

Blue Belt Curriculum

Requirements: 120 hours of level 4 classes and completion of the review required to test. A nominal testing fee is due on test day, check with the front desk for up-to-date pricing.

- 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
 - D. Sweep - Leg Sweep with a Round Kick
- III. Kick Defense**
 - 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 Side Kick
 - E. Defense vs. Low to Medium Side Kick (Plucking)
 - F. Defense vs. Side Kick (sideways to attacker)
 - G. Sliding Defense vs. Spinning Heel Kick
 - H. Kick Defense vs. Spinning Heel Kick
- IV. Stick Defenses**
 - A. Stick, Overhead Swing
 - B. Stick, Overhead Swing - off angle/dead side
 - C. Stick Defense, Baseball Bat Swing
- V. 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 Side, Pushing into Stomach
 - E. Gun from the Side, Behind the Arm
 - F. Gun from Behind (touching)
- VI. Cavaliers**
- VII. Ground - fighting**
 - A. Attack Straddling, Pinning Wrists
 - B. Triangle Choke