

YELLOW BELT CURRICULUM

Stances/Movement

- A. Fighting Stance
- B. Neutral Stance
- C. Movement: Forward, Back, Left, Right
- D. Shelling with Movement #1-#6
 - 1. Left Foot Forward
 - 2. Right Foot Forward
 - 3. Left Foot Back
 - 4. Right Foot Back
 - 5. Left Foot to the Side
 - 6. Right Foot to the Side
- E. Shadow Boxing

Hand Techniques/Combatives

- B. Jab
- C. Cross
- D. Straight Punch with Advance or Retreat
- E. Punch Combos #1-#4 (Straight Punch Series)
 - 1. Jab
 - 2. Jab/Cross
 - 3. Jab/Cross/Jab
 - 4. Jab/Cross/Jab/Cross
- F. Palm Strikes
- G. Preemptive Strikes #1-#5
 - 1. Palm Strike to Head
 - 2. Eye Strike
 - 3. Spear to Throat
 - 4. Throat Grab
 - 5. Front Kick to the Groin
- H. Hammerfist Strikes #1-#3
 - 1. Forward
 - 2. Side
 - 3. Behind
- I. Elbows #1-#3
 - 1. Forward
 - 2. Side
 - 3. Behind

Leg Techniques/Combatives

- A. Front Kick to the Groin
- B. Front Kick Vertical Target Ball of Foot
- C. Side Kick
 - i. From Neutral Stance
 - ii. From Fighting Stance

- D. **Back Kick**
 - i. **From Neutral Stance**
 - ii. **From Fighting Stance**
- E. **Knee**
- F. **Knee (Angled)**
- G. **Stomp Kick**
- H. **Mule Kick**
- I. **Standing Kicks (FL)**
 - i. **Front Kick to the Groin**
 - ii. **Front Kick Vertical Target Ball of Foot**
 - iii. **Side Kick**
 - iv. **Back Kick**
 - v. **Hand Defenses**
- A. **360° Outside Defenses #1-#6**
 - 1. **Top of Box**
 - 2. **Roof**
 - 3. **Field Goal**
 - 4. **Upside Down Field Goal**
 - 5. **Upside Down Roof**
 - 6. **Bottom of Box**
- B. **Shelling**
- C. **Defense vs. Straight Punches: Inside Defenses #1-#3**
 - 1. **Against Jab**
 - 2. **Against Cross**
 - 3. **Against Jab-Cross**

Self Defense-Stand Up

- A. **Choke from the Front with or without Driving**
- B. **Choke from Behind with or without Driving**
- C. **Choke from the Side with or without Driving**
- D. **Bearhug From the Front Arms Caught**
- E. **Bearhug From Behind Arms Caught**
- F. **Bearhug From the Side Arms Caught**
- G. **Grabs/Pulls (Wrist/Hair/Clothing/Body)**
 - i. **Cap and Strike**
 - ii. **Impending Knee**
- H. **Wrist Releases**
 - i. **Same Side**
 - ii. **Cross Grab**
 - iii. **Two-Handed**
 - iv. **From Behind (Single and Double)**

Groundwork

- A. **Ground Fighting Position**
- B. **Movement on Ground**
- C. **Combatives**
 - i. **Front Kick from Ground**

- ii. Side Kick from Ground
- D. Ground Positions
 - i. Mount
 - ii. Guard
 - iii. Side Control
- E. Attacks from Ground Positions
 - i. Attacks from Mount
 - ii. Attacks from Guard
 - iii. Attacks from Side Control
- F. Hip Escape/Shrimping
- G. Getting Up from Ground
- H. Forward Fall Break
- I. Backward Fall Break
- J. Buck & Roll

Self Defense—Ground

- A. Take Down Defense (Sprawl)
- B. Kick Off from Guard
- C. Choke While Mounted
- D. Defense from Mount
- E. Defense from Guard
- F. Defense from Side Control

ORANGE BELT CURRICULUM

Movement

- A. Bobbing and Weaving
- B. Slipping Punches
- C. Hand Techniques/Combatives
- A. Punch Combos #5-#6 (Bob and Weave Series)
 - 5. Jab/Cross/Bob-Weave/Cross
 - 6. Jab/Cross/Bob-Weave/Cross/Jab
- B. Hook Punch
- C. Uppercut Punch
- D. Thai Combos #1-#4 without Kicks
 - 1. Jab
 - 2. Jab/Cross
 - 3. Jab/Cross/Hook
 - 4. Jab/Cross/Hook/Uppercut
- E. Hammerfist Strikes #4-#7
 - 4. Behind Low
 - 5. Mouth of Hand
 - 6. Across and Back
 - 7. Downward
- F. Elbows #4-#7
 - 4. Behind Low
 - 5. Behind High
 - 6. Uppercut
 - 7. Downward
- G. Fish Hooking
- H. Low Punch
- I. Punch with Gun Barrel

