TBBF - 004 : SEND STUDENT JOURNEY

THE BLACK BELT FOUNDATION

CORE SKILLS TO SUCCEED IN LIFE, TODAY AND BEYOND TOMORROW

MY SEND STUDENT JOURNEY

YOUR JOURNEY. YOUR PACE. YOUR ACHIEVEMENTS.



SUPPORTING EVERY STUDENT TO GROW IN CONFIDENCE, BUILD SKILLS AND ACHIEVE THEIR PERSONAL BEST.

CONFIDENCE · RESPECT · FOCUS · COURAGE · DISCIPLINE · TEAMWORK · SELF-CONTROL · RESILIENCE

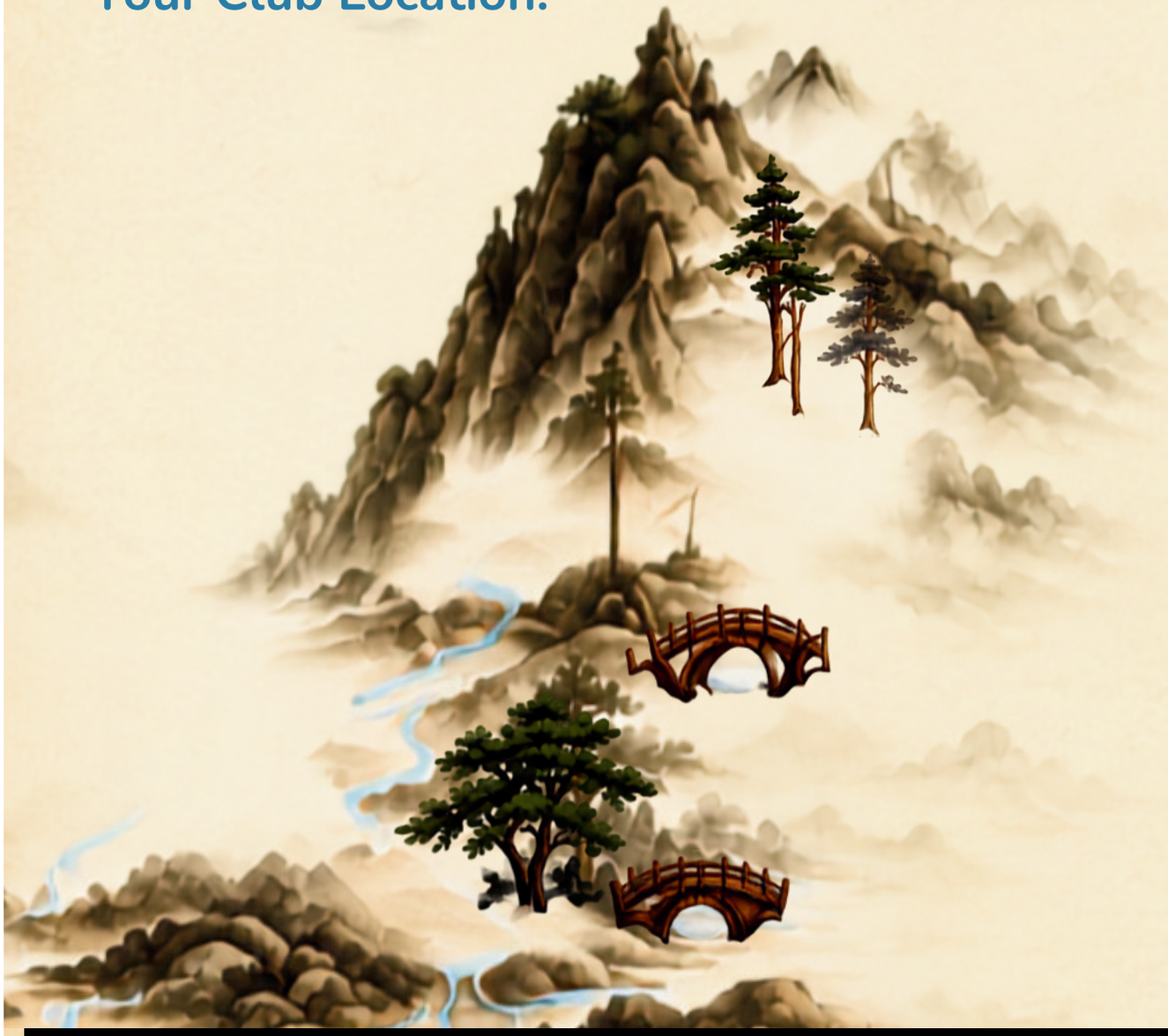
YOUR CHARACTERS



Your Name:

Parent / Carer Contact No:

Your Club Location:



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

WELCOME TO YOUR JOURNEY!

This is your journey — a journey of skills, confidence and personal development.

You will learn, grow and achieve at your own pace.

Everyone's journey is different. This book belongs to you: your progress, your achievements and your success.

IN THIS BOOK

MEET YOUR GUIDES
Get to know the team who will support your journey.

YOUR JOURNEY
Discover the path and the skills you'll develop.

KEYS TO SUCCESS
The tools and habits that will help you learn, grow & succeed.

SUPPORTING YOUR JOURNEY
Ways family, carers and instructors can help you succeed.

READY, SET, BEGIN
Your journey starts here.



Confidence · Respect · Focus · Courage · Discipline · Teamwork · Self-Control · Resilience

YOUR JOURNEY YOUR WAY

Follow the path, collect achievements, become your best version of you!



