

## **Green Belt Curriculum**

Punches	
	NOTES:
<ul> <li>□ Ridge Hand /Mouth of Hand Punches</li> <li>□ Thai Pad Combinations</li> </ul>	NOTES:
□ Focus Mitt Combinations	
Punch Defenses	
☐ Inside Defense vs. L/R (w/Forward Hand)	
☐ Inside Defense vs. Right Punch	
☐ Overhead Punch in Defense vs. Right	
☐ Outside Defenses(1-4)	
1. Palm toward face	
2. Palm away	
3. Roll up	
4. Stabbing	
<u>Kicks</u>	
□ Defensive Back Kick with Spin	
☐ Offensive Back Kick	
☐ Inside Slap Kick (not tested)	
☐ Outside Slap Kick (not tested)	
☐ Heel Kick	
<u>Knees</u>	
☐ Inward Angle	
Kick Defenses	
☐ Defense vs. High Round Kick (Reflexive)	
☐ Defense vs. High Round Kick (2 Point)	
☐ Defense vs. High Round Kick (3 Point)	
☐ Defense vs. Round Kick to Ribs (Covering)	
Fall Breaks / Rolls	
☐ High Fall Breaks (Back, Side)	
☐ Forward Fall Break (hard/soft)	
☐ Forward Roll (regular)	
☐ Back Roll	
☐ Forward Roll/ Back Roll to stand up	
□ Forward Roll/Back Fall Break	
Hair Grab Front (In Blood)	
<ul><li>☐ Hair Grab-Front (In Place)</li><li>☐ Hair Grab-Front/Side (Impending Knee)</li></ul>	
☐ Hair Grab/Behind or Opposite Side	
Head-butt	
☐ Head-butt Forward	
☐ Head-butt Upward	
☐ Head-butt Side(bearhug context)	
☐ Head-butt Backward(bearhug context)	
Bearhugs/Full Nelson	
☐ Bearhug, Behind/Leverage on Finger	
☐ Bearhug, Behind (Lifting)	
☐ Bearhug, Front (Lifting)	
☐ Full Nelson, Standing - Leverage on Finger turning in	
<u>Headlock</u>	
☐ Reverse Headlock (Standing)	



## **Green Belt Curriculum**

Connected	NOTES:
Sprawl	
☐ Basic Sprawl (review)	
☐ Advance Sprawls	
<u>Takedowns</u>	
□ Double Leg	
☐ Single Leg – Head Inside / Outside	
☐ Single Leg (low single hyper-extension)	
☐ Single Leg (knee tap) forward / backward	
☐ Snap-Downs	
Control	
☐ Pummeling (over-hook / under-hook)	
☐ Arm Drags	
☐ 2-Hand Head Control (Thai Clinch	
□ Defense vs. 2-Hand Head Control (Thai Clinch)	
<ul><li>pluck-palm strike;</li></ul>	
o eye gauge	
<u>Groundwork</u>	
☐ Arm Bar from Guard	
☐ Stacking from the Guard	
☐ Guard Reversal: Sit up and Sweep	
□ Choke from Side on Ground - Kick to Face	
□ Choke from Side on Ground - Takedown to arm-bar	
Headlocks on Ground	
☐ Headlock from Side on Ground (position)	
☐ Headlock from Side on Ground (forward)	
☐ Headlock from Side on Ground (back)	
☐ Reverse Headlock (on Ground)	
Side Control – Top Position	
☐ Basic Position	
□ Strikes	
☐ Arm Lock	
☐ Transition to Full Mount	
□ Disengage (Knee to Sternum)	
Side Control – Bottom Position	
☐ Basic Position	
☐ Elbow Escape	
□ Reversal ·	
<u>Fighting</u>	
☐ Stand up	
☐ Ground Ground	
Intro to Weapons (NOT TESTED)	
☐ Basic Handgun to the Front, Side & Behind	
☐ Stick - Overhead and Baseball Bat	
The green belt test is comprehensive. Tester are expected to know and	
perform all yellow and orange belt material with proficiency.	