

LEVEL ONE

-Stances

- Neutral
- Fighting

-Movement

- Footwork
- Shadow boxing

-Strikes

- Straight punches – right, left, low
- Palm heel strikes
- Eye gouge
- Hammer fist - front, side
- Elbows - front, side, behind, behind high
- Weapons of convenience
- Head Butts (forward, side, rear)

-Kicks/knees

- Front kick
- Roundhouse kick
- Stomp kick (Defensive and Offensive)
- Foot stomp
- Knee in fight
- Knee in the clinch (straight and diagonal knee)

-Defense

- Outside defense – neutral, fighting
- Inside defense
- Lower defense

-Krav Techniques

- Choke from the front
- Choke from behind
- Choke from the side
- Front choke/1 hand pluck
- Choke from front with push
- Choke from behind with push
- Choke from front against a wall
- Choke from behind against a wall
- Choke, being pulled backwards
- Headlock
- Choke from mount
- Hands pinned to ground from mount

-Groundwork

Back fall

Getting up

Movement

Getting out of guard

Ground Stomp Kick

Trap, buck and roll

LEVEL TWO

-Punches/Strikes

- Hook
- Uppercut
- Muay Thai elbows
- Disorientation Slap
- Brachial Plexus Strike

-Kicks/knees

- Advancing front kick from fight stance & neutral
- Side kick – defensive and advancing
- Back Kick – defensive and advancing
- Uppercut Back kick
- Knee Slap

-Punch defenses

- Slipping
- Catching
- Uppercut defense
- Outside defenses with counters
- Inside defenses with counters
- Inside defense, wrong hand

-Kick defenses

- Roundhouse defense – shin (checking)
- Roundhouse defense with front kick
- Front kick defense – shin
- Roundhouse absorbing
- High straight kick defense (front or side kick)
- Swim defense (for middle stomp, back and side kick)

-Krav techniques

- Hair grab, front
- Hair grab, side – pulling to punch, pulling to knee
- Hair grab, opposite side/behind
- Carotid choke (from behind dropping, handshake & shoulder pop)
- Carotid choke defense (3 variations)
- Bear hug from front, arms trapped
- Bear hug from front, arms free head up
- Bear hug from front, arms free tackle
- Bear hug from rear, arms trapped
- Bear hug from rear, arms free
- Bear hugs lifting, front and rear

-Ground

Kick defense (stomp and punt)

Forward Roll

Rocking Kick

Roundhouse kick

Stripping caught foot – twisting both directions & pulling

Ground combatives (punching, elbows, knees from guard, mount and side control)

Side mount disengage (knee to belly)

Shrimping

Choke, attacker kneeling at side

Escape from guard, leg press

LEVEL THREE

-Strikes

- Screw Jab
- Overhand Right
- Spinning Backfist
- Spinning Elbow

-Kicks

- Defensive back kick with a spin (jab set up)
- Round house w/ball of foot
- Up kick
- Flying knee
- Teep
- Downward angle side kick and Oblique Kick

-Punch and kick defenses

- Bob and weave
- Hook defense – extended and boxing
- Uppercut defense
- One hand combination block (from angle)
- Front kick defense weight forward – reflexive, stabbing
- High roundhouse kick defense, reflexive, 2 pt., 3 pt.

-Fall Breaks

- High fall breaks
- Forward roll with distance
- Forward roll into back fall

-Sweep

- Forward kick
- Heel kick

-Krav Techniques

- Standing guillotine defense
- Head Slam Defense

-Ground

- Side fall
- Side movement
- Side kick
- Headlock while mounted
- Guillotine
- Guillotine defense
- Headlock from side, 4 variations
- Arm bar

- Guard Escape, Stacking
- Guard reversal, sweep
- Knife
 - Side step kick
 - Switch kick
 - Bailing round house
 - sudden straight stab, hands up, hands down
 - Sudden stab from right side – straight, over and underhand
- Stick
 - Overhead swing
 - Off angle
- Handgun
 - Cupping, front
 - Cupping, right side of head
 - Hostage on knees, cupping
 - From mount
 - From guard
 - Gunman standing over
 - Across table/bar

