

**YOUTH AND ADULT CURRICULUM MA (June 5, 2012)**

<p><b>White Belt</b>  <b>Min 3 month time</b>  <b>HAND REQUIREMENTS</b>                  Lead jab- Y/stripe                  Straight punch- Y/stripe *                  Upper cut- O/stripe                  Hook- O/stripe *                  Middle punch- G/stripe                  Low knife block- B/stripe                  High knife block- R/stripe</p> <p><b>STANCES- White stripe</b>                  Attention/ready/fighting</p> <p><b>KICK REQUIREMENTS</b>                  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</p> <p><b>KATA- Blue star</b>                  American Freestyle Fm 1</p> <p><b>SELF DEFENSE REQUIREMENTS</b>                  SA color codes                  Legal issues                  Verbal boundries                  Front/Rear choke                  Front/rear bear hugs                  Wrist grab escape (w/counter)                  Hair grabs- <b>Black stripe</b></p> <p><b>Required gear</b>                  Mouthpiece                  Hand wraps</p>	<p><b>Orange Belt</b>  <b>Min 4 month time</b>  <b>HAND REQUIREMENTS</b>                  Back fist- W/stripe                  Ridge hand- Y/stripe                  Palm heel strike- Y/stripe *                  Inverted snap punch- O/stripe                  Inside knifehand strike- G/stripe                  Middle knifehand block- B/stripe                  Downward punch- R/stripe                  High/low punch- R stripe *</p> <p><b>STANCES- white stripe</b>                  Front stance/C-step/Turn</p> <p><b>KICK REQUIREMENTS</b>                  Inside/outside crescent- Y/stripe                  Rear/Lead ax kick- O/stripe                  Rear side kick- G/stripe                  Instant Front Kick- B/stripe                  Pump front kick- R/stripe                  2nd freestyle kick- Silver star</p> <p><b>KATA</b>                  Basic form one- Blue star</p> <p><b>SELF DEFENSE REQUIREMENTS</b>                  Guillotine                  Side/Rear headlocks                  Side bear hug                  Side choke- <b>Black stripe</b></p> <p><b>SPARRING- Gold star</b>                  Blocking kicks/punches                  Counterattacks</p> <p><b>Help instruct one class per week</b></p> <p><b>Required gear</b>                  Sparring gear</p>	<p><b>Green Belt</b>  <b>Min 4 month time</b>  <b>HAND REQUIREMENTS</b>                  Downward palm block- W/stripe                  Wedging block- Y/stripe                  Low/High hammer fist- O/stripe                  Guardian knifehand block-G/stripe                  Outside knife hand strike- B/stripe                  Inside middle block- B/stripe *                  High/low spearhand- R/stripe                  Middle spearhand- R/stripe *</p> <p><b>STANCES- white stripe</b>                  Backstance/turn</p> <p><b>KICK REQUIREMENTS</b>                  Skipping front kick- Y/stripe                  Lead/Rear hook kick- O/stripe                  Spin side thrust- G/Stripe                  Edge roundhouse- B/stripe                  Fadeaway side kick- R/stripe                  3rd freestyle kick- Silver star</p> <p><b>KATA</b>                  Chun gi- Blue star                  Tan gun                  Bo kata 1</p> <p><b>SELF DEFENSE</b>                  Sprawl defense                  Roundhouse/front kick defense                  Full nelson                  Clinch control                  Strike from clinch                  Haymaker defense- <b>Black Stripe</b></p> <p><b>SPARRING- Gold star</b>                  Point sparring-application                  set-up-to score                  combos</p> <p><b>Help instruct one class per week</b>  <b>Required gear- Boxing gloves, Staff</b></p>
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**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>                  Jump front kick- Y/stripe                  Switch kick- O/stripe                  Jump L/R side thrust-R/stripe                  Jam kick- G/stripe                  Spin crescent kick- B/stripe                  4th freestyle kick- Silver star</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- B/stripe                  Double arm block- G/stripe                  Twin knifehand block- R/stripe                  5th freestyle kick- Silver star</p> <p><b>KICK REQUIREMENTS</b>                  Jump L/R hook- Y/stripe (optional)                  Flying side thrust- O/stripe                  Jump side rear thrust- G/stripe                  Jump R/L roundhouse- B/stripe                  Tornado- R/stripe (optional)                  5th freestyle kick- Silver star</p>
<p><b>Stances</b>                  Horse Stance                  Horse Stance Turn</p>	<p><b>SELF DEFENSE REQUIREMENTS</b>                  Front/side/rear handgun defense</p>
<p><b>SELF DEFENSE REQUIREMENTS</b>                  Inside/Outside knife def                  Control from guard- <b>Black Stripe</b>                  Escape from guard                  Submission from guard</p>	<p>Control from mount                  Escape from mount                  Submission from mount                  Crowd control- <b>Black Stripe</b></p>
<p><b>SPARRING- Gold star</b>                  Working angles                  Advanced combinations                  Intro to kickboxing</p>	<p><b>SPARRING- Gold star</b>                  Intermediate kickboxing                  Intro to MMA</p>
<p><b>KATA- Blue star</b>                  To san                  Wan yo                  Kama kata 1</p>	<p><b>KATA- Blue star</b>                  Yo kuk                  Chun gun                  Toi gye                  Bo kata 2</p>
<p><b>Help instruct one class per</b></p>	<p><b>Help instruct one class per week</b></p>
<p><b>Required gear</b>                  Kamas</p>	<p><b>Required gear</b>                  Krav maga sparring gear</p>

front kick ax