Leg Techniques/Combatives

- A. Front Kick Vertical Target Stomping
- B. Round Kick
 - a. Advancing Front Kick to the Groin from Neutral Stance
- C. All Advancing Kicks (BL)
 - i. Front Kick to the Groin
 - ii. Front Kick Vertical Target Ball of Foot
 - iii. Side Kick
 - iv. Back Kick
 - v. Round Kick
- D. Kick Combinations (1. Standing + 2. Advancing)
 - i. Front Kick to the Groin
 - ii. Front Kick Vertical Target Ball of Foot
 - iii. Side Kick
 - iv. Back Kick
 - v. Round Kick

Hand Defenses

- A. 360° Outside Defenses with Counter
- B. Defense vs. Hook Punch
 - i. Extended
 - ii. Covering
- C. Defense vs. Hook Punch to Body (Crunch/Body Block)
- D. Defense vs. Uppercut Punch
- E. Defense vs. Straight Punches: Using Forward Hand #4-#6
 - 4. Against Jab
 - 5. Against Cross
 - 6. Against Jab/Cross
- F. Defense vs. Straight Punches: Inside Defense with Counter #7-#9
 - 7. Against Jab
 - 8. Against Cross
 - 9. Against Jab/Cross

Kick Defenses

- A. Defense vs. High Front Kick to the Body or Head (Reflexive)
- B. Defense vs. Low Round Kick (Shin/Absorb/Body Defense)
- C. Defense vs. Front Kick to the Groin

Self Defense - Stand Up

- A. Choke from the Front 1 Handed Pluck
- B. Choke from the Side 1 Handed Pluck
- C. Choke from Behind with Pull
- D. Choke from the Front Against Wall
- E. Choke from Behind Against Wall
- F. Bearhug from the Front Arms Free
- G. Bearhug from Behind Arms Free
- H. Bearhug from the Side Arms Free
- I. Headlock from the Side

Weapons Defense—Gun

- A. Gun from the Front (2 Hand Cupping)
- B. Weapons Defense-Knife
- A. Underhand & Overhand Stab (360° with Counter/Front Kick to the Groin/Escape)
- B. Kick Defense vs. Attacker with Knife at a Distance
 - i. Overhand and Underhand
 - ii. Bailout Using Side-Step
 - a. Dead Side (Side Kick)
 - b. Live Side (Switch Kick)

Groundwork

- A. Combatives
 - i. Round Kick from Ground

- ii. Back Kick from Ground
- iii. Axe Kick from Ground
- B. Side Fall Break
- C. Getting Up from Mount
- D. Escape from Mount (Elbow Escape)
- E. Escape from Guard
 - i. Elbow
 - ii. Knee to Tailbone
 - iii. Belt
- F. Knee Ride

Self Defense—Ground

- A. Choke from the Guard (Kick Off from Guard)
- B. Punches while Mounted/Buck and Roll
- C. Stripping the Foot with an Axe Kick
- D. Wrists Pinned from Mount

Gymnastics

- A. Forward Roll
- B. Backward Roll
- C. Dive Roll

GREEN BELT CURRICULUM

Hand Techniques/Combatives

- A. **Hand Combos #7-#9 (Hook and Uppercut Series):**
 - 7. **Jab/Cross/Front Hook**
 - 8. **Jab/Cross/Front Hook/Rear Hook**
 - 9. **Jab/Cross/Front Hook/Rear Uppercut**
- B. **Headbutt**
- C. **Overhand Punch**
- D. **Web Hand**
- E. **Thai Combinations with Kicks #1-#4**
 - 1. **Jab + Rear Leg Round Kick**
 - 2. **Jab/Cross + Front Leg Round Kick**
 - 3. **Jab/Cross/Hook + Rear Leg Round Kick**
 - 4. **Jab/Cross/Hook/Uppercut + Front Leg Round Kick**
- F. **Side Hammerfist with Gun Barrel**
- G. **Arm Drag/Come along**