LEVEL FOUR

-Kicks/Combatives

- Superman punch
- Hooking backfist
- Jump back kick
- Advancing front kick to the upper
- Switch kick - roundhouse
- Heel hook kick
- Roundhouse with heel kick
- Axe kick to downed opponent
- Reverse kick from the ground

-Kick Defenses

- Sliding defense against high round house and spinning hook

-Krav technique

- Headlock, taking to ground
- Headlock, breaking back
- Headlock, attacker jumping on back
- Neck Crank

-Knife defense

- over hand
- under hand
- Straight stab
- Shank defense
- Hockey punch
- Slashing

-Handgun defense

- Gun from front, shoulder held or punched
- Gun, left side of head
- Gun from side in front of arm, touching
- Gun from front, pushing into stomach
- Gun from behind, touching
 - Side of head, towards back of head
 - Side, behind arm
 - Behind, walking

-Take downs

- Sprawls
- Simple takedown
- double leg
- toe pick

- Knee Spike
- Elbow Entry Takedown
- Sweeps; roundhouse and heel

-Ground

- Rear naked choke
- Defense for rear naked choke
- Arm Triangle
- Kamorah, from guard and side mount
- Americana
- Straight arm lock

LEVEL FIVE

-Full Nelson Defense

- Leverage on finger
- Throw/flip forward
- Sweep

-Throws and sweeps

- Shoulder throw
- Hip throw, 3 variations
- Sacrifice throw

-Ground

- Choke mounted on back
- Triangle choke

-Knife

- Knife held, static
- Behind, shoulder held (left and right turn)
- Hostage from behind, knife to throat
- Hostage, knife against throat from front (and against wall)
- Hostage, against wall, knife at distance
- Hostage from behind, knife in ribs
- Knife, attacker in guard
- Knife, attacker mounted, knife at throat
- Knife, attacker mounted, stabbing

-Handgun

- From behind with distance
- Hostage from behind, gun to side or back of head
- Hostage pinned against wall, face to wall
- Hostage from behind, gun to side of body
- Hostage arm held, gun in ribs being led
- Hostage from behind on knees
- Hostage face down, gunman mounted on back
- Handgun takedown (shoulder held or shoved)
- Handgun takedown from behind (shoulder held or shoved)

-Long Gun

- Long gun front, live and dead side

- Long gun behind
- Slung Long gun takedown
- Bayonet stab

- Handgun Retention
 - Holster grab from front
 - Holster grab from side
 - Gun out, grab from front or side
 - Gun out, grab from behind
 - Supine

- 3rd Party Handgun
 - Beside victim (facing shooter, back to shooter, victim being walked)
 - Behind shooter
 - Behind victim
 - Victim as hostage, gun to head
 - Victim as hostage, gun pointed at you

BLACK BELT

-Kicks

Rising back kick

Axe kick

Slap kick – inside and outside

Spin slap kick

Spinning heel hook kick

Double kicks; -double front low to high

-lower front to upper roundhouse (? Kick)

Spinning roundhouse

Double roundhouse; left, right

-Judo

Wheel Sacrifice Throw (deep option)

Head and Neck Throw

Judo Trip

-Ground

-Heel hook

-Heel hook escape

-Knee Bar

-Knee Bar escape

-Achilles Lock

-Arm Triangle escape

-Toe hold

-Car jacking

Outside of vehicle from front, side and behind driver's window

Inside of vehicle; passenger seat and back seat

-3rd party knife -3rd party long gun

-Multiple attackers with weapons defenses

-Offensive handgun (NRA gun safety course, USKMA course, RBT)

-RBT Handgun training

-Combat 1st aid class

2ND DEGREE BLACK BELT

- Advanced Judo
- Offensive knife
- Offensive stick
- Offensive long gun
- Grenade defenses from front and behind
- LEO Instructor course