

# Blue Belt Curriculum

Requirements: 120 hours of level 4 classes and completion of the review 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. Punches**

- A. Chops - Inside and Outside
- B. Ridge Hand/Mouth of Hand Punches
- C. Swing-out 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. Attacker Straddling (pinning wrists)
- B. Triangle Choke