

GREEN BELT CURRICULUM

I. Head-butt

- A. Head-butt Forward
- B. Head-butt Upward
- C. Head-butt to the Side (bearhug context)
- D. Head-butt to the Back (bearhug context)

II. Kicks

- A. Defensive Back Kick with a Spin
- B. Offensive Back Kick
- C. Offensive Back Kick with a Spin
- D. Heel Kick
- E. Inside Slap Kick
- F. Outside Slap Kick
- G. Inward Angle Knee

III. Punch Defenses

- A. Inside Defense vs. Left/Right
- B. Inside Defense vs. Left/Right (lean back & trap)
- C. Inside Defense vs. Left/Right (using forward hand)
- D. Overhead Punch in Defense vs. Right Cross
- H. Outside Defenses (1-5)
 - 1. Palm to Self / Thumb Out
 - 2. Thumb to Self
 - 3. Ducking Under Punch / Roll Punch Over Head
 - 4. Stabbing
 - 5. Attack from side – Palm toward attacker/pinky out

IV. Kick Defenses

- A. Defense vs. High Round Kick (reflexive)
- B. Defense vs. High Round Kick
(fighting stance - 2 contact points)
- C. Defense vs. High Round Kick
(fighting stance - 3 contact points)
- D. Defense vs. High Round to Ribs(covering options)

V. Fall Breaks / Rolls

- A. High Fall Break (back, side)
- B. Forward Roll (regular)
- C. Forward Roll/Back Fall Break
- D. Side Roll
- E. Side Roll/Fall Break

Green Belt Curriculum Continued....

VII. Headlocks

- A. Reverse Headlock (standing)

VIII. Hairgrabs

- A. Hairgrab from the Front in Place
- B. Hairgrab from the Front with Impending Knee
- C. Hairgrab from the Side - with Impending Knee
- D. Hairgrab from Behind or Opposite Side

IX. Bearhugs

- A. Bearhug from Behind (leverage on finger)
- B. Bearhug from Behind (lifting)
- C. Bearhug from the Front (lifting)

X. Groundwork

From the Guard

- A. Arm Bar from the Guard
- B. Sit Up and Sweep (reversal from the Guard)
- C. Choke from the Side - Take Down
- D. Choke from the Side - Kick to Face
- E. Headlock from the Side (basic position)
- F. Headlock from the Side (weight forward, leg wrap)
- G. Headlock from the Side (weight forward, with space)
- H. Headlock from the Side (weight back:Sliding hips back)
- I. Guard Escape (stacking)

Side Mount -Top Position

- A. Basic Position
- B. Strikes
- C. Arm Lock
- D. Transition to full Mount
- C. Disengage Knee to Belly

Side Mount - Bottom Position

- A. Basic Position
- B. Elbow escape
- C. Reversal (check opponents base/balance, buck to reverse)