FAMILY & SUPPORT TEAM

You're never on your own. Your family and support team are your adventure team!

- Cheer you on
- Support your goals
- Celebrate your wins
- Help you keep going

Thank you for being part of the journey!

Confidence | Respect | Focus | Courage | Discipline | Teamwork | Self-Control | Resilience

CHAPTER 1
THE JOURNEY BEGINS

Congratulations on taking the first step in your journey of personal development through TBBF.

Dear Student,

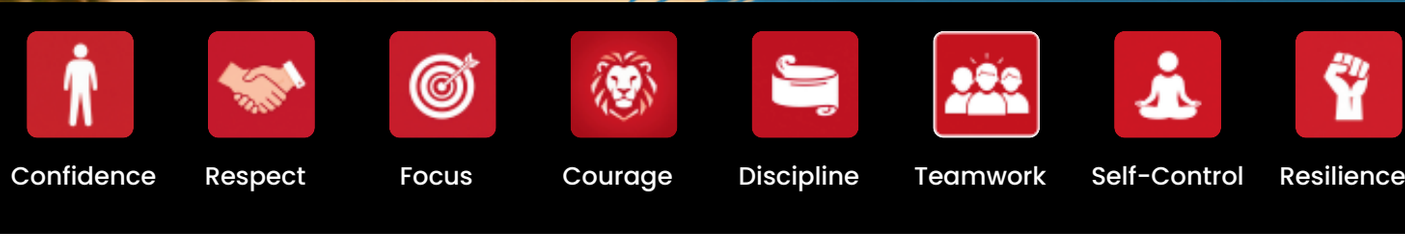
Thank you for choosing TBBF and trusting us to become part of your journey.

Every person develops in their own way and at their own pace. Our aim is to help you build confidence, develop useful skills and grow in a way that works for you.

Martial arts is about much more than physical techniques. It can help develop focus, communication, coordination, resilience, confidence and independence — qualities and tools that can support you in everyday life.

Some things may come quickly; others may take more time. What matters is that you continue to learn, grow and recognise your achievements.

We are delighted to welcome you to the TBBF family and look forward to supporting your journey.



The Founder's Promise



"Every student deserves to feel safe, valued and encouraged to become the very best version of themselves".

My promise is that every instructor at TBBF will do their very best to create an environment where you can grow in confidence, character and capability while enjoying every step of their journey.

Thank you for placing your trust in us. We will never forget that trust."
David Whiteside
Founder, TBBF



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

CHAPTER 2
WHAT IS TBBF SEND

TBBF SEND is a supportive martial arts and personal-development programme designed around the individual.

We understand that everyone learns differently. Some students may need more time, greater structure, clearer communication or additional support. Our approach allows each student to learn and progress at their own pace.

The programme combines martial arts, structured activities and positive encouragement in a safe, welcoming environment.

Every activity has a purpose.

MOVEMENT — balance, coordination and physical skills.

LEARNING — focus, communication and concentration.

CHARACTER — confidence, resilience, teamwork, self-control and respect.

INDEPENDENCE — recognising needs, making choices and achieving more for yourself.

Progress does not have to look the same for everyone.



CHAPTER 3
HOW WE LEARN

Everyone learns differently and develops at their own pace. Some people learn by watching; some prefer to try things straight away. Others need more time, repetition, encouragement or a different explanation.

At TBBF, everyone deserves the opportunity to learn in a way that helps them feel safe, supported and successful.

Learning by Doing
Skills are demonstrated, practised and developed through activity.

Positive Encouragement
We recognise effort, encourage perseverance and create opportunities for success.

Repetition
Skills can be repeated as often as needed, giving each student time to understand and progress.

Praise & Recognition
Genuine effort, learning and personal achievement matter.

Success is not about being the best. It is about making progress on your own journey.