Leg Techniques/Combatives

- A. **Advancing Back Kick (BL)**
- B. **Inside Crescent Kick**
 - i. **Standing (FL)**
 - ii. **Advancing (BL)**
- C. **Outside Crescent Kick**
 - i. **Standing (FL)**
 - ii. **Advancing (BL)**
- D. **Heel Kick (FL)**
- E. **All Sliding Kicks (FL)**
 - i. **Front Kick to the Groin**
 - ii. **Front Kick Vertical Target Ball of Foot**
 - iii. **Side Kick (Slide Behind)**
 - iv. **Back Kick**
 - v. **Round Kick (Slide in Front)**
- E. **Kick Combinations (1. Standing + 2. Advancing + 3. Sliding)**
 - i. **Front Kick to the Groin**
 - ii. **Front Kick Vertical Target Ball of Foot**
 - iii. **Side Kick**
 - iv. **Back Kick**
 - v. **Round Kick**

Hand Defenses

- A. **Defense vs. Straight Punches: Using Forward Hand with Counter #10-#12**
 - 10. **Against Jab**
 - 11. **Against Cross**
 - 12. **Against Jab/Cross**
- B. **Overhand Punch in Defense vs. Right Cross**

C. Spear

Leg Defenses

- A. General Defense**
- B. Reflexive Defense vs. Medium/High Round Kick**
- C. Defense vs. Vertical Front Kick or Side Kick**
 - i. Side Step Counter**
 - ii. Plucking**

Joint Locks/Chokes

- A. Headlock From the Front (Guillotine) (Standing)**
- B. Rear Naked Choke (Standing)**

Self Defense-Standing

- A. Headlock From the Front (Guillotine)**
- B. Headlock From Behind**
- C. Rear Naked Choke**
- D. Bearhug from the Front Lifting**
- E. Bearhug from Behind Lifting**

Weapons Defense—Gun

- A. Gun to Side of Head**
- B. Gun from Behind to Body**
 - i. Live Side**
 - ii. Dead Side**
- C. Gun Behind the Arm**
 - i. Live Side**
 - ii. Dead Side**

Weapons Defense—Knife

- A. Underhand Stab**
- B. Overhand Stab**
- C. Brandishing**
- D. Threat from Behind**

Groundwork

- A. Escape from Side Control**
- B. Passing the Guard**
 - i. Knee Pass**
 - ii. Single Leg Guard Pass**
- C. Scissor Sweep**
- D. Sit Up and Sweep**
- E. Arm Bar from Mount**
- F. Figure Four from Mount**
- G. Figure Four from Guard**

Self Defense-Ground

- A. Choke from the Side**
 - i. Arm Bar**
 - ii. Kick to Face**
- B. Headlock from the Mount**
- C. Punches from Guard**
- D. Headlock from the Side**
 - i. Weight Forward**
 - ii. Weight Back**

Gymnastics

- A. High Dive Roll**
- B. Forward Roll to Backward Fall Break**

BLUE BELT CURRICULUM

Movement

- A. Duck Under
- B. Clock Theory

Hand Techniques/Combatives

- A. Chop
 - i. Inside
 - ii. Outside
- B. Ridge Hand
- C. Hand Combos #10-#15 (Low Hook and Double Jab Series):
 - 10. Jab/Cross/Low Front Hook
 - 11. Jab/Cross/Low Front Hook/High Front Hook
 - 12. Jab/Cross/Low Front Hook/High Front Hook/Cross
 - 13. Jab/Jab/Cross
 - 14. Jab/Jab/Cross/Front Hook
 - 15. Jab/Jab/Cross/Front Hook/Cross

Leg Techniques/Combatives

- A. Jump Advancing Back Kick
- B. Spinning Outside Crescent Kick
- C. Spinning Heel Kick
- D. All Scissoring Kicks (FL)
 - i. Front Kick to the Groin
 - ii. Front Kick Vertical Target Ball of Foot
 - iii. Side Kick
 - iv. Back Kick
 - v. Round Kick
- E. All Jumping Kicks
 - i. Front Kick to the Groin (BL)
 - ii. Front Kick Vertical Target Ball of Foot (BL)
 - iii. Side Kick (FL)
 - iv. Back Kick (BL)
 - v. Round Kick (BL)
- F. Kick Combinations (1. Standing + 2. Advancing + 3. Sliding + 4. Scissoring + 5. Jumping)
 - i. Front Kick to the Groin
 - ii. Front Kick Vertical Target Ball of Foot
 - iii. Side Kick
 - iv. Back Kick
 - v. Round Kick
- G. Outside Crescent Kick Combination (Standing + Advancing + Spinning/Repeat with Other Leg)
- H. Inside Crescent Kick Combination (Standing + Advancing/Repeat with Other Leg)

- I. **Heel Kick Combination (Standing + Spinning/Switch Stance and Repeat with Other Leg)**

