

WHITE BELT

DRILLS

- BACKFIST
- PARRY
- BLOCKING
- IRON STANCE

○ BACKFIST

- CAT STANCE

○ FRONT KICK

STANCES

- HORSE STANCE
- FRONT STANCE
- BACK STANCE
- CAT STANCE

CONDITIONING

- 10 PUSH UPS
- 10 BURPEES
- 25 SIT UPS
- 25 SQUATS
- 30 SEC ISOLATIONS

PUNCHES

- REVERSE PUNCH
- CENTER PUNCH
- BACK FIST
- JAB

KICKS

- FRONT (SNAP/THRUST)
- SIDE
- ROUND

INTRO TO SPARRING

- FLAG/POINT SPARRING
- CONTINUOUS

KATA 1 – BASICS

- FRONT STANCE
 - FRONT KICK
 - REVERSE PUNCH
- BACK STANCE
 - JAB

YELLOW BELT

DRILLS

- BACKFIST
- PARRY
- BLOCKING
- 3 TOUCH
- 3 KICK COMBO
- BREAK FALLS/CLOCK DRILL

CONDITIONING

- 15 PUSH UPS
- 15 BURPEES
- 30 SIT UPS
- 30 SQUATS
- 45 SEC ISOLATIONS

STANCES

- TIGER STANCE
- FIGHTING STANCE

PUNCHES

- POWER PUNCH

KICKS

- CRESCENT KICK
- WING CHUN KICK
- TRIANGLE KICK

INTRO TO SPARRING

- CONTINUOUS
- FIGHTING METHODS

KATA 2—CONCENTRATION

INTRO TO JUKIDO JUJITSU

- ARM LOCKS
- SWEEP LOCKS
- JUJITSU

ORANGE BELT

DRILLS

- PARRY
- BLOCKING
- 3 TOUCH
- 3 KICK COMBO
- BREAK FALLS/CLOCK DRILL

STRIKES

- ELBOW STRIKE
- RIDGE HAND
- CHOP

KICKS

- KNEE
- BACK KICK
- ADVANCED KICKING

CQC TECHNIQUES

- TRAPPING
- JAMMING
- FORWARD SWEEP

SPARRING

- CONTINUOUS
- TAKEDOWN DEFENSE

JUKIDO JUJITSU

- ARM LOCKS
- SWEEP LOCKS
- GUARDS
- JUKIDO COMBAT

KATA 3 – POWER

CONDITIONING

- 25 PUSH UPS
- 15 BURPEES
- 40 SIT UPS
- 40 SQUATS
- 1 MIN ISOLATIONS

GREEN BELT

DRILLS

- PARRY
- BLOCKING
- 3 TOUCH (HUBUD LUBUD)
- 3 KICK COMBO
- ARM LOCKS
- SWEEP LOCKS
- BLOCK & Go
- CLOCK DRILL (BJJ)

CONDITIONING

- PYRAMID PUSH-UP
- 20 BURPEES
- 60 SIT UPS
- 50 SQUATS
- 1:15MIN ISOLATIONS

KICKS

- SPINNING KICKS
- AXE KICK

CLOSING TECHNIQUES

- TRAPPING
- JAMMING
- FORWARD SWEEP

SPARRING

- CONTINUOUS
- TAKEDOWN DEFENSE

JUKIDO JUJITSU

- ARM LOCKS
- SWEEP LOCKS
- GUARDS/BODY LOCKS
- JUKIDO COMBAT

KATA 4 – BALANCE

PURPLE BELT

DRILLS

- PARRY
- BLOCKING
- 3 TOUCH
- 3 KICK COMBO
- ARM LOCKS
- SWEEP LOCKS
- BLOCK & Go
- SELF-DEFENSE FLOW

CONDITIONING

- PYRAMID PUSH-UP
- 25 BURPEES
- 80 SIT UPS
- 50 SQUATS
- 1:30MIN ISOLATIONS

KICKS

- ADVANCED KICKING

CLOSING TECHNIQUES

- TRAPPING
- JAMMING
- FORWARD SWEEP
- PRAYING MANTIS

SPARRING

- CONTINUOUS
- TAKEDOWN DEFENSE

JUKIDO JUJITSU

- ARM LOCKS
- SWEEP LOCKS
- GUARDS/BODY LOCKS
- JUKIDO COMBAT

KATA 5 – FLOW

BROWN BELT

LEVEL 1

DRILLS

- PARRY
- BLOCKING
- 3 TOUCH
- 3 KICK COMBO
- ARM LOCKS
- SWEEP LOCKS
- BLOCK & GO

CLOSING TECHNIQUES

- TRAPPING
- JAMMING
- FORWARD SWEEP
- PRAYING MANTIS
- TAKEDOWN DEFENSE

SPARRING

- FULL CONTACT
- TAKEDOWN DEFENSE
- JUKIDO COMBAT

ENDURANCE TRAINING

- 100 SIT UPS
- 75 SQUATS
- 100 SIDE KICKS
- 100 FRONT KICKS
- 500 REVERSE PUNCHES
- 500 CENTER PUNCHES

KATA 1 – 5

BROWN BELT

LEVEL 2

REVIEW ALL BELT LEVELS

BLACK BELT COURSE

- 300 HOURS OF INSTRUCTOR CERTIFICATION
- MARTIAL SCIENCE ESSAY
- KATA DEVELOPMENT (MIN. 30 MOVEMENTS)

SPARRING

- FULL CONTACT
- TAKEDOWN DEFENSE
- JUKIDO COMBAT

ENDURANCE TRAINING

- 100 SIT UPS
- 75 SQUATS
- 100 SIDE KICKS
- 100 FRONT KICKS
- 500 REVERSE PUNCHES
- 500 CENTER PUNCHES