



Blue Belt Curriculum

Punches

- Swing-out Hammerfist - Element of Surprise

Kicks

- Axe Kick
- Spinning Slap Kick
- Heel Kick
- Spinning Heel Kick

Sweeps

- Sweep with Forward Kick
- Sweep with Heel Kick

Kick Defenses

- General Defense (as family of defenses)
- Sliding Defense vs. High Round Kick
- Sliding Defense vs. Spinning Heel Kick
- Kick Defense vs. Spinning Heel Kick
- Defense vs. High Side Kick
- Defense vs. Low/Medium Side Kick (Pluck)
- Defense vs. Side Kick (Sideways to Kicker)

Rolls

- Rolls in All Directions

Stick Defenses

- Overhead Swing
- Overhead Swing Off-Angle
- Baseball Bat Swing – 1 hand / 2 hands

Cavaliers (Control / Joint manipulation)

- #1 – Two hands controlling, with option of takedown w/ step Back
- #2 – Two hands controlling, with option of takedown w/ step Forward
- #3 – Using Thumbs
- #4 – Using Elbow

Knife Defenses

- Kick Defense vs. Knife attack from a Distance
- Knife Threats
 - From the front off the body
 - Front the front touching to the either side of the neck
 - In front of the arm
- Knife Attacks – 360 defenses (NOT TESTED)

NOTES:



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Handgun Defenses

- Gun from Front
- Gun to Side of Head
- Gun from Side, in Front of Arm
- Gun from Front, Pushing into Stomach
- Gun from Front - Point of Control (Cupping)
- Gun from Side, Behind Arm
- Gun from Behind, Touching (life and dead side)

Ground

- Mounted/Pinned Wrists (Sliding Arms)
- Guard/Arm Bar (Defense)
- Guard/Arm Triangle (Attack)
- Triangle Choke (Legs) (Attack)
- Guillotine from the Guard (Attack)
- Guillotine from the Guard (Defense)
- Headlock from Behind on Ground (Attack)
- Headlock from Behind on Ground (Defense)
- Sit Out Variation #1 –taking opponent's back
- Sit Out Variation #2 – to Side Control
- Sit Out Variation #3 – to Pull Guard

Takedown

Double Leg – Blast

NOTES: