

Name	Rank Introduced	Description	Drills/Examples
Power Drive	1 - White belt	Power is generated by the legs, directed by the waist (engagement of core), and expressed through the limbs. Legs drive movement, and upper body is completely relaxed, focusing punch only at impact point and relaxing immediately after. Analogy of body as "whip". This principle can be applied in movement, katas, stick weapons, and kicks.	- Moving through forward stance with belt swing, no arms, to focus on transfer of weight from back foot to front foot and snapping of hips and waist into stance . Note that drive also includes driving from the rear heel but not so much that heel comes off the ground. In fact there is an additional driving energy of back heel into the ground that makes one more centered and grounded. - Move through forward stance with spaghetti arms to learn upper body relaxation . - Whip visualization : Think of the body as a whip wherein the legs function as the handle or base of the whip, and the upper body is completely relaxed, illustrating the snapping end of the whip. Move through forward stance and whip out reverse punch to most easily feel principle in action. Do similarly with lunge punch and each block. Expand to block punch. Expand to kata movement sequences.
Centerline	1 - White belt	Awareness of side and center lines and how blocks cross and punches hit the line . Aids in visualization and placement, and self defense.	Hold a small target or vertical stick and strike to it and block across it. Tape lines on a wall to diagram blocks and strike lines.
Power Zone/Zone of Power	1 - White belt	Hold your arms out in front of you, relaxed, fingertips toward each other, as if holding a ball. This area, from your hips to your shoulders, is the power zone. Trying to execute techniques (throws, blocks) outside of this zone will not take advantage of your core strength.	Test arm strength inside and outside of the power zone by using resistance to arm.
Offline (pairs nicely with Centerline as balanced principles)	1 - White belt	Awareness of power zone (The egg-shaped area at your core) and how to move out of your opponent's zone of power while keeping your opponent in yours. Stepping to dead side and offline in self-defense and applications.	Practice self defense and applications without contact, focusing on position. Diagram steps on the floor. Practice moving offline as partner follows.
Heel and Toe Pivots	1 - White belt	Identify when to pivot on heel or toe and the strengths of each. Broaden transition stance to free the toes and broaden rotational base.	Become conscious of these differences by repping heel switches and toe rotation. Driving force for heel, speed (with retreat) and lengthening range for toes.
Doublestrike/Action-Reaction All blocks are strikes, all strikes are blocks...	2 - 1 green	Emphasizing the load as a strike instead of a setup. Every strike is a block, every block is a strike	Hold two targets: one for load and one for strike. Double count moves in kata. Instead of just counting lower block, count load then count block.
Reset Kicks	2 - 1 green	Primarily about balance, and strength. Kicks must come back to chamber and be ready to kick again.	Multiple kicks with different hip positions.
Snapping	2 - 1 green	Rotating the hands at the climax of the technique just as the muscles reach extension. Make sure to note not to hyperextend joints.	Move slowly and hold off on the snap until a final count or countdown and turn both hands over on 1. Punching should be timed with hips.
Taking Balance	2 - 1 green	Kuzushi. Learning to destabilize and break the structure before manipulating or throwing.	Students pair up taking lead and follow roles. Leader practices making small movements in one direction and when partner tries to regain balance, leader moves them in the opposite direction, taking advantage of the partner's movement towards equilibrium: Effortless effort .
Precision Timing	3 - 2 Green	Finishing arm and leg movements together	Add additional movements to sequence and make the final technique land with the foot, ie three punches on each step with the last one timed with the foot, then back to just one punch per step.
Eyes on Target	3 - 2 Green	Head up, eyes looking at an imaginary target or the infinite distance on the horizon. Lock eyes on a turn before engaging techniques.	Drills about moving without watching yourself. Hold up fingers (non-verbal cues) for techniques or directions while standing in the new direction and see who responds first. Turn and catch a ball from different directions, then substitute with making eye contact while doing stance and technique.
Stay Low on Turns	4 - Green	Make force horizontal instead of bobbing up and down. This is mostly about building leg strength.	Imagine a low ceiling and put a tambo in the back of the belt to keep straight while staying low in stance. Apply this to movement in stance, not only turns.
Stance	4 - Green	The technique of stance is not the principle, but the constant re-emphasis of stance as a mental discipline. Learn a new thing then reorient it to the legs.	- Stance only kata - "In a box" kata doing turns and hands only - Stance with resistance: student moves forward in stance as partner pulls belt
3-D Principle	4 - Green	Apply techniques, apps, sparring, self-defense to all angles, all levels, multiple angles and levels simultaneously	- Opponent punches and you use a punch to block as you strike them, and redirect their punch at the same time. - Block and counter simultaneously - middle block to strike: while part of the arm blocks the strike and the fist hits the jaw
360' Awareness	4 - Green	From start to finish in self-defense, bring awareness to your environment and be looking for additional attackers by constantly turning and readjusting your position and vision.	Applications with throws; six movements four directions
Soft Style vs Hard Style Blocks	4 - Green	Soft style blocks start away from the body and pull in beside the body. Hard style blocks start from the body and extend out from the body.	Blocks and punches; moving in stance and blocking techniques from partner.
Offensive/Defensive Hand Position in Blocking and Striking	4 - Green	At the conclusion of a block, the closest hand to your body is a block, farthest hand from your body is the strike.	Blocks and punches with counterstrikes; moving in stance and blocking techniques from partner with counterstrikes.
Weapon Power (Tambo)	5 - 1 Brown	Using legs and turning core to deliver power through the sticks (Power Drive principle with weapons)	Eyes center, start tambo swing by turning navel (body core) to the 45. Practice by hitting the tire.
Magic line principle (part one of self-defense pattern: move offline and unbalance)	5 - 1 Brown	- Draw imaginary line through opponent's heels and move offline to that line bringing your hands to your center at the same time to off-balance opponent. - Use this "Grid" to discover weakness in structure. From the "magic line", your opponent's stance will be weakest on the line perpendicular to the "magic line".	Have partner execute various stances (static), then draw imaginary line through heels and off-balance by pulling or pushing partner in perpendicular (and downward) direction of "magic line".

SPARRING Principles (videos)			
<u>Centerline principles</u>			
<u>Dynamic blindspot</u>			
<u>Electric shock</u>			
<u>Jamming concepts (Body, joints, legs)</u>			
<u>Load and explode</u>			
<u>Modern guard</u>			
<u>O Sensei guard</u>			
<u>One-step pre-arranged sparring</u>			
<u>Rhythm</u>			
<u>Ten directions off-line</u>			
<u>Three vertical zones / Four horizontal zones</u>			
<u>Three-step pre-arranged sparring</u>			
<u>Trapping</u>			
<u>Zone offense / defense</u>			