



Level 6 - Black Belt Curriculum

STRIKES:

Thai Pads Opposite Stance
Jumping Spinning Back Kick
Jumping Front Kick
2 Jumping Front Kicks
Jumping Round Kick
Jumping Side Kick
Scissor Front Kick
Scissor Round Kick

GUN DEFENSES:

Gun Hostage Standing
Gun from Kneeling position
Gun Being Walked
Gun with Attacker Punching, Slapping, Etc.
Gun Under Chin
Gun from Behind, Hugging Technique

LONG GUN DEFENSES:

Long Gun from the Side/Behind at a Distance
Long Gun - Strikes with Rifle
Long Gun v. Left Handed
Machine Gun Takedown

STICK DEFENSES:

All Stick v. Left Hand

KNIFE DEFENSES

Knife Threats - Front
Knife Threats - Behind
Knife Threats - Hostage
All Knife v. Left Hand
Live Knife
Knife with Attacker Grabbing, Holding, etc.
2 v 1 Knife and Stick

Sparring

Sparring 2 v 1

Defense vs. Suicide Bomber/Grenade

Defense vs. Garrote