

# Green Belt Curriculum

Requirements: 90 hours of level 3 classes, completion of the review, and completion of a mindset workshop prior to the test date. A nominal testing fee is due on test day, check with the front desk for up-to-date pricing.

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- I. Head-butts**
  - A. Head-butt forward
  - B. Head-butt Upward
  - C. Head-butt Side (bear-hug context)
  - D. Head-butt Back (bear-hug context)
- II. Kicks**
  - A. Defensive Back Kick with a Spin
  - B. Offensive Back Kick
  - C. Heel Kick
  - D. Inside Slap Kick
  - E. Outside Slap Kick
- III. Punch Defenses**
  - A. Inside Defense vs. Left/Right
  - B. Inside Defense vs. Left/Right (using forward hand)
  - C. Outside Defense 1-4
- IV. Kick Defenses**
  - A. Reflexive Defense vs. High Round Kick
  - B. Defense vs. High Round Kick
- V. Fall Breaks**
  - A. High Fall Break- Back and Side
  - B. Forward Fall Break
- VI. Rolls**
- VII. Hair-grabs**
  - A. Hair-grab, Front
  - B. Hair,-grab, Side
  - C. Hair-grab, Behind or Opposite Side
- VIII. Bear-Hugs**
  - A. Bear-hug from Behind (Leverage on Finger)
  - B. Bear-hug, Lifting - from Behind
  - C. Bear-hug, Lifting - from the Front
  - D. Full Nelson - Leverage on Finger
- IX. Takedowns**
  - A. Double Leg Takedown
  - B. Single Leg Takedown - Head inside/outside
  - C. Single Leg Hyperextension
  - D. Knee Tap
  - E. Snap Down
- X. Control Positions**
  - A. Pummeling
  - B. Arm Drag
  - C. 2 Hand Head Control
- XI. Headlock / Clinch Defense**
  - A. Defense vs. Reverse Headlock
  - B. Defense vs. 2 Hand Control
- XII. Groundwork**
  - A. Choke from the Side
  - B. Headlock from the Side
  - C. Headlock from Behind
  - D. Arm Bar
  - E. Guard Escape - Stacking
  - F. Side Mount - Top Position
  - G. Side Mount - Bottom Position
- XIII. Sparring**