



Level 2 - Orange Belt Curriculum

MOVEMENTS, FIGHT STANCES, & POSITIONS

Step and Pivot
Slipping Punches
Bobbing and Weaving
Spinning on Centerline - Frames and Thai Clinch
Ground - Mount Position
Ground - Closed Guard
Back Break Fall
Side Break Fall
Sprawl

STRIKES:

Hook Punch
Uppercut Punch
Combos 1 - 10
Combos 1-10 w/ Kick
Front Kick with Advance - From Neutral
Front Kick with Advance - From Fight Stance
Defensive Front Kick
Side Kick
Side Kick w/ Advance
Back Kick
Back Kick w/ Advance
Uppercut Back Kick

UPPER BODY STRIKE DEFENSES:

Inside Defense w/ Lead Hand - 2 Counters
Inside Defense w/ Lead Hand - 1 Counters
Inside Defense w/ Strong Hand (Counter Jab)
360 Defense w/ Counters
Hook Defense - Extended
Hook Defense - Covering
Uppercut Defense

KICK DEFENSES:

Reflexive Defense vs. Front Groin Kick
Redirecting Defense vs. Front Groin Kick
Stopping Defense vs. Front Groin Kick
Outside Stabbing Defense vs. Front Groin Kick
Defense vs. Round Kick Low - Shin
Defense vs. Round Kick Low - Absorbing on Thigh

SELF DEFENSES

Cross Face and Sprawl
Choke from Front - Against a Wall
Choke from Behind - Against a Wall
Choke from Behind w/ Pull
Headlock from Side
Bearhug Front - Arms Free
Bearhug Front - Arms Trapped
Bearhug Front - Leverage on the Neck
Bearhug Behind - Arms Free
Bearhug Behind - Arms Trapped

GROUND WORK:

Mount Escape - Trap and Roll
Mount Escape - Trap and Roll - Hug and Climb
Mount Escape - Knee to Elbow (Shrimping)
Mount Escape - Foot Drag to Closed Guard
Defend Choke in Mount
Defend Headlock in Mount
Maintain Top Mount - Hooks
Maintain Top Mount - Posture Up
Pop up from Mount
Escape Closed Guard - Punches
Closed Guard - Kick off from Guard
Foot Grabs - Strip
Foot Grabs - Spinning Inward
Foot Grabs - Spinning Outward