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

CHAPTER 4
TOOLS FOR LIFE

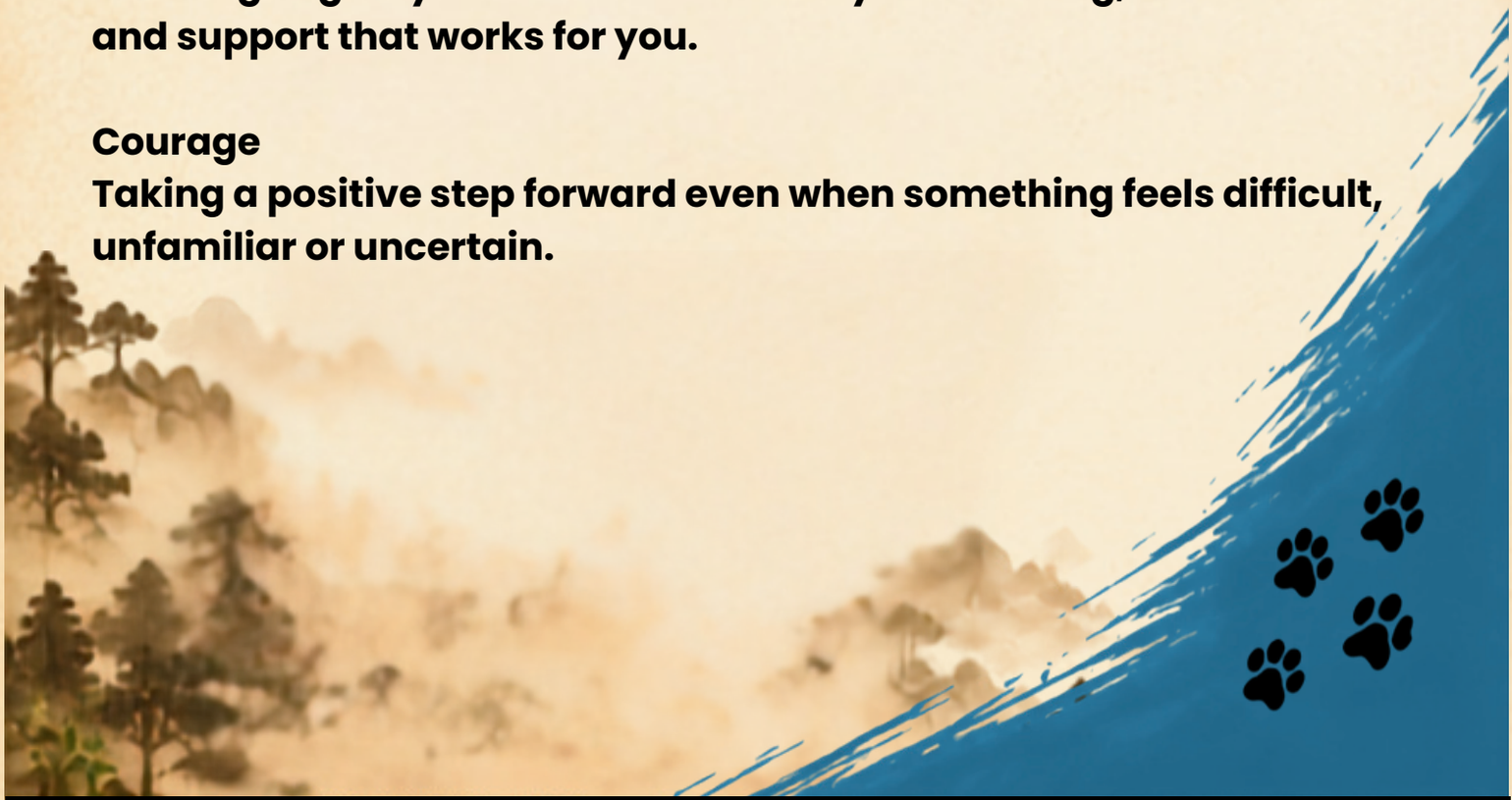
Your journey is about more than martial arts skills. It is also about developing qualities and tools that can support you in everyday life.

Confidence
Learning to believe in yourself. Sometimes confidence simply means having a go.

Respect
Treating yourself and other people with care, understanding boundaries and recognising differences.

Focus
Learning to give your attention to what you are doing, with the time and support that works for you.

Courage
Taking a positive step forward even when something feels difficult, unfamiliar or uncertain.





CHAPTER 4
CONTINUED

Self-Discipline
Building positive habits, following routines, practising and learning to keep going.

Teamwork
Training, communicating and working alongside others while understanding that everyone contributes differently.

Self-Control
Learning to manage actions and responses safely and positively, especially when emotions feel strong.

Resilience
Recovering when something does not go to plan, making adjustments and trying again.

Your journey. Your pace. Your progress. Every positive step matters.

CHAPTER 5
PROGRESS & PATHWAYS

Every Achievement Tells a Story

Everyone begins their TBBF journey from a different starting point.

Some students may find physical skills easier. Others may make their biggest progress through confidence, focus, communication, independence or self-control.

At TBBF, we do not compare one student with another. We recognise personal progress.

Progress may mean joining in more confidently, communicating more clearly, completing a task independently, managing frustration more positively, trying something new, working successfully with another person, following a routine or recovering from a difficult moment.

The aim is simple:
Help every student become a little better than yesterday.





CHAPTER 5
CONTINUED

Your TBBF Pathway

SEND is not separate from the wider TBBF journey. It is an individualised route through the same pathway.

BELTS — Technical development. A belt represents genuine achievement, not simply time spent training.

QUESTS — Personal and character development.

CHALLENGES — Achievement, participation and contribution.

QUALIFICATIONS — Opportunities to develop knowledge and recognised skills.

LEADERSHIP — Where appropriate, opportunities to support, mentor and inspire others.

Not every student will follow exactly the same route. Your pathway is personal to you.

CHAPTER 5
CONTINUED

Progress Review Days

Throughout the year, we provide opportunities to review and celebrate progress.

Progress Reviews are positive occasions to demonstrate learning, recognise how far you have come and understand what comes next.

They are an opportunity to:
recognise achievement
celebrate effort
identify progress
understand what comes next
set appropriate future goals

OUR PROMISE
We will encourage you. Support your development. Recognise your achievements honestly. Every genuine step forward deserves recognition.

CHAPTER 6
QUESTS

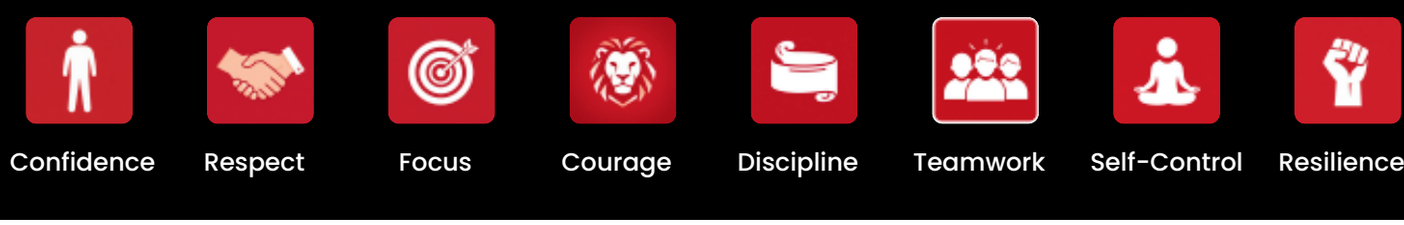
More Than Martial Arts
At TBBF, development does not stop when the class finishes.

