



Level 3 - Green Belt Curriculum

MOVEMENTS, FIGHT STANCES, & POSITIONS

Side Control
Knee on Belly
Transitions Side Control to Full Mount
Transitions Side Control to Knee on Belly
Forward Roll
Backward Roll
Forward Roll to Back Break Fall
High Back Break Fall
Grappling Clinch

STRIKES:

Defensive Back Kick w/ Spin
Inside Slap Kick
Outside Slap Kick
Heel Kick
Headbutt - Forward
Headbutt - Side
Headbutt - Backward
Headbutt - Up
Standing Guillotine - Reverse Headlock

UPPER BODY STRIKE DEFENSES:

Inside Defense vs. Jab-Cross Combo
Inside Defense vs. J-C Combo - 1 Hand Defense
Inside Defense vs. J-C Combo - Lean Back & Trap
Outside Defense 1 - Thumb Lead
Outside Defense 2 - Back of Hand Lead
Outside Defense 3 - Overhead - Garage Door
Outside Defense 5 - Off-Angle
Punch Defense vs. Overhand Right

KICK DEFENSES:

Front Kick Defense - Plucking
Front Kick Defense - Inside Def. vs. High FKVT
Catching Defense vs. Round Kick
Reflexive Defense vs. High Round Kick
High Round Kick Defense - 2 Points of Contact
High Round Kick Defense - 3 Points of Contact
High Round Kick Defense - Covering
Defend Kicks to Head/Body on Ground

SELF DEFENSES

Defense vs. Guillotine
Bearhug from Behind - Leverage on Finger
Bearhug from Behind w/ Lift - Arms Free
Bearhug from Front w/ Lift - Arms Free - Leverage on the Neck
Bearhug from Front w/ Lift - Arms Trapped
Hair Grabs - Front, Side, Back

GROUND WORK:

Headlock from the Side - Attacker's Weight Forward
Headlock from the Side - Attacker's Weight Backward
Headlock from the Side - Bridge Escape
Arm Bar from Closed Guard
Defense vs. Arm Bar Closed Guard
Scissor Sweep
Americana from Mount
Defense vs. Americana Mount
Arm Bar from Mount
Side control Hip Escape - Replace Closed Guard
Side control Hip Escape - Kick off from Guard
Americana from Side Control
Defense vs. Americana from Side Control
Choke from the Side on the Ground - Kick
Choke from the Side on the Ground - Armbar