

# **BLUE BELT CURRICULUM**

## **I. Punches**

- A. Chops - Inside and Outside
- B. Ridge Hand / Mouth of Hand Punches
- C. Swingout Hammerfist - Element of Surprise

## **II. Kicks**

- A. Axe Kick
- B. Outside Slap Kick with a Spin
- C. Heel Kick with a Spin

## **Leg Sweeps**

- A. Sweep with forward Kick
- B. Sweep with Heel Kick
- C. Sweep - Leg Sweep with Round Kick

## **III. Kick Defenses**

- A. General Defense vs. Medium to High Attacks (round kick, heel kick, etc.)
- B. Sliding Defense vs. High Round Kick
- C. Defense vs. High Side Kick
- D. Defense vs. Low to Medium Side Kick (plucking)
- E. Defense vs. Side Kick (sideways to attacker)
- F. Sliding Defense vs. Spinning Heel Kick
- G. Kick Defense vs. Spinning Heel Kick

## **IV. Fall Breaks / Rolls**

- A. Forward Roll/Backward Roll

## **V. Stick Defenses**

- A. Overhead Swing
- B. Overhead Swing – off angle/dead side (1 step)
- C. Overhead Swing – off angle/dead side (2 steps)
- D. Baseball Bat Swing

## **VI. Knife Defenses**

- A. Kick Defense vs. Knife Attack from a Distance
- B. Kick Defense vs. Straight Stab (bail out)

(NOT ON TEST)

- A. Hand Defenses (general 360° & inside defenses)

## **Blue Belt Curriculum Continued....**

### **VI. Handgun Defenses**

- A. Gun from the Front
- B. Gun from the Side of the Head
- C. Gun from the Side - In Front of the Arm (touching)
- D. Gun from the Front - Pushing into Stomach
- E. Gun from the Side - Behind the Arm
- F. Gun from Behind (touching)

### **VII. Cavaliers**

- A. Cavalier #1
- B. Cavalier #2
- C. Cavalier #3
- D. Cavalier #4

### **VIII. Ground Fighting**

#### **From the Mount**

- A. Attacker Straddling - Pinning Wrists- Slide Arms
- B. Attacker Straddling - Pinning Wrists – Wrist Lock

#### **From the Guard**

- A. Pull in and Choke vs. Punch (Arm Triangle Choke)
- B. Triangle Choke ( with Legs)

#### **Headlocks**

- A. Guillotine from the Guard – Attack
- B. A Guillotine from the Guard – Defense
- C. Headlock from Behind – Attack
- D. Headlock from Behind – Defense