

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. Front Groin Kick w/ Advance (fight stance, neutral)
 - B. Lead Leg Kick (front groin kick, round kick)
 - C. Uppercut Back Kick
 - D. Side Kick (stationary, advancing)
 - E. Back Kick (stationary, advancing)
 - F. Kick Combos
- V. Punch Defenses**
 - A. Inside Defense and Counter (jab, cross)
 - B. Inside Defense and Counter vs. Combo
 - C. Defense vs. Hook Punch
 - D. Defense vs. Uppercut Punch
 - E. Defense vs. Overhand Punch
- VI. Pull from Behind**
- VII. Control of Bent Over Attacker**
- VIII. Choke Defenses**
 - A. Front Choke Against Wall
 - B. Back Choke Against Wall
- IX. Kick Defenses**
 - A. Defense vs. Front Groin Kick (reflexive)
 - B. Outside Stabbing Defense vs. Front Groin Kick
 - C. Defense vs. Front Kick (medium, high)
 - D. Defense vs. Front Groin Kick (redirect)
 - E. Defense vs. Low Round Kick (checking, absorbing)
- X. Bear Hugs**
 - A. Bearhug from the Front (arms free, arms caught)
 - B. Defense vs. Bearhug from the Front – Leverage on neck
 - C. Bearhug from Behind (arms free, arms caught)
 - D. Defense vs. Knee Grab
- XI. Groundwork**
 - A. Side Fallbreak
 - B. Defense vs. Punches while Mounted
 - C. Defense vs. Choke while Mounted
 - D. Headlock While Mounted
 - E. Elbow Escape
 - F. Exiting Full Mount
 - G. Defense vs. Choke from Behind While Mounted
 - H. Passing Guard
 - I. Kick off from Guard