

YOUTH AND ADULT CURRICULUM MA (NOV 24TH, 2010)

**White Belt**

Min 3 month time

**HAND REQUIREMENTS**

Lead jab- Y/stripe

Straight punch- Y/stripe

Upper cut- O/stripe

Hook- O/stripe

Middle punch- G/stripe

Low block- B/stripe

High block- R/stripe

**STANCES- White stripe**

Attention/ready/fighting

**KICK REQUIREMENTS**

Lead front kick- Y/stripe

Rear front kick- O/stripe

Lead roundhouse- G/stripe

Rear roundhouse- B/stripe

Lead side kick- R/stripe

1st freestyle kick- Silver star

**KATA- Blue star**

American Freestyle Fm 1

**SELF DEFENSE REQUIREMENTS**

SA color codes

Legal issues

Verbal boundaries

Front/Rear choke

Front/rear bear hugs

Wrist grab escape (w/counter)

Hair grabs- **Black star**

**Required gear**

Mouthpiece

Hand wraps

**Orange Belt**

Min 4 month time

**HAND REQUIREMENTS**

Back fist- W/stripe

Ridge hand- Y/stripe

Palm heel strike- Y/stripe

Outer forearm block- O/stripe

Inverted snap punch- O/stripe

Inside knifehand strike- G/stripe

Outside knifehand strike- G/stripe

Single knifehand block- B/stripe

High knifehand block- B/stripe

Downward punch- R/stripe

High/low punch- R stripe

**STANCES- white stripe**

Front stance/C-step/Turn

**KICK REQUIREMENTS**

Inside crescent- Y/stripe

Outside crescent- Y/stripe

Rear ax kick- O/stripe

Lead ax kick- O/stripe

Rear side kick- G/stripe

Pump front kick- R/stripe

2nd freestyle kick- Silver star

**KATA**

Basic form one- Blue star

**SELF DEFENSE REQUIREMENTS**

Guillotine

Side/Rear headlocks

Side bear hug

Side choke- **Black star**

**SPARRING- Gold star**

Blocking kicks/punches

Counterattacks

**Help instruct one class per week**

**Required gear**

Sparring gear

**YOUTH AND ADULT CURRICULUM MA (NOV 24TH, 2010)**

<p><b>Blue belt</b> <b>Min 5 month time</b> <b>HAND REQUIREMENTS</b> Low X block-W/stripe High X block- Y/stripe Overhead backfist- O/stripe Clapping strike- G/stripe Hooking block- B/stripe 7 angle elbows- R/stripe</p> <p><b>KICK REQUIREMENTS</b> Rear hook kick- Y/stripe Jump front kick- Y/stripe Switch kick- O/stripe Jump lead side thrust-R/stripe Jam kick- G/stripe Spin crescent kick- B/stripe 4th freestyle kick- Silver star</p> <p><b>SELF DEFENSE REQUIREMENTS</b> Inside/Outside knife def Control from guard Escape from guard Submission from guard- <b>Black star</b></p> <p><b>SPARRING- Gold star</b> Working angles Advanced combinations Intro to kickboxing</p> <p><b>KATA- Blue star</b> To san Wan yo Kama kata 1</p> <p><b>Help instruct one class per week</b></p> <p><b>Required gear</b> Kamas</p>	<p><b>Red belt</b> <b>Min of 5 month time</b> <b>HAND REQUIREMENTS</b> Inner edge block- W/stripe Upper palmheel strike- Y/stripe U shaped strike- O/stripe U shaped block- O/stripe Double arm block- G/stripe Twin forearm block- B/stripe Twin knifehand block- R/stripe 5th freestyle kick- Silver star</p> <p><b>KICK REQUIREMENTS</b> Jump front hook- Y/stripe (optional) Rear jump hook- O/stripe (optional) Jump side rear thrust- G/stripe Jump rear roundhouse- B/stripe Flying side thrust- B/stripe Tornado- R/stripe (optional) 5th freestyle kick- Silver star</p> <p><b>SELF DEFENSE REQUIREMENTS</b> Front/side/rear handgun defense Control from mount Escape from mount Submission from mount Crowd control- <b>Black Star</b></p> <p><b>SPARRING- Gold star</b> Intermediate kickboxing Intro to MMA</p> <p><b>KATA- Blue star</b> Yo kuk Chun gun Toi gye Bo kata 2</p> <p><b>Help instruct one class per week</b></p> <p><b>Required gear</b> Krav maga sparring gear</p>
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## **Green Belt**

**Min 4 month time**

### **HAND REQUIREMENTS**

Downward palm block- W/stripe

Wedging block- Y/stripe

Outside hammer fist- O/stripe

Low outside hammer fist- O/stripe

Outside middle block- B/stripe

Inside middle block- B/stripe

Guardian knifehand block-G/stripe

High/low spearhand- R/stripe

Middle spearhand- R/stripe

### **STANCES- white stripe**

Backstance/turn

### **KICK REQUIREMENTS**

Instant front kick- Y/stripe

Skipping front kick- Y/stripe

Lead hook kick- O/stripe

Spin side thrust- G/Stripe

Edge roundhouse- B/stripe

Fadeaway side kick- R/stripe

3rd freestyle kick- Silver star

### **KATA**

Chun gi- Blue star

Tan gun

Bo kata 1

### **SELF DEFENSE**

Sprawl defense

Roundhouse/front kick defense

Full nelson

Clinch control

Strike from clinch

Haymaker defense- **Black Star**

### **SPARRING- Gold star**

Point sparring-application

set-up-to score

combos

**Help instruct one class per week**

**Required gear- Boxing gloves, Staff**

