

Yellow Belt Technique

Week 1 (Kicks)

Mon, Mar-2: Left & Right Punches, Punches w/ Movement, Evading Attacks, Static Combos

Tue, Mar-3: Outside 360 Defenses With & Without Counter

Wed, Mar-4:

Thu, Mar-5: Defense from Shove / Pull From Behind

Fri, Mar-6:

Sat, Mar-7:

Week 2 (Hammer Fists)

Mon, Mar-2: Left & Right Punches, Punches w/ Movement, Evading Attacks, Static Combos

Tue, Mar-3: Outside 360 Defenses With & Without Counter

Wed, Mar-4:

Thu, Mar-5: Defense from Shove / Pull From Behind

Fri, Mar-6:

Sat, Mar-7:

Week 3 (Knees)

Mon, Mar-16: Left & Right Punches, Punches w/ Movement, Evading Attacks, Static Combos

Tue, Mar-17: Outside 360 Defenses With & Without Counter

Wed, Mar-18: Elbows 1-7 / Elbow & Knee Attacks

Thu, Mar-19: Inside Defense / Inside Defense with Counter Attacks

Fri, Mar-20:

Sat, Mar-21: Back Fall, Front Fall, 2 Handed Get Up & Turn and Run

Orange Belt Technique

Week 1 (Kicks)

Mon, Mar-2: Punch Combos 1-4

Tue, Mar-3: Defense Outside / Inside vs. Hand Combo Attacks

Wed, Mar-4: Forward, Backward Rolls

Thu, Mar-5: Shove from Behind Against Wall

Fri, Mar-6: Bear Hug from the Front/ Back Arms Free, Arms Caught

Sat, Mar-7: Sparring (1 for 1 attacks / Lead Hand Only / Kicks Only)

Week 2 (Hammer Fists)

Mon, Mar-9: Defense Vs. Hook/Haymaker, 360, Cover, Body

Tue, Mar-10: Defense vs. Round House Kick (evasion / checking / jamming)

Wed, Mar-11: Forward, Backward Rolls

Thu, Mar-12: Advancing Back Kick, Advancing Front Kick

Fri, Mar-13: Scissor Sweep, Scissor Sweep Posted Up

Sat, Mar-14: Advancing Round, Push Kick

Week 3 (Knees)

Mon, Mar-16: Punch Combos 1-4

Tue, Mar-17: Defense Outside / Inside vs. Hand Combo Attacks

Wed, Mar-18: Overhead Elbow

Thu, Mar-19: Defense Outside / Inside vs. Hand Combo Attacks

Fri, Mar-20: Advancing Side Kick, Defense vs. Side Kick Plucking

Sat, Mar-21: Open & Closed Guard

Green Belt Technique

Week 1 (Kicks)

Mon, Mar-2: Parry, Parry

Tue, Mar-3: Palm Strike to Nose, Ridge Hand to Groin

Wed, Mar-4: Defending / Striking from the Mount

Thu, Mar-5:

Fri, Mar-6: Bear Hugs (Front / Back Lifted, Side, Behind with 2nd Attacker)

Sat, Mar-7: Sparring (Hands Only / Feet Only / One student hands, One Student Feet)

Week 2 (Hammer Fists)

Mon, Mar-9: Sparring (Hands Only / Feet Only / One student hands, One Student Feet)

Tue, Mar-10: Side Headlock Weight Forward & Backward

Wed, Mar-11: Hand Strike Followed by Short Elbow

Thu, Mar-12: Defending / Striking from the Guard

Fri, Mar-13: Buck, Trap, and Roll

Sat, Mar-14: Kicking in Retreat

Week 3 (Knees)

Mon, Mar-16: Parry, Parry

Tue, Mar-17: Palm Strike to Nose, Ridge Hand to Groin

Wed, Mar-18: Defending / Striking from the Mount

Thu, Mar-19:

Fri, Mar-20: Bear Hugs (Front / Back Lifted, Side, Behind with 2nd Attacker)

Sat, Mar-21: Sparring (Hands Only / Feet Only / One student hands, One Student Feet)

Yellow Belt Technique

Week 4 (Elbows)

Mon, Mar-23: Defense from Shove / Pull From Behind

Tue, Mar-24: Headlock from the Side

Wed, Mar-25: 1 Handed Grab - Clap & Clock / 2 Handed Grab / Shin Kick

Thu, Mar-26:

Fri, Mar-27:

Sat, Mar-28: Hooks, Uppercuts

Week 5 (Stances)

Mon, Mar-30: Left & Right Punches, Punches w/ Movement, Evading Attacks, Static Combos

Tue, Mar-31: Headlock from the Side

Wed, Apr-1: Inside Defense / Inside Defense with Counter Attacks

Thu, Apr-2: Back Fall, Front Fall, 2 Handed Get Up & Turn and Run

Fri, Apr-3:

Sat, Apr-4: Round Kick

Orange Belt Technique

Week 4 (Elbows)

Mon, Mar-23: Shove from Behind Against Wall

Tue, Mar-24: Defense vs. Round House Kick (evasion / checking / jamming)

Wed, Mar-25: 2 Handed Lapel Grab

Thu, Mar-26: Forward, Backward Rolls

Fri, Mar-27: Scissor Sweep, Scissor Sweep Posted Up

Sat, Mar-28: Defense Vs. Hook/Haymaker, 360, Cover, Body

Week 5 (Stances)

Mon, Mar-30: Sparring (1 for 1 attacks / Lead Hand Only / Kicks Only)

Tue, Mar-31:

Wed, Apr-1: Defense Outside / Inside vs. Hand Combo Attacks

Thu, Apr-2: Open & Closed Guard

Fri, Apr-3: Takedown Defenses: Forearm Jamming, Head Stuff, Sprawl

Sat, Apr-4: Advancing Round, Push Kick

Green Belt Technique

Week 4 (Elbows)

Mon, Mar-23: Side Control Escape / Grappling from the Ground

Tue, Mar-24: Defense Against a Round House Kick (2 & 3 Point)

Wed, Mar-25: Defending / Striking from the Mount

Thu, Mar-26: Front Kick to Face, Defense Front Kick to Face

Fri, Mar-27: Single / Double Leg Takedown

Sat, Mar-28: Kicking in Retreat

Week 5 (Stances)

Mon, Mar-30: Parry, Parry

Tue, Mar-31: Palm Strike to Nose, Ridge Hand to Groin

Wed, Apr-1:

Thu, Apr-2: Hand Strike Followed by Short Elbow

Fri, Apr-3: Spinning Back Kick

Sat, Apr-4: Defending / Striking from the Guard