A Quest is a personal-development challenge designed to help you practise important qualities in everyday life.

Each Quest focuses on an important quality or life skill:
confidence
respect
focus
courage
self-discipline
teamwork
self-control
resilience

Quests connect what you learn at TBBF with home, school or college, work, family, friends and the wider community.

Quests are not about being perfect. They are about trying, learning and making progress.



CHAPTER 6
CONTINUED

Your Quest, Your Way

Quests are flexible. Your challenge can be adapted to suit your needs, ability and circumstances.

One person's challenge may be very different from somebody else's. Courage might mean speaking in front of a group, entering the dojo independently, asking for help, trying a new activity or managing a difficult situation.

When you complete a Quest, recognition is based on genuine effort, learning and personal growth — not simply completing a task.

You may need support. You may need more time. You may need an adapted challenge. That does not make your achievement worth less.

Learn it in the dojo. Practise it in life. Make it part of who you become.

CHAPTER 7
BEYOND THE DOJO

What you learn at TBBF should help you in more than martial arts. The qualities and tools you develop can support you in everyday life.

At home — following routines, helping others and becoming more independent.

At school, college or work — improving focus, confidence, communication and perseverance.

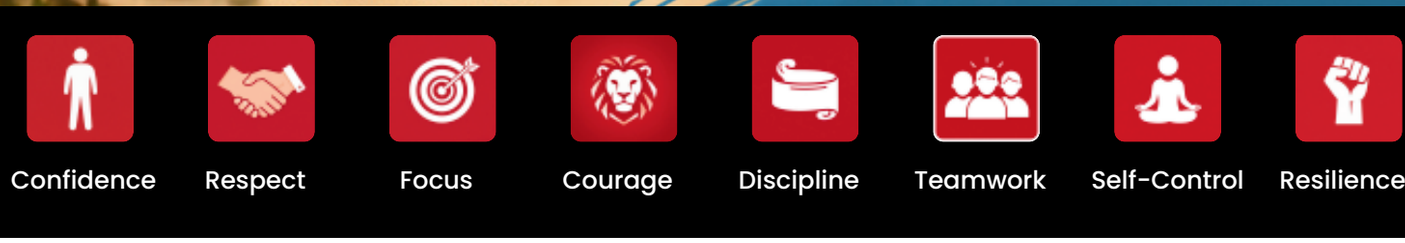
With friends and family — showing respect, understanding boundaries and working with others.

In difficult situations — staying calm, asking for help, making safer choices and trying again.

In your community — helping others, taking responsibility and making a positive contribution.

Sometimes the biggest achievements happen away from the mats.

Learn it at TBBF. Use it everywhere.



CHAPTER 8
BELONGING & COMMUNITY

At TBBF, everyone should feel that they are part of something.
You do not need to learn in the same way as somebody else.
You do not need to progress at the same speed.
You do not need to be the same as everyone around you.
You still belong.

Being Part of the Team

Belonging means knowing that you are welcome, valued and included.

It can mean:

- training alongside other people
- encouraging someone who is finding something difficult
- accepting help when you need it
- celebrating other people's achievements
- taking turns and working together
- respecting differences
- contributing in your own way

Everyone has something they can bring to the group.





CHAPTER 8
CONTINUED

Supporting Others

As you become more confident, you may also find opportunities to help other people.
Sometimes that might mean showing kindness.
Sometimes it might mean offering encouragement.
Sometimes it might simply mean helping someone else feel welcome.
Small actions can make a big difference.

Your Place at TBBF

TBBF is more than a place to learn martial arts.
It is a community where people can train, develop, achieve and belong.

Different journeys. One community. Everyone has a place.

