

Level 1 - Yellow Belt Curriculum

Stance

- Neutral Stance
- Fighting Stance

Movement

- Forward, Back, Left, Right
- Shadow Boxing
- Movement while on the ground

Punches

- Straight Punch
- Straight Punch - Left/Right Combination
- Palm Heel Strike
- Eye Strike/Throat Strike
- Straight Punch with Advance
- Straight Punch with Retreat
- Straight Punch Low
- Hammer fist Strikes (all directions)
- Elbows (1-7)

Kicks

- Front Kick - to Groin
- Front Kick - Vertical target
- Round Kick - Horizontal

Knees

- Knee with Grab Around Neck - Straight Forward
- Knees with Grab at Shoulder and Arm
 - Straight Forward
 - Round
- All Knees without Grab

Punch/Kick Combinations

- Front Kick to Groin & Hammer fist Punch Down
- Front Kick to Groin and Straight Punch

Punch Defenses

- 360° Outside Defenses - positions
- 360° Outside Defenses - moving attacks
- Inside Defenses against Straight Punches
- Inside Defenses against Low Straight Punches
- Inside & 360° Defenses against Punches

Choke Defenses

- Choke from the Front (1 hand pluck)
- Choke from the Front (2 hand pluck)
- Choke from Behind - with counters
- Choke from the Side
- Choke from the Front with a Push
- Choke from Behind with a Push

Headlock Defenses

- Headlock from the Side

Soft Techniques

- Wrist Release - Same Side Hand (elbow to elbow)
- Wrist Release - Opposite Hand (hitch-hike out)
- Wrist Release - 2 Hands Held High
- Wrist Release - 2 Hands Held Down
- Wrist Release - Being held with 2 hands

Groundwork

- Side Position
 - Movement
 - Front Kick
 - Side Kick
 - Round Kick
 - Getting Up
- Back Position
 - Movement
 - Front Kick
 - Round Kick
 - Getting Up
- Sitting Up
 - Movement
 - Kick with Bottom Leg
 - Getting Up

Level 2 - Orange Belt Curriculum

Movement

- Bobbing and Weaving
- Slipping Punches
- Shadow Boxing (punches, elbows, kicks, knees)

Punches

- Hook Punch
- Uppercut Punch
- Focus Mitt Combinations
 - o Lt/rt combination – lt hook – rt uppercut
 - o Rt uppercut - lt hook – rt cross
 - o Rt uppercut – lt hook – rt elbow
 - o Lt straight – rt elbow
 - o Lt/rt combination – bob – rt cross
 - o Lt/rt combination – bob – rt elbow

Kicks

- Defensive Front Kick in Place
- Defensive Front Kick vs. Attacker Approaching (timing)
- Side Kick
- Side Kick with Advance
- Back Kick
- Back Kick with Advance
- Short Uppercut Back Kick
- Advancing Front Kick (fighting and neutral stance)
- Diagonal Downward Round Kick
- Kick Combinations
 - o Front, Round, Side, and Back Across Room
 - o Lt Front Kick – Rt Round Kick
 - o Rt Front Kick – Step – Rt Round Kick

Punch/Kick Combinations

- Side Kick with Hammerfist Punch
- Back Kick with Hammerfist Punch

Punch Defenses

- Inside Defense with Counter vs. Left Punch
- Inside Defense with Counter vs. Left Punch Using Left Hand
- Inside Defense with Counter vs. Right Punch (2 counters)
- Inside Defense with Counter vs. Right Punch (1 counter)
- Defense vs. Hook Punch (extended)
- Defense vs. Hook Punch (covering)
- Defense vs. Uppercut Punch
- 360° Defenses with Counterattacks

Kick Defenses

- Outside Stabbing Defense vs. Front Kick
- Plucking Defense vs. Low/Medium Front Kick
- Reflexive Defense vs. Front Kick to Groin
- Inside Defense vs. High Front Kick
- Defense Against Front Kick – Stop Kick
- Defense vs. Low Round Kick (using shin)
- Defense vs. Low Round Kick (absorbing)
- Defense vs. Front Kick (redirect)

Fall breaks

- Fall break – back
- Fall break - side

Choke Defenses

- Choke from the Front Against the Wall
- Choke from Behind Against the Wall
- Choke from Behind with a Pull
- Headlock From Behind – bar arm & carotid