Hand Defenses

- A. **Block Check Counter**

Sweeps/Throws & Takedowns

- A. **Heel Sweep**
- B. **Front Leg Sweep**
- C. **Clothesline**

Leg Defenses

- A. **Defense vs. Advancing Back Kick & Spinning Heel Kick (Stop Kick or General Defense)**

Joint Locks/Chokes

- A. **Wrist Twist**
 - a. **Arm Bar #1-Offensive/Defensive**
 - a. **Arm Bar #2-Offensive/Defensive**
 - a. **Flow Drill**

(Overhand Punch + Spinning Hammerfist + Hook Punch + Straight Punch)

- B. **Head and Arm Choke**
- C. **Head Manipulation (Strike Eyes and Pop Head Up)**

Weapons Defense—Gun

- A. **Gun to Front of Head Touching**
- B. **Gun to Side in Front of Arm**
 - i. **Live Side**
 - ii. **Dead Side**
- C. **Gun Pushing into stomach**
 - i. **Live Side**
 - ii. **Dead Side**
- D. **Weapons Defense—Rifle**
 - A. **Rifle from Front**
 - i. **Live Side**
 - ii. **Dead Side**

Weapons Defense—Knife

- A. **Straight Stab**
- B. **Forward Slash**
- C. **Backhand Slash**
- D. **Threat to Throat**

Weapons Defense—Stick

- A. Overhead
 - i. Live Side
 - ii. Dead Side

Groundwork

- A. Guillotine
- B. Arm Bar from Guard
- C. Figure Four from Side Control
- D. Triangle Choke
- E. Ankle Lock/Heel Hook

Self Defense-Ground

- A. Headlock from Behind
- B. Guillotine from the Guard

Offensive Weapons—Stick

- A. Single Stick: Five Strikes
 - 1. Left Temple
 - 2. Right Temple
 - 3. Left Elbow
 - 4. Right Elbow
 - 5. Sternum
- B. All Blocks
 - i. Roof
 - ii. Umbrella
 - iii. Shield
 - iv. Low Wing
 - v. Drop Stick
- C. Single Stick: 2 Count
 - i. Heaven
 - ii. Standard
 - iii. Earth
- D. Double Sticks: 4 Count
 - i. Heaven
 - ii. Standard
 - iii. Earth

BROWN BELT CURRICULUM

Sweeps/Throws & Takedowns

- A. Hip Throw
- B. Shoulder Throw
- C. Step Behind Sweep

Joint Locks/Chokes

- A. Arm/Shoulder Lock
- B. Gooseneck
- C. Figure Four
- D. Flow Drill (3 Finishes)
- E. Head Manipulation to Takedown

Self Defense-Stand Up

- A. Headlock Being Spun Inward
- B. Full Nelson
 - i. Prevent
 - ii. Drop
 - iii. Break Finger
- C. Headlock from Behind with Throw

Weapons Defense—Gun

- A. Threat under Chin
- B. Threat with Other Hand Shoving
- C. Gun to Head while Mounted
- D. Gun to Body while Mounted
- E. Hostage from Behind
- F. Gun to Back of Head
- G. All Previous Threats

Weapons Defense—Rifle (Rip/Roll/Smack)

- A. Rifle from Side in Front of Arm
- B. Rifle from Side Behind the Arm
- C. Rifle from Behind
 - i. Live Side
 - ii. Dead Side

Weapons Defense—Knife

- A. Against Wall to Throat
- B. Against Wall from Behind
- C. Hostage from Behind
- D. Pushing into Stomach
- E. Stabbing from Mount

Weapons Defense—Stick/Miscellaneous

- A. Stick - Baseball Bat Swing
- B. Stick - Backhand Swing
- C. Stick - Low Swing
- D. Rope Defense
- E. Bayonet Stab

Groundwork

- A. Arm Bar from Mount Near Arm
- B. Arm Bar from Mount Far Arm
- C. Lapel Choke
- D. Knee Bar
- E. Escape from Arm Bar
- F. Escape from Triangle Choke

Self Defense-Ground

- A. Mounted Facedown

Offensive Weapons—Stick

- A. Single Stick: Box Pattern
- B. Stick vs. Punches (Straight and Hook Punches)
- C. Stick vs. Knife (Any Attack)

Offensive Weapons—Rifle

- A. Five Strikes
 1. Butt Strike (Upward)
 2. Muzzle Strike (Downward)
 3. Butt Strike (Across)
 4. Muzzle Strike (Across)
 5. Bayonet Stab

Gymnastics

- A. Dive Roll to Retrieve Weapon
- B. Roll to Attack