CHAPTER 9
SUPPORT & INDEPENDENCE

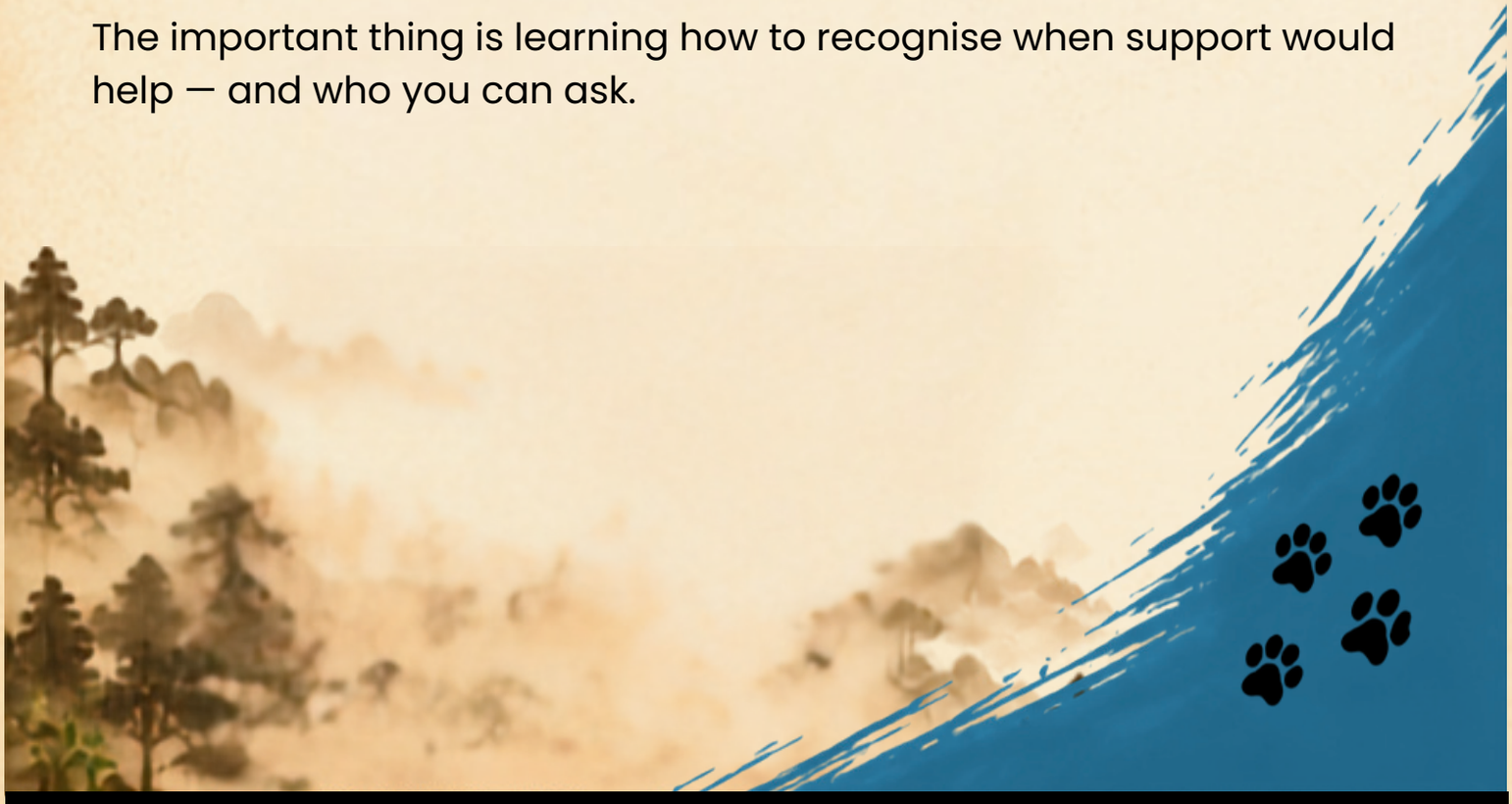
Everyone needs help sometimes.

Being independent does not mean doing everything on your own. It means learning what you can do for yourself, recognising when you need support and becoming more confident in making choices.

Asking for Help
Asking for help is a strength.

You might need help understanding an instruction, learning a new skill, managing a difficult situation, communicating what you need, dealing with something that feels overwhelming or trying something unfamiliar.

The important thing is learning how to recognise when support would help — and who you can ask.





CHAPTER 9
CONTINUED

Knowing Yourself

Part of your journey is learning more about yourself.

What helps you learn?
What makes something difficult?
When do you need a break?
What helps you feel confident?
Who can you speak to when you need support?

Understanding yourself can help you make better choices and communicate what you need.

Independence does not mean never needing help. It means growing in confidence, capability and responsibility — one step at a time.

CHAPTER 9
CONTINUED

Building Independence

Independence develops differently for everyone. It might mean:
getting ready for class
remembering equipment
following a routine
making a decision
communicating a need
completing part of a task without support
taking responsibility for something
helping somebody else

Small steps towards independence can become important achievements.

The Right Support
Support may change as you develop. You may need more help with one activity and less with another. That is normal.

At TBBF, we provide enough support to help you succeed while encouraging confidence and independence wherever possible.