Bearhugs

- Bearhug From the Front with Arms Free (space & NO space)
- Bearhug From the Front with Arms Caught (space & NO space)
- Bearhug From Behind with Arms Free (space)
- Bearhug From Behind with Arms Caught (space)
- Bearhug From Behind with Arms Caught (no space)

Groundwork

- Mounted, Defense vs. Punches (buck hips)
- Mounted, Trap and Roll
- Mount – Bottom Position
 - Elbow Escape
 - Elbow Escape – if opponent is sitting back
- Mount – Top Position
 - Maintaining the Mount
 - Striking
 - Trap Opponent's Arms to Chest/ Pop Up and Out
- Guard – Top Position and Striking
- Headlock or Close Choke while Mounted
- Escape the Guard (Stacking)
- Escape the Guard (Ankle Lock)
- Kick off from Guard
- Choke while attacker is in Guard
- Guard Escape (Arm Bar, Ankle Lock, Stacking)
- Clearing / Stripping Foot
 - In Place
 - Spinning Outward
 - Spinning Inward

Wrist Releases

- 2 attackers – each pulling defender's arms to side
- 3 attackers – 2 pulling defender's arm to side and 1 approaching

Level 3 – Green Belt Curriculum

Head-butt

- Head-butt Forward
- Head-butt Upward
- Head-butt to the Side (bearhug context)
- Head-butt to the Back (bearhug context)

Kicks

- Defensive Back Kick with a Spin
- Offensive Back Kick
- Offensive Back Kick with a Spin
- Heel Kick
- Inside Slap Kick
- Outside Slap Kick
- Inward Angle Knee

Punch Defenses

- Inside Defense vs. Left/Right
- Inside Defense vs. Left/Right (lean back & trap)
- Inside Defense vs. Left/Right (using forward hand)
- Overhead Punch in Defense vs. Right Cross
- Outside Defenses (1-5)
 - Palm to Self / Thumb Out
 - Thumb to Self
 - Ducking Under Punch / Roll Punch Over Head
 - Stabbing
 - Defense against Straight Punch from the Side

Kick Defenses

- Kick Defense vs. High Round Kick (reflexive)
- Kick Defense vs. High Round Kick (fighting stance – 2 contact points)
- Kick Defense vs. High Round Kick (fighting stance – 3 contact points)
- Kick Defense vs. High Round Kick (360° defense #3)
- Kick Defense vs. High Round Kick (360° defense #4)

Fall Breaks / Rolls

- High Fall Break (back, side)
- Forward Roll (regular)
- Forward Roll/Back Fall Break
- Side Roll
- Side Roll/Fall Break

Headlocks

- Reverse Headlock (standing)

Hairgrabs

- Hairgrab from the Front in Place
- Hairgrab from the Front with Impending Knee
- Hairgrab from the Side with Impending Knee
- Hairgrab from Behind or Opposite Side

Bearhugs

- Bearhug From Behind (leverage on finger)
- Bearhug From Behind (lifting)
- Bearhug From the Front (lifting)

Groundwork

- Choke from the Side – Take Down
- Choke from the Side – Kick to Face
- Headlock from the Side (basic position)
- Headlock from the Side (weight forward, leg wrap)
- Headlock from the Side (weight forward, with space)
- Headlock from the Side (weight back: shoulder pull or leg sweep)
- Headlock from Behind
- Arm Bar from the Guard
- Sit Up and Sweep (reversal from the Guard)
- Side Mount – Top Position
 - Basic Position
 - Strikes
 - Arm Lock
 - Transition to full Mount
 - Disengage Knee to Belly
- Bottom Position
 - Basic Position
 - Elbow Escape
 - Reversal (check opponents base and balance and buck to reverse)

Gun (Not on Test)

- Gun from the Front
- Gun from the Side of the Head

Stick (Not on Test)

- Overhead Swing

Level 4 – Blue Belt Curriculum

Punches

- Chops, Inside and Outside
- Ridge Hand/Mouth of Hand Punches
- Swing Out Hammer Fist – Element of Surprise

Kicks

- Axe Kick
- Outside Slap Kick with a Spin
- Heel Kick with a Spin
- Sweep – Leg sweep with Round Knee

