

# 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.

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| <p><b>I. Punches</b></p> <ul style="list-style-type: none"><li>A. Chops - Inside and Outside</li><li>B. Ridge Hand/Mouth of Hand Punches</li><li>C. Swing-out Hammerfist (element of surprise)</li></ul> <p><b>II. Kicks</b></p> <ul style="list-style-type: none"><li>A. Axe Kick</li></ul> <p><b>III. Kick Defenses</b></p> <ul style="list-style-type: none"><li>A. General Defense vs. Medium to High Attacks</li><li>B. Defense vs. High Side Kick</li><li>C. Defense vs. Low to Medium Side Kick (plucking, rowing)</li><li>D. Defense vs. Side Kick (sideways to attacker)</li></ul> <p><b>IV. Cavaliers</b></p> <p><b>V. Knife Defenses</b></p> <ul style="list-style-type: none"><li>A. Knife Attack at a Distance (kicking)</li><li>B. Bailout vs. Straight Stab</li></ul> | <p><b>VI. Standing Sweeps</b></p> <ul style="list-style-type: none"><li>A. Forward Kick</li><li>B. Heel Kick</li><li>C. Round Kick</li></ul> <p><b>VII. Handgun Defenses</b></p> <ul style="list-style-type: none"><li>A. Gun from the Front (body, head)</li><li>B. Gun from the Front - Pushing into Stomach</li><li>C. Gun from the Side of the Head</li><li>D. Gun from the Side - in Front of the Arm (touching)</li><li>E. Gun from the Side - Behind the Arm (touching)</li><li>F. Gun from Behind - Touching (live side, dead side)</li><li>G. 2 Hand Cupping</li></ul> <p><b>VIII. Ground Fighting</b></p> <ul style="list-style-type: none"><li>A. Attacker Straddling (pinning wrists, locking wrists)</li><li>B. Arm Triangle</li><li>C. Leg Triangle</li><li>D. Guillotine from Guard (attacking, defending)</li><li>E. Headlock from Behind (attacking, defending)</li><li>F. Arm Locks from Mount</li></ul> |
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