



## Blue Belt ~ Intermediate

**"Repetition is the mother of skill." ~ Tony Robbins**

*DO NOT begin a new section of the curriculum until you have stripe tested.*

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far then start over.

### ☐ ↓ FIRST STRIPE

#### ☐ ☯ **Strikes**

- 23- Knife Hand
- 24- Ox Jaw
- + All Previous Strikes

#### ☐ ☯ **Kicks**

- 17- Axe Kick ~ Inside
- 18- Axe Kick ~ Outside
- 19- Turning Back Kick
- + All Previous Kicks

#### ☐ ☯ **Break Falls**

- + All Previous Break Falls 1 - 6

#### ☐ ☯ **Terminology**

- 5-Belt ~ Dee
- + All Previous Terminology

#### ☐ ☯ **Trapping Drills**

- 6- Pass Under/Trap Stripe
- + All Previous Trapping Drills

#### ☐ ☯ **Striking Releases**

##### *Two Hands Grabbing Two Wrists From Front*

26-Bring the attacker's hands in front of you turn your left-hand palm up and place it above your grabbed right hand. Slightly turn the attacker's bottom hand inside then smash his hands together. Push his hand down with your left hand and strike with your right hand.

27- Spread the attacker's arms out to give you a good shot to the groin with a snap front kick then arm sword to the neck.

28-Same Side Wrist Grab ~ Escape From A Friend-Once you are behind the attacker, pull shoulder & use your inside foot to kick the back of his knee to take him down.

29-One Hand Same Side Shoulder Grab ~ As the attacker pulls you back step back with your same side foot then step back with other foot and elbow strike the attacker's face.

30-Fight Simulation-Punch, half-nelson defense, knee strike to Guillotine Choke, knee strike defense escape then Punch, defense to Sleeper, step around defense for sleeper then take down and put into Armbar.

### ☐ **Chokes**

1- Sleeper

2- Half Nelson

3- Clothing Cross Choke

4- Guillotine

5- Headlock

## Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

#### ☐ ↓ SECOND STRIPE

##### ☯ **CORE CONCEPT:**

##### **C18 CHOKE ESCAPES**

- 1- Half Nelson
- 2- Guillotine To Police Lock
- 3- Guillotine-Pull Knees
- 4- Guillotine To Forward Roll
- 5- Sleeper-Pull Wrist, Push Elbow
- 6- Sleeper-Throw
- 7- Sleeper To Police Lock
- 8- Sleeper To Shoulder Takedown)

#### ☐ ↓ THIRD STRIPE

##### ☯ **CORE CONCEPT:**

##### **C18 CHOKE ESCAPES**

- 9- Headlock-Backward Sweep
- 10-Headlock To Police Lock
- 11- 2 Hand Front Choke- Windmill
- 12- 2 Hand Front Choke-Shoulder Shrug
- 13- 2 Hand Front Choke-Push-Pull
- 14- 2 Hand Front Choke-4 Palms
- 15- Rear Garroted Choke
- 16- Clothing Cross Choke
- Add Stuns, Strikes & Kicks

#### ☐ ↓ FOURTH STRIPE

##### ☯ **CORE CONCEPT:**

##### **C14 MOTION THROWS**

- 1- Hook Punch - Hip Throw
- 2- Hook Punch - Head Control
- 3- 1 Hand Push - Tornado Throw
- 4- Hook Punch - Dropping Shoulder
- 5- Cross Hand - Basic Hip throw
- 6- Hook Punch - Spill the Water
- 7- 1 Hand Push-Tornado Throw
- Add Stuns, Strikes & Kicks

These attacks are only a few choke attacks that can be defended with the above techniques. Experiment with finding other choke attacks you can defend using other techniques.

**Requirements for Promotion To your next belt (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.**