



## 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