

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.

- I. Head-butts**
 - A. Head-butt Forward
 - B. Head-butt Upward
 - C. Head-butt Side (bearhug context)
 - D. Head-butt Back (bearhug context)
- II. Kicks**
 - A. Defensive Back Kick With a Spin
 - B. Offensive Back Kick
- III. Punch Defenses**
 - A. Inside Defense vs. Left/Right (using forward hand)
 - B. Outside Defense 1-4
- IV. Kick Defenses**
 - A. Defense vs. High Round Kick (reflexive, 3 points of contact)
 - B. Defense vs. Spinning Kicks
- V. Fall Breaks**
 - A. High Fall Break (back, side)
- VI. Rolls**
- VII. Hair-grabs**
 - A. Hair-grab - Front
 - B. Hair-grab - Side
 - C. Hair-grab - Behind or Opposite Side
- VIII. Stick Defenses**
 - A. Defense vs. Overhead Swing
 - B. Defense vs. Overhead Swing (off angle/dead side)
 - C. Defense vs. Baseball Bat Swing
- IX. Bearhugs**
 - A. Bearhug from Behind (leverage on finger)
 - B. Bearhug, Lifting - from Behind
 - C. Bearhug, Lifting - from the Front
 - D. Full Nelson - Leverage on Finger
- X. Takedowns**
 - A. Double Leg Takedown
 - B. Single Leg Takedown (head inside/outside)
 - C. Single Leg Hyperextension
 - D. Knee Tap
 - E. Snap Down
- XI. Control Positions**
 - A. Pummeling
 - B. Arm Drag
 - C. 2 Hand Head Control
- XII. Headlock / Clinch Defense**
 - A. Defense vs. Reverse Headlock
 - B. Defense vs. 2 Hand Control
- XIII. Groundwork**
 - A. Advanced Sprawl
 - B. Choke from the Side
 - C. Headlock from the Side
 - D. Headlock from Behind
 - E. Arm Bar
 - F. Guard Escape - Stacking
 - G. Side Mount - Bottom Position
 - H. Side Mount - Top Position
 - I. Arm Lock From Side Mount
- XIV. Sparring**