

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.

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| <p>I. Movement</p> <ul style="list-style-type: none">A. Bobbing and WeavingB. Slipping PunchesC. Shadow Boxing <p>II. Punches</p> <ul style="list-style-type: none">A. Hook PunchB. Uppercut PunchC. Overhand Punch <p>III. Focus Mitt Combinations</p> <p>IV. Kicks</p> <ul style="list-style-type: none">A. Lead Leg Front Kick (stationary, advancing)B. Lead Leg Round Kick (stationary, advancing)C. Side Kick (stationary, advancing)D. Back Kick (stationary, advancing)E. Advancing Rear Leg KickF. Uppercut Back KickG. Kick Combos <p>V. Punch Defenses</p> <ul style="list-style-type: none">A. Inside Defense and Counter (jab, cross)B. Inside Defense and Counter vs. ComboC. 360 Defense and CounterD. Defense vs. Hook PunchE. Defense vs. Uppercut PunchF. Defense vs. Overhand Punch <p>VI. Pull from Behind</p> <p>VII. Choke Defenses</p> <ul style="list-style-type: none">A. Front Choke Against WallB. Back Choke Against Wall | <p>VIII. Kick Defenses</p> <ul style="list-style-type: none">A. Reflexive Defense vs. Front Groin KickB. Outside Stabbing Defense vs. Front Groin KickC. Defense vs. Front Kick (medium, high)D. Defense vs. Front Groin Kick (shin redirect)E. Defense vs. Low Round Kick (checking, absorbing) <p>IX. Bear Hugs</p> <ul style="list-style-type: none">A. Bearhug from the Front (arms free, arms caught)B. Defense vs. Bearhug from the Front - Leverage on neckC. Bearhug from Behind (arms free, arms caught)D. Defense vs. Knee Grab <p>X. Control of Bent Over Attacker</p> <p>XI. Groundwork</p> <ul style="list-style-type: none">A. Side FallbreakB. Front FallbreakC. Defense vs. Mounted PunchesD. Defense vs. Mounted ChokeE. Defense vs. Mounted HeadlockF. Elbow EscapeG. Defense vs. Choke from Behind While MountedH. Exiting Full MountI. Passing GuardJ. Kick off from GuardK. Sprawls |
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