

Orange Belt Curriculum

Requirements: 60 hours of level 2 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.

- I. Movement**
 - A. Bobbing and Weaving
 - B. Slipping Punches
 - C. Shadow Boxing
- II. Punches**
 - A. Hook Punch
 - B. Uppercut Punch
 - C. Overhand Punch
- III. Focus Mitt Combinations**
- IV. Kicks**
 - A. Sidekick
 - B. Sidekick w/Advance
 - C. Back Kick
 - D. Back Kick w/Advance
 - E. Kick Combos
 - F. Uppercut Back-kick (short)
 - G. Front Kick w/Advance
- V. Punch Defenses**
 - A. Inside Defense and Counter vs. Jab
 - B. Inside Defense and Counter vs. Cross
 - C. Inside Defense and Counter vs. Left/Right combo
 - D. Defense vs. Hook Punch
 - E. Defense vs. Uppercut Punch
 - F. Defense vs. Overhand Punch
 - G. Outside Defenses (1-5)
 - H. 360 Defense w/ multiple counter-attacks
- VI. Fall Break**
 - A. Back Fall Break
 - B. Side Fall Break
- VII. Pull from Behind**
- VIII. Kick Defenses**
 - A. Defense vs. front groin kick (redirect)
 - B. Defense vs. front groin kick (reflexive)
 - C. Defense vs. low round kick (using shin, absorbing)
 - D. Defense vs. high front kick
 - E. Outside stabbing defense vs. front groin kick
- IX. Choke Defenses**
 - A. Front Choke Against Wall
 - B. Back Choke Against Wall
- X. Bear Hugs**
 - A. Defense vs. Bearhug from the Front – Arms Free/Caught – with/without space
 - B. Defense vs. Bearhug from the Front – Leverage on neck
 - C. Defense vs. Bearhug from Behind -- Arms Free/Caught -- with/without space
 - D. Defense vs. Knee Grab
- XI. Groundwork**
 - A. Defense vs. Punches while mounted (buck, trap, roll)
 - B. Defense vs. Choke while mounted (pluck, buck, roll)
 - C. Defense vs. Choke from Behind while mounted
 - D. Headlock while mounted
 - E. Guard Escape (Elbows, Stacking)
 - F. Passing Guard (Posting)
 - G. Kick off from Guard