

LEVEL 3 - GREEN BELT CURRICULUM

I. Head-butt

- A. Head-butt Forward
- B. Head-butt Upward
- C. Head-butt to the Side (bear hug context)
- D. Head-butt to the Back (bear hug context)

II. Kicks

- A. Defensive Back Kick with a Spin
- B. Offensive Back Kick
- C. Offensive Back Kick with a Spin
- D. Heel Kick
- E. Inside Slap Kick
- F. Outside Slap Kick
- G. Inward Angle Knee

III. Punch Defenses

- A. Inside Defense vs. Left/Right
- B. Inside Defense vs. Left/Right (lean back & trap)
- C. Inside Defense vs. Left/Right (using forward hand)
- D. Overhead Punch in Defense vs. Right Cross

IV. Outside Defenses (1-5)

- 1. Palm to Self / Thumb Out
- 2. Thumb to Self
- 3. Ducking Under Punch / Roll Punch Over Head
- 4. Stabbing
- 5. Attack Comes From Side—Palm To Attacker

V. Kick Defenses

- A. Kick Defense vs. Front Kick (side step & counter)
- B. Kick Defense vs. Front Kick (switch kick)
- C. Kick Defense vs. High Round Kick (reflexive)
- D. Kick Defense vs. High Round Kick (fighting stance – 2 contact points)
- E. Kick Defense vs. High Round Kick (fighting stance – 3 contact points)
- F. Kick Defense vs. High Round Kick (360° defense #3)
- G. Kick Defense vs. High Round Kick (360° defense #4)

VI. Fall Breaks / Rolls

- A. High Fall Break (back, side)
- B. Forward Roll (regular)
- C. Forward Roll/Back Fall Break
- D. Side Roll
- E. Side Roll/Fall Break

VII. Sweeps

- A. Sweep—Forward Kick
- B. Sweep—Heel Kick

VIII. Headlocks

- A. Reverse Headlock (standing)

Green Belt Curriculum Continued

IX. Hair-grabs

- A. Hair grab from the Front in Place
- B. Hair grab from the Front with Impending Knee
- C. Hair grab from the Side—with Impending Knee
- D. Hair grab from Behind or Opposite Side

X. Bearhugs

- A. Bear hug from Behind (leverage on finger)
- B. Bear hug from Behind (lifting)
- C. Bear hug from the Front (lifting)

XI. Groundwork

- A. Choke from the Side—Take Down
- B. Choke from the Side—Kick to Face
- C. Headlock from the Side (basic position)
- D. Headlock from the Side (weight forward, leg wrap)
- E. Headlock from the Side (weight forward, with space)
- F. Headlock from the Side (weight back: shoulder pull or leg sweep)
- G. Guard Escape (ankle lock)
- H. Guard Escape (stacking)
- I. Ground-fighting: Escape from Guard (Elbows)
- J. Ground-fighting: Kick Off from Guard

Gun (NOT ON TEST)

- A. Gun from the Front
- B. Gun from the Side of the Head

Stick (NOT ON TEST)

- A. Overhead Swing