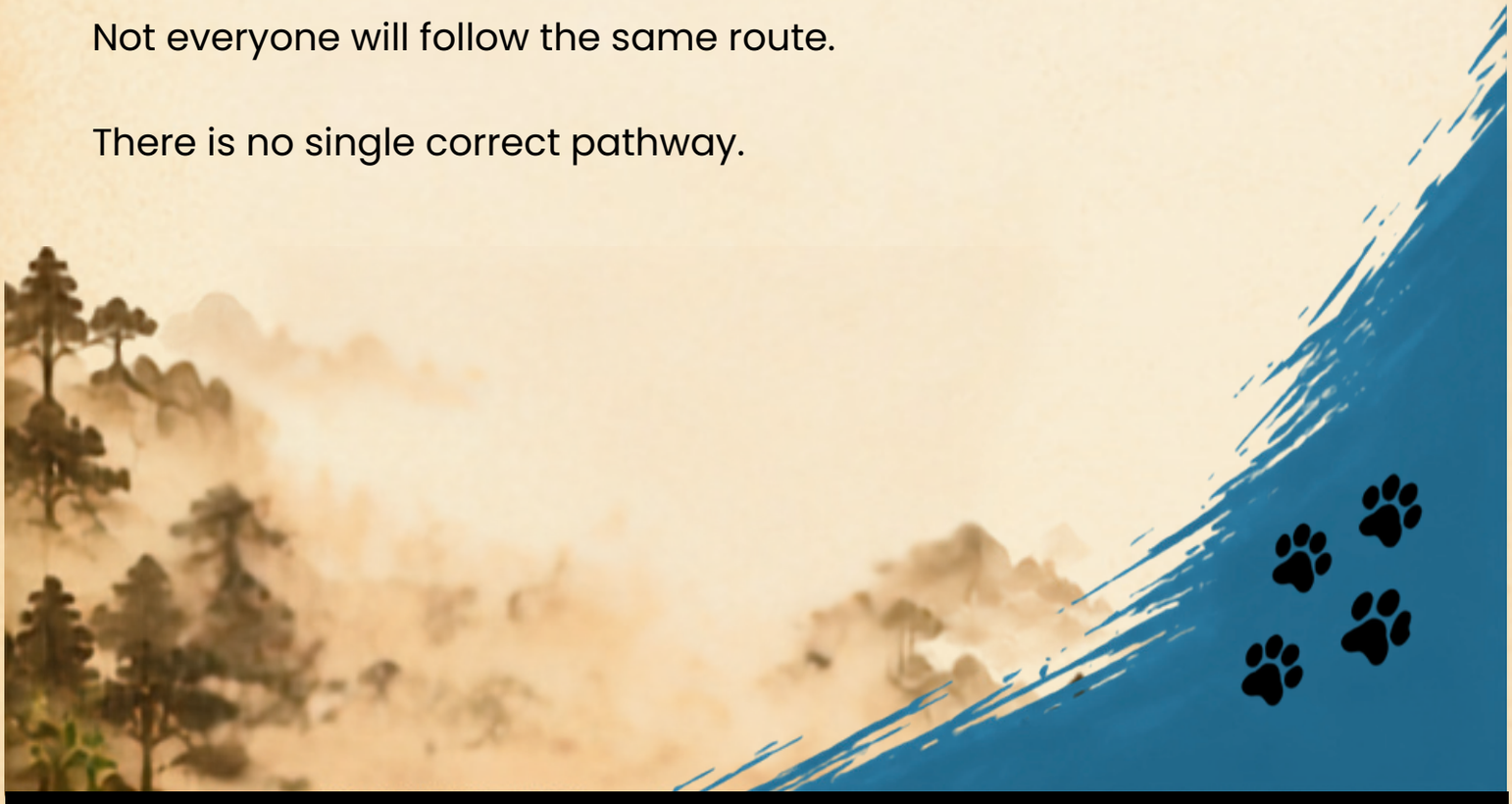
CHAPTER 10
YOUR NEXT STEPS

Every journey develops over time. As you train, you will build new skills, face new challenges and discover more about what you are capable of.

Your progress may include:
learning new martial arts skills
developing greater confidence
becoming more independent
completing Quests and challenges
achieving new belts
trying other TBBF programmes
helping and encouraging others
exploring qualifications or leadership opportunities

Not everyone will follow the same route.

There is no single correct pathway.





CHAPTER 10
CONTINUED

Your Journey Can Grow With You

Your needs may change. Your confidence may grow. Things that once felt difficult may become easier. New challenges may appear. Your TBBF journey can develop with you.

Remember to recognise the progress you have already made: every skill learned, every challenge faced, every time you tried again, every moment you became a little more confident, capable or independent.

This Is Not the End

The pages that follow contain the rotating curriculum that helps guide your training and technical development.

But your journey is much bigger than a syllabus. It is about the skills you learn, the qualities you develop and how you use them in everyday life.

Your pathway may be different from somebody else's. That does not make it any less important.

Your journey. Your pace. Your future.

