

Kai-Shin INTERMEDIATE: Level-3 Requirements

MANIPULATION

TAKEDOWNS:

1. Quarter Redirectional Throw
(aka Quater Putar Kapala)

- A. Shallow
- B. Deep
- C. Leg Lever

T-Postion:

1. Inside Double Leg Reap
2. Inside Hip Throw
3. Sit Into Scarf Hold

50/50 Neck & Arm Tie:

1. Ankle Block

GRAPPLING

Armbar Control Points

LEG CONTROLS

1. Knees Together (Counters Elbow to the Mat)
2. Heels To Your Butt (Counters Head Over Leg)
3. North Leg Straight (To Counter the Sit Up)

ARM CONTROLS

1. South Arm Wrap, North Arm Base
(Counters the Hitchhiker)
2. Baseball Grip (Counters the Hitchhiker)

ESCAPE: Armbar Position

1. Head Over Leg... *don't forget to scoot down*
2. Sit Up & Stack (When their feet are Crossed)
3. Basic Elbow to Mat (When there is space)
4. Advanced Elbow To Mat
(When their feet are Uncrossed)

GRAPPLING continued

ESCAPE: Back Mount Bottom from Lasso, to prevent Rear Naked Choke

“Scrape ‘Em Off”: Peel the arm around the head, shift the hips, shoulders to the mat,

ESCAPE: Americana Arm Lock

PREVENTION EN ROUTE

1. Keep Elbow at Obtuse Angle
2. Press Hand Up & Arm Down
(add hip bump to pull your elbow back in)
3. Elbow Escape

IN PLACE, BUT NOT LOCKED DOWN

4. Frame & Bridge (TOP-Hip) (SIDE-Armpit)
5. Stir the Pot (SIDE MOUNT)

ESCAPE: Armbar from Guard

PREVENTION EN ROUTE

1. Near Elbow Flare
2. Far Arm Block & Pull Out

IN PLACE, BUT NOT LOCKED DOWN

3. RNC Hand Position & Stack

ESCAPE: Leg Triangle Choke -

PREVENTION EN ROUTE

1. Elbow Flare
- A: Push Leg Down and Pass
B: Shoot other arm through
C: Single or Double Leg Passes

Standing Guard Sweeps:

1. Double Ankle Sweep
2. Hook Sweep
3. Cross Sweep

Attacking the Quarter Position

1. Spin the Back
2. Leg Spiral (to Back Mount)
3. Hip Spiral (to Back Mount)
5. Hip Spiral (to Side Mount)
6. Quarter Redirectional Throw

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NOTE TO THE STUDENT:

The importance of this level is NOT the memorization of all the techniques. Not all techniques work for all people.

The focus of this rank is to achieve certain objectives. The techniques are examples that contain the concepts of how to achieve those objectives.

The techniques may change, but the concepts that make them work will remain the same.

At this point in your training, you should have a good understanding of fundamental movement & self defense:

STRIKING: Punches, Kicks, Elbows, Knees, Finger Jabs, Blocks & Entries.

CLINCHING: Wrist, Neck, Body

TRAPPING: Pak-Sao, Lop-Sao, Wedge, Reference Points, Hubad, and Compound Trapping.

MANIPULATION: Lasso, Leg Hook, Double Leg Variations, Foot Sweeps, Back Sweeps, Redirection Throws.

GRAPPLING: Positions, Transitions, Escapes, Returning To Your Feet, Sweeps, and Basic No-Gi Submissions.

Beyond this point, the techniques in your training no longer need to be handed to you in a specific order. You now have the skill sets to learn anything presented to you in the Kai-Shin Jeet Kune Do curriculum, and on your journey in the martial arts.

OBJECTIVE: Understanding the Quarter Redirectional Throw (Quarter Putar Kapala)

CONCEPT: Connect it to the same principles for that make the Full versions work. Break their structure, move yourself out of the way, etc...

OBJECTIVE: T-Position Takedowns

CONCEPT: Breaking their posture leaning forward, moving their weight off their heels and onto their toes.

OBJECTIVE: Escape the Armbar

CONCEPT: Either get your body, or your arm on the same side of their legs. As long as your arm and body are separated, you are in danger of the Armbar.

OBJECTIVE: Escape the Americana

CONCEPT: You need to get your weight up on your shoulder in order to pull your elbow towards your body and into safety.

OBJECTIVE: Escape Armbar (Guard)

CONCEPT: Preventing the opponent the use of the leg that goes around your head.

OBJECTIVE: Escape Leg Triangle Choke

CONCEPT: Preventing the opponent the use of the legs to complete the triangle position.

OBJECTIVE: Standing Guard Sweeps

CONCEPT: Creating opposing forces by blocking the feet and hips on opposite sides.

OBJECTIVE: Attacking Quarter Position

CONCEPT: Influence the Hips or the Head