



Level 1 - Yellow Belt Curriculum

MOVEMENTS, FIGHT STANCES, & POSITIONS

Fight Stance & Movement

Self Defense Position - Side Control Frames

Thai Clinch

STRIKES:

Straight Punch - Jab, Cross, J/C Combo

Straight Punch Low

Advancing Straight Punch

Retreating Straight Punch

Palm Heel Strike

Forward Hammer Fist

Side Hammer Fist

Downward Hammer Fist

Elbow 1 - Horizontal Forward

Elbow 2 - Horizontal Side

Elbow 3 - Horizontal Backward

Elbow 4 - Vertical Backward

Elbow 5 - Vertical Backward Up

Elbow 6 - Vertical Forward Up

Elbow 7 - Vertical Forward Down

Eye/Throat Strike

Front Kick to Groin

Front Kick Vertical Target (Ball of Foot) /Teep

Round Kick

Knee w/o Clinch

Knee from Side Clinch

Knee from Thai Clinch

STRIKE DEFENSES:

Inside Defense

Inside Defense vs. Low Straight Punch

360 Defenses - Positions 1-7

SELF DEFENSES:

Basic Takedown Defense

Choke from the Front - 2 Hand Pluck

Choke from the Front - 1 Hand Pluck

Choke from the Side

Choke from Behind

Choke from the Front w/ Push

Choke from Behind w/ Push

Headlock from Behind - Bar Arm

Headlock from Behind - Carotid

Wrist Release - Same Side Grab

Wrist Release - Opposite Side Grab

Wrist Release - 2 Hands on One

Wrist Release - Circle Grip Defense

Arm Pulls

GROUND WORK:

Ground - Back Fighting Position and Movement

Ground - Front Kick

Ground - Round Kick

Ground - Side Position

Ground - Side Kick

Ground - Getting up from the Ground

Ground - Axe Kick