ROTATING CURRICULUM

ROTATION 1

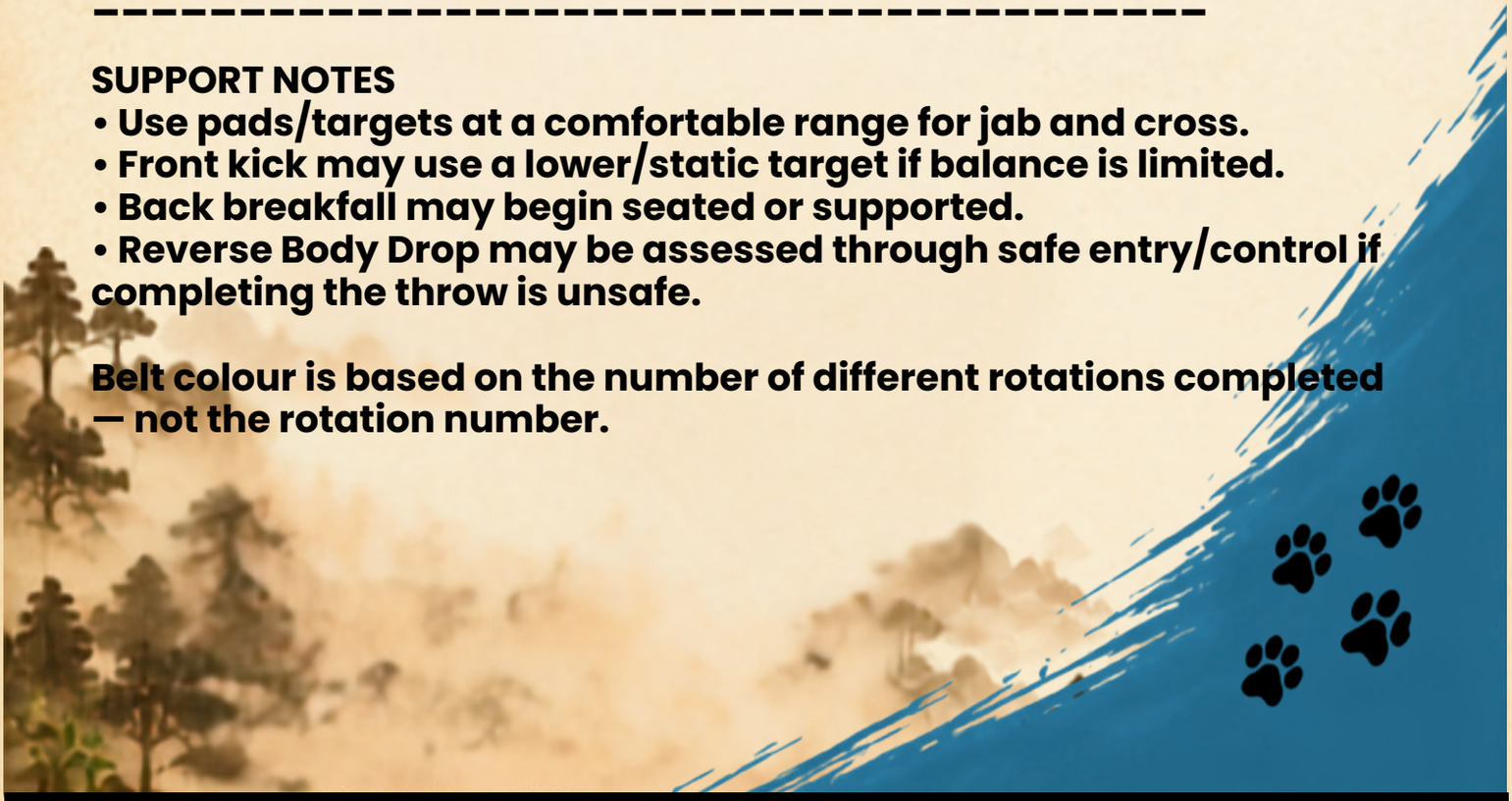
Any rotation can be your starting point.

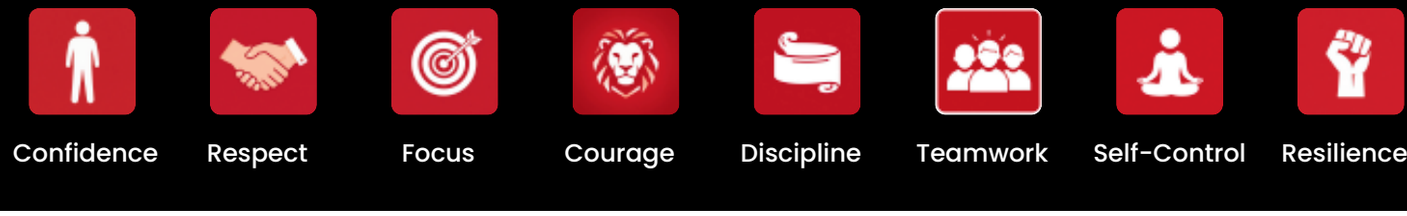
ASSESSMENT
- **360° Blocks**
- **Jab**
- **Cross**
- **Front Kick**
- **Front Strangle Escape**
- **Back Breakfall**
- **Safe Recovery from Ground**
- **Reverse Body Drop**
- **Kempi Empi 1**

KEMPI EMPI 1 — HOME PRACTICE
Physical sequence: *Outside block, wrap around to arm lock, gripping larynx, twisting it horizontally and pushing towrds ear.*

SUPPORT NOTES
- **Use pads/targets at a comfortable range for jab and cross.**
- **Front kick may use a lower/static target if balance is limited.**
- **Back breakfall may begin seated or supported.**
- **Reverse Body Drop may be assessed through safe entry/control if completing the throw is unsafe.**

Belt colour is based on the number of different rotations completed — not the rotation number.





ROTATING CURRICULUM

ROTATION 2

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Palm Heel**
- **Elbow Strike**
- **Groin Kick**
- **Wrist Grab Escape**
- **Side Breakfall**
- **Ground Protection & Movement**
- **Inside Hock**
- **Kempi Empi 2**

KEMPI EMPI 2 — HOME PRACTICE
Physical sequence: *Outside block, strike to strnum, follow through, rising elbow strike to chin.*

SUPPORT NOTES
- **Palm heel/elbow can be practised on pads with reduced contact or range.**
- **Groin kick may use a low target or knee action if balance is challenging.**
- **Wrist escape prioritises movement toward the weak part of the grip, not strength.**
- **Inside Hock may substitute with Reverse Body Drop where leg control or balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 3

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Hook**
- **Knee Strike**
- **Push Kick**
- **Rear Strangle Escape**
- **Front Breakfall**
- **Kicks from Ground**
- **Outside Hock**
- **Kempi Empi 3**

KEMPI EMPI 3 — HOME PRACTICE
Physical sequence: *From a straight punch, palm block whilst moving 45* and double palm heal strike to kidneys.*

SUPPORT NOTES
- **Hook and knee strike can use large pads and clear targets.**
- **Push kick may be supported or replaced with front kick if balance requires.**
- **Rear strangle uses minimal pressure and clear release signals.**
- **Outside Hock may substitute with Reverse Body Drop where balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 4

