

# **Orange Belt Curriculum**

NOTES:

# **Movement**

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

## **Punches**

- Hook Punch
- □ Uppercut Punch
- □ Overhand Right Punch
- □ Palm/ Heel Punches (Various Angles; Horizontal, Upward Vertical)

## **Focus Mitt Combination**

- Left /right straight / left hook / right uppercut
- □ Right uppercut / left hook / right cross
- □ Right uppercut / left hook / right elbow
- □ Left straight / right elbow
- □ Left/right straight / bob / right cross
- Left/right straight / bob / right elbow

#### Control Positions for Knee Strikes when opponent is Low

- □ Controlling arm Extending the head away
- Attackers arms cover / step pivot and strike
- Basic Sprawl (with partner drills only )

#### <u>Kicks</u>

- Defensive Front Kick
- □ Side Kick w/without advance
- □ Back Kick w/without advance
- Side/Back Kick -Turn into fight with appropriate weapon based on distance
- Uppercut Back Kick
- Advancing Front Kick (Fighting Stance & Neutral Stance)
- Front & Round Kicks / Forward Leg (in place, switch kick)
- □ Kick Combinations (Front/Round)
- □ Wrist Release vs. 2/3 Attackers (Training Drill)

#### Punch Defenses

- Hook Punch Defense, Extended & Covering
- □ Uppercut Defense
- □ Overhand Right Defense
- □ Inside Defense with Counter vs. Left Punch
- □ Inside Defense with 1 Counter vs. Right Punch
- □ Inside Defense with 2 Counters vs. Right Punch
- □ Inside Defense with Counter vs. Left Punch using Left hand(right vs. right)
- □ 360° Defense with Counters

#### Kick Defenses

- □ Front Kick Defense (Reflexive)
- □ Front Kick Defense (Outside Stabbing)
- Defense vs. Front Kick to Body (Inside Defense) (like low punch def.)
- Defense vs. Front Kick to Body Plucking/Stabbing motion
- Defense vs. High Front Kick
- Defense vs. Front Kick (Stop Kick) when early
- Defense vs. Front Kick to Groin (Redirect with shin)
- Defense vs. Low Round Kick (Shin)
- Defense vs. Low Round Kick (Absorbing to thigh)
- Defense vs. Knee Grab Whizzer/Cross Face



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Fall Breaks		NOTES
	Back Fall Break	NOTES:
	Side Fall Break	
Choke Defenses		
	Choke from Front Against the Wall	
	Choke from Behind Against the Wall	
	Choke from Behind with a Pull	
Bearhugs		
	Attack From the Front Arms Free	
_	<ul> <li>With and without Space</li> </ul>	
	<ul> <li>Leverage on Neck (head buried)</li> </ul>	
_	• Eye Gauge (head up)	
	Attack From the Front Arms Caught o With and without Space	
	Attack From Behind Arms Free	
—	• With Space	
	Attack From Behind Arms Caught	
	<ul> <li>With and without Space</li> </ul>	
Ground	work	
The Mo	unt – Bottom Position	
	Defense vs. Punches While Mounted (Bucking hips)	
	Trap & Roll While Mounted Bucking Hips Choke While Mounted	
	Headlock/Close Choke While Mounted	
	Choke from Behind While Mounted (defender on stomach)	
	Elbow Escape While Mounted (shrimping)	
	unt – Top Position	
	How to Maintain Top Position	
	How to Striking From the Mount	
	Popping Up From the Mount	
The Guard – Bottom Position		
	Kick off From Guard - No Space (control arm/ use heal of foot)	
	Kick off From Guard - Space (knee to chest)	
_	ard – Top Position	
	Guard, Top Position – Striking Guard, Top Position - Stand Up/Escape	
	Outrid, hop hostion - Otand Op/Escape	
Leg Pull from Ground		
	Stripping Hand with Axe Kick	
	Spinning in / out	