



Level 4 - Blue Belt Curriculum

MOVEMENTS, FIGHT STANCES, & POSITIONS

High Shot
Low Shot
Cavaliers 1-4

STRIKES:

Outside Chop
Mouth of Hand Punch
Axe Kick
Spinning Heel Kick
Spinning Outside Slap Kick

KICK DEFENSES:

General Defense vs. Medium to High Round Kick
Sliding Defense vs. Medium to High Round Kick
Plucking/Rowing Defense vs. Side Kick
Redirecting Defense vs. High Side Kick
Redirecting Defense vs. Spinning Heel Kick
Sliding Defense vs. Spinning Heel Kick
Stopping Defense vs. Spinning Heel Kick

GROUND WORK:

Choke on the Ground on Stomach
Arm Triangle from Closed Guard
Defense vs. Arm Triangle from Closed Guard
Kimura from Closed Guard
Defense vs. Kimura from Closed Guard
Guillotine from Closed Guard
Defense vs. Guillotine from Closed Guard
Leg Triangle from Closed Guard
Defense vs. Leg Triangle from Closed Guard
Escape Mount – Arms Pinned - Snow Angel
Escape Mount – Arms Pinned - Trap and Roll
Kimura from Side Control
Defense vs. Kimura from Side Control

TAKEDOWNS/SWEEPS

Simple Takedown
Double Leg Takedown:
Push to Side
Turn the Corner
Single Leg Takedown:
Outside Trip
Run the Pipe
Sweep w/ Heel Kick (Osoto Gari)
Sweep w/ Front Kick
Forward Sweep from Clinch (Sasae Tsuru)

KNIFE DEFENSES:

Knife Straight Stab - Bailout Round Kick
Knife Overhand Stab - Def. Front Kick

STICK DEFENSES:

Overhead Stick Defense
Baseball Bat Stick Defense
Off Angle Stick Defense

GUN DEFENSES:

Gun from Front
Gun from Front Pushing into Stomach
Gun from Side in Front of Arm
Gun from Side Behind Arm
Gun from Behind Touching
Gun from Side of Head