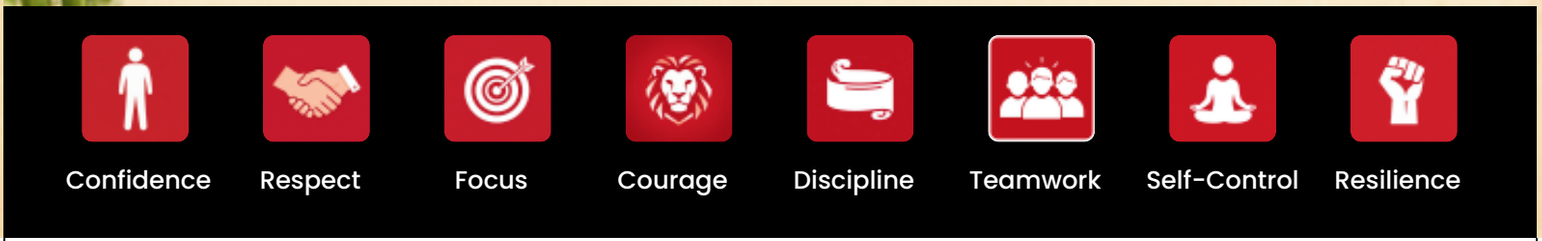
Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Hammer Fist**
- **Jab / Cross**
- **Front Kick**
- **Clothing Grab Escape**
- **Ground Defence**
- **Safe Recovery to Standing**
- **Reverse Body Drop**
- **Kempi Empi 4**

KEMPI EMPI 4 — HOME PRACTICE
Physical sequence: *Step in double block, elbow strike & backfist.*

SUPPORT NOTES
- **Clothing grabs can start predictable before adding variation.**
- **Hammer fist can replace a closed-fist strike where hand/wrist formation is difficult.**
- **Ground defence may be practised seated or supported if lying flat is difficult.**
- **Reverse Body Drop may be assessed through safe entry/control if completing the throw is unsafe.**

Belt colour is based on different rotations completed — not the rotation number.



ROTATING CURRICULUM

ROTATION 5

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Knife-hand Strike (open hand)**
- **Palm Heel**
- **Side Kick**
- **Side Strangle Escape**
- **Back Breakfall**
- **Kicks from Ground**
- **Inside Hock**
- **Kempi Empi 5**

KEMPI EMPI 5 — HOME PRACTICE
Physical sequence: *Double block, head butt & take down.*

SUPPORT NOTES
- **Knife-hand strike may be replaced by palm heel if hand positioning is difficult.**
- **Side kick may be low/supported or replaced by push kick.**
- **Side-strangle practice uses light pressure and immediate release.**
- **Inside Hock may substitute with Reverse Body Drop where balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 6

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Cross**
- **Hammer Fist**
- **Knee Strike**
- **Rear Shoulder Grab Escape**
- **Side Breakfall**
- **Ground Protection & Safe Recovery**
- **Outside Hock**
- **Kempi Empi 6**

KEMPI EMPI 6 — HOME PRACTICE
Physical sequence: *Double block, elbow strike & knee take down.*

SUPPORT NOTES
- **Shoulder grab can begin from a known side before variation.**
- **Knee strike may be practised on a pad while holding support.**
- **Side breakfall may begin seated or kneeling.**
- **Outside Hock may substitute with Reverse Body Drop where balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 7

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Jab**
- **Palm Heel**
- **Push Kick**
- **Bearhug Escape**
- **Ground Defence & Recovery**
- **Reverse Body Drop**
- **Kempi Empi 7**
- **Knife Threat — RUN / HIDE**

KEMPI EMPI 7 — HOME PRACTICE
Physical sequence: *From a grab & punch, block, palm heal strike, elbow & back fist.*

SUPPORT NOTES
- **Knife threat assessment is RUN / HIDE only — no disarm required.**
- **Bearhug pressure/position is adapted to sensory tolerance and mobility.**
- **Push kick may be replaced with front kick if balance requires.**
- **Reverse Body Drop may be assessed through safe entry/control if completing the throw is unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 8

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Cross**
- **Elbow Strike**
- **Front Kick**
- **Front Strangle Escape**
- **Front Breakfall**
- **Defence Against Kick While Getting Up**
- **Inside Hock**
- **Kempi Empi 8**

KEMPI EMPI 8 — HOME PRACTICE
Physical sequence: *Block, eagle claw, strike to neck, knee to stomach.*

SUPPORT NOTES
- **Strangle practice uses minimal pressure; assess movement, not pressure tolerance.**
- **Front breakfall may begin from kneeling or with support.**
- **Kick-while-getting-up uses controlled feeds/pads; prioritise protection and recovery.**
- **Inside Hock may substitute with Reverse Body Drop where balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.

ROTATING CURRICULUM

ROTATION 9

Any rotation can be your starting point.

ASSESSMENT
- **360° Blocks**
- **Jab / Cross / Hook**
- **Hammer Fist**
- **Groin Kick**
- **Wrist / Clothing Grab Escape**
- **Rolling Breakfall**
- **Ground Defence**
- **Outside Hock**
- **Kempi Empi 9**

KEMPI EMPI 9 — HOME PRACTICE
Physical sequence: *Evade, roll around, elbow to kidneys, backfist to head.*

SUPPORT NOTES
- **Combination striking assesses linking movements, not speed or power.**
- **Wrist or clothing grab can be selected to suit the student.**
- **Rolling breakfall may substitute with back/side breakfall where needed.**
- **Outside Hock may substitute with Reverse Body Drop where balance makes it unsafe.**

Belt colour is based on different rotations completed — not the rotation number.