Kick Defenses

- General Defense vs. Medium to High Kick Attacks
- Sliding Defense vs. High Round Kick
- Defense vs. High Side Kick
- Defense vs. Low Side Kick
- Defense vs. Low to Medium Side Kick (Plucking)
- Defense vs. Side Kick (sideways to the attacker)
- Sliding Defense vs. Spinning Heel Kick
- Kicking Defense vs. Spinning Heel Kick

Fall Breaks / Rolls

- Forward Roll (diving)
- Forward Roll / Backward Roll

Sweeps

- Sweep – Forward Kick
- Sweep – Heel Kick

Headlocks

- Guillotine from the Guard – Attack
- Guillotine from the Guard – Defense
- Headlock from Behind - Attack

Stick Defenses

- Stick, Overhead Swing
- Stick, Overhead Swing – off angle/dead side (1 step)
- Stick, Overhead Swing – off angle/dead side (2 steps)
- Stick Defense, Baseball Bat Swing
- Stick Defense, Backhand Baseball Bat Swing

Knife Defenses

- Kick Defense vs. Downward Stab
- Kick Defense vs. Straight Stab
- Kick Defense vs. Straight Stab (attacker sideways)
- Kick Defense vs. Straight Stab (bail out)
- Kick Defense vs. Upward Stab

- Hand Defenses (general 360 and Inside Defenses)

Handgun Defenses

- Gun from the Front
- Gun from the Side of the Head
- Gun from the Side, in Front of the Arm (touching)
- Gun from the Front, Pushing into the Stomach
- Gun from the Side, Behind the Arm
- Gun from Behind (touching)

Cavaliers

- Cavalier #1
- Cavalier #2
- Cavalier #3
- Cavalier #4

Groundwork

- Attacker Straddling, Pinning Wrists
- Triangle Choke
- Headlock from Behind – rear naked choke
- Guard Pull in and choke vs. Punch (Arm Trainble)

Level 5 – Brown Belt Curriculum

Punches

- Left Jab – Overhead right punch in combination

Kicks

- Front Kick/Round Kick with switching move
- Two front kicks with a switch
- Outside slap kick and front kick with a switch
- Two straight knees with a switch
- Two back kicks with a switch

Kick Defenses

- Defense against back kicks

Throws / Holds

- “Machine-Gun Take-Down”
- One arm shoulder throw
- Hip roll
- Face to face with partner-falling back-one foot at their waist and throw over your head.

Headlock Defenses

- Throwing defenses against headlock from behind (attacker jumping on defender)
- Defense against headlock while being spun inwards
- Defense against side headlock with pressure lifting chin and weight being put down on neck

Full Nelson Defenses

- Release using leverage on fingers
- Release using throw/flip forward
- Release using sweep

Defending Against an Assailant Armed with an Edged Weapon

- Hand defense against a straight stab – dead side
- Hand defense against straight stab - live side
- Hand defense against upward stab – dead side
- Hand defense against upward stab – live side
- Reflexive defenses against straight, upward, and regular stabs
- Hand defenses against various slashing attacks
- Kick defenses against slashing attacks

Defending Against an Assailant Armed with a Blunt Object

- Defending long stick or bayonet in stabbing attack – dead side
- Defending long stick or bayonet in stabbing attack – live side

Defending Against an Assailant Armed with a Handgun

- Defending against threat from the rear at a distance
- Basic defenses – front, side, rear – when gun is held off-center and/or with two hands

Advanced – 1st Degree Black Belt Curriculum

General Movement and Training

- Fast fighting drills including protective gear
- Fast fighting drills without protective gear
- Slow fighting to see and identify actions
- Test in fighting: two rounds
- Exercise all techniques from an opposite outlet stance
- Fighting games against four partners

Punches

- Grabbing and pulling target by clothing, skin, hair, etc. and striking with punches and / or elbows
- Changing or altering the striking surface of the hand to create a more potent punch or strike

Elbows

- Elbows against multiple assailants at close range – (anti-group elbow) bursting through – train with tree or more people

Kicks

- Jumping front kick – 1) downward kick, 2) scissors kick
- Jumping round kick – 1) downward kick, 2) scissors kick
- Jumping sidekick – 1) downward kick, 2) scissors kick
- Jumping / spinning defensive back kick with back leg
- Jumping front kick and round kick combo
- Jumping front kick twice in a row

Punch / Kick Combinations

- Bursting forward with a defensive front kick and double straight punches
- Punching to one direction and kick combination to another direction
- Single jumping front kick and while in air, grab opponent with one hand and hammer fist / strike with other hand