

ORANGE BELT CURRICULUM

I. Movement

- A. Bobbing and Weaving
- B. Slipping Punches
- C. Shadow Boxing (punches, elbows, kicks, knees)

II. Punches

- A. Hook Punch
- B. Uppercut Punch
- C. Focus Mitt Combinations
 - 1. Lt/rt combination - Lt hook - rt uppercut
 - 2. Rt uppercut - Lt hook - rt cross
 - 3. Rt uppercut - Lt hook - rt elbow
 - 4. Lt straight - rt elbow
 - 5. Lt/rt combination – bob - rt cross
 - 6. Lt/rt combination - bob - rt elbow

III. Kicks

- A. Defensive Front Kick in Place
- B. Defensive Front Kick vs. Attacker Approaching (timing)
- C. Side Kick
- D. Side Kick with Advance
- E. Back Kick
- F. Back Kick with Advance
- G. Short Uppercut Back Kick
- H. Advancing Front Kick (fighting and neutral stance)
- I. Diagonal Downward Round Kick
- J. Kick Combinations
 - 1. Front, Round, Side, and Back Across Room
 - 2. Lt Front Kick - Rt Round Kick
 - 3. Rt Front Kick - Step - Rt Round Kick

IV. Punch/Kick Combinations

- A. Side Kick with Hammerfist Punch
- B. Back Kick with Hammerfist Punch

Orange Belt Curriculum Continued...

V. Punch Defenses

- A. Inside Defense with Counter vs. Left Punch
- B. Inside Defense with Counter vs. Left Punch Using Left Hand
- C. Inside Defense with Counter vs. Right Punch (2 counters)
- D. Inside Defense with Counter vs. Right Punch (1 counter)
- E. Defense vs. Hook Punch (extended)
- F. Defense vs. Hook Punch (covering)
- G. Defense vs. Uppercut Punch
- H. 360° Defenses with Counterattacks

VI. Kick Defenses

- A. Reflexive Defense vs. Front Kick to Groin
- B. Outside Stabbing Defense vs. Front Kick
- C. Plucking Defense vs. Low/Medium Front Kick
- D. Defense vs. Front Kick to Groin –Stop Kick
- E. Defense vs. Front Kick (redirect)
- F. Inside Defense vs. High Front Kick
- G. Defense vs. Low Round Kick (using shin)
- H. Defense vs. Low Round Kick (absorbing)

VII. Fall breaks

- A. Fall break - back
- B. Fall break - side

VIII. Choke Defenses

- A. Choke From the Front Against the Wall
- B. Choke From Behind Against the Wall
- C. Choke From Behind with a Pull
- D. Headlock From Behind - bar arm
- E. Headlock From Behind - carotid

IX. Bearhugs

- A. Bearhug From the Front with Arms Free (space)
- B. Bearhug From the Front with Arms Free (no space)
- C. Bearhug From the Front with Arms Caught (space)
- D. Bearhug From the Front with Arms Caught (no space)
- E. Bearhug From Behind with Arms Free (space)
- F. Bearhug From Behind with Arms Caught (space)
- G. Bearhug From Behind with Arms Caught (no space)

Orange Belt Curriculum Continued...

X. Groundwork

The Mount – Bottom Position

- A. Mounted, Defense vs. Punches (buck hips)
- B. Mounted, Trap and Roll
- C. Choke while Mounted
- D. Headlock or Close Choke while Mounted
- E. Elbow Escape while Mounted
- F. Elbow Escape – If opponent is sitting back (using straight arms)

The Mount – Top Position

- A. Maintaining the Mount
- B. Striking
- C. Pop Up & Out- Pinning opponents arms to chest

The Guard – Top Position

- A. Stricking
- B. Stand up to Escape

The Guard – Bottom Position

- A. Kick Off From the Guard
- B. Clearing / Stripping Foot
 - 1. In Place
 - 2. Spinning Outward (Round Kick)
 - 3. Spinning Inward (Heel Kick)

XI. Wrist Releases

- A. 2 attackers – each pulling defender's arms to side
- B. 3 attackers – 2 pulling defender's arms to side and 2 approaching