

Self-defense Curriculum

White Belt

- Defense to Round-punch
- Defense to Double Round-punch
- Single wrist escape
- Wrist-Grab #1
- Double-grab same wrist

Yellow Belt

- Front Choke #1
- Front Choke #2
- Wrist-Grab #2
- Wrist-Grab #3

Orange Belt

- Choke from Behind #1
- Choke from Behind #2
- Choke from Behind #3
- Double Wrist-Grab
- Cross Wrist-Grab

Green Belt

- Choke from Side
- Push-choke from Front
- Push-choke from Behind
- Shoulder-Grab
- Single-hand Push

Purple Belt

- Ground-Defense to Punch #1, and #2
- Ground-Defense to Choke #1, #2 & #3
- Double-hand Push #1
- Double-hand Push #2
- Lapel-grab #1

Blue Belt

- Front Bear-hug over arms #1
- Front Bear-hug over arms #2
- Front Bear-hug over arms #3
- Front Bear-hug under arms #1
- Front Bear-hug under arms #2
- Front Bear-hug under arms #3
- Lapel-grab #2
- Lapel-grab #3

Brown Belt

- Rear Bear-hug over arms #1
- Rear Bear-hug over arms #2
- Rear Bear-hug under arms #1
- Rear Bear-hug under arms #2
- Rear Bear-hug under arms #3
- Hair-grabs #1, #2, and #3

Red Belt

- Rear Arm-choke #1
- Rear Arm-choke #2
- Rear Arm-choke #3
- Improving all self-defense techniques to help others

Apprentice Black Belt

- Head-lock #1
- Head-lock #2
- Head-lock #3
- Single-leg take-down
- Double-leg take-down
- Avoid take-down
- Mastering all forms and self-defense techniques in training for Black Belt goal

Self-defense Curriculum

White Belt

- Defense to Round-punch: Block, Krav-maga response --trap arm, elbow-strike to face to stun attacker, knee-strike, knee-strike, elbow-strike, elbow-strike, hold
- Defense to Double Round-punch: Block, block, Krav-maga posture
- Single wrist escape: Swing fist up and outward, palm strike to face
- Wrist-Grab #1: Swing fist up and outward, grip attacker's hand with fingers inside attacker's palm and your thumbnail between the knuckles of attacker's backside of hand
- Double-grab to same wrist: Strike attacker's wrists with opposite hand palm strike while twisting in toward attacker to reinforce strike using opposite hip, strike upward to attacker's jaw with elbow, follow with Krav-maga posture

Yellow Belt

- Front Choke #1: One arm straight up, step forward with leg on same side while turning inward, strike down on attacker's arms, using same arm strike to neck, trap attacker's arm with your other arm (mirror side), switch position of feet, knee, knee, elbow, elbow
- Front Choke #2: Three-point strike; taking choke away with hooked fingers on each hand while striking attacker's groin with your knee, Krav-maga response
- Wrist-Grab #2: Swing fist up and outward, reach underneath gripping attacker's hand with fingers on meat of attacker's thumb, pull grabbed hand free and quickly place against the base of attacker's bottom knuckles, push against knuckles while pulling hands toward your hips and stepping back with your foot on the same side of attack
- Wrist-Grab #3: Trap attacker's hand with your opposite hand placing your palm over attacker's bottom row of knuckles, swing your arm out and upward while pressing forward toward attacker getting their arm to bend and bring all your fingers and thumb of grabbed hand over atop of attacker's wrist, firmly press hands downward toward attacker's hip while not letting attacker's wrist move

Orange Belt

- Choke from Behind #1: Stepping back while turning toward the attacker and striking to the neck with your forearm

- Choke from Behind #2: Step into horse-stance while strike with hooked finger to both of attacker's wrists following through to strike attackers groin with a fist in one quick motion, elbow-strike to head, turn to use KM response
- Choke from Behind #3: Reach back over shoulders (without reaching high and up) to grab attacker's wrists, hold wrists firmly while turning around to face attacker and holding their arms down, pull attacker into a knee-strike twice without letting go
- Double Wrist-Grab: Same as Wrist-Grab #3, if arms are held too firmly, use incentive such as a foot-stomp to begin
- Cross Wrist-Grab: Same as Wrist-Grab #3 bring arms inward then up and toward attacker

Green Belt

- Choke from Side: Using arm furthest from attacker strike down on wrist to fee choke while dropping into horse-stance and strike with back of open hand to attacker's groin all in one quick motion
- Push-choke from Front: Step back into horse-stance while trapping attacker's wrists with hand furthest from attacker and striking attacker's arm s with your arm closest to attacker
- Push-choke from Behind: Step forward to stop movement, swing arm with tight fist opposite the leg you stepped with and swing through a strike to attacker's temple while stepping with same foot (opposite of initial step) around into horse-stance and scooping attacker's arm to your chest with over hand, KM response with attacker's arm trapped underhand against your chest instead under your armpit
- Shoulder-Grab: Trap attacker's hand gripping your shoulder using hand furthest from attacker, make a fist with the hand closest to attacker, swing it up, over and around the attacker's arm while moving sideways closer to attacker getting attacker's arm to bend, raise attacker's bent elbow upward
- Single-hand Push: Trap attackers hand against your chest using your opposite-side (not mirrored-side) hand, grip attacker's elbow with mirror-side hand locking their arm against your chest, move trapping hand to also grip elbow with both hands, lift attacker's elbow while bowing forward to the direct center-line of the attacker's forearm

Purple Belt

- Ground-Defense to Punch #1: As attacker raises up and back to punch, use your hips to buck them over your head, push their body off you to one side while rolling out and up to your feet on the opposite side

- Ground-Defense to Punch #2: Raise up to trap attacker's punching arm under your mirror-side arm while making a fist and pulling attacker's head toward yours with other arm, hook attacker's ankle with from inside with your own foot, roll attacker off you to side of trapped arm, then roll out to opposite side and get to your feet
- Ground-Defense to Choke #1: Raise both arms over your head grabbing your own wrist with other hand, strike downward on attacker's arms to break the choke, trap ankle and roll attacker off then get to your feet
- Ground-Defense to Choke #2: Same as Ground-Defense to Choke #1 but start by grabbing one of attacker's wrists with both your hands, pulling to opposite side you will roll then off you to break choke, then get to feet
- Ground-Defense to Choke #3: Same as Ground-Defense to Choke #1 & #2 but start with hands under attacker's arm in praying position, raise hands over your head, trap one arm of attacker and roll them to that side while also trapping same side ankle, roll out to opposite side to get to your feet
- Double-hand Push #1: Same response as single-hand push
- Double-hand Push #2: Before attacker can grab or push you execute a double scissor block, KM response
- Lapel-grab #1: Reach with opposite-side hand over the top of attacker's gripping arm to grab the heel of their hand, cradle your hand and attacker's hand with your mirrored-side hand, execute rolling the attacker's hand upside-down while keeping it firmly against your chest until their thumb points to the ground, bow to direct center-line of attacker's forearm

Blue Belt

- Front Bear-hug over arms #1: Double-strike to attacker's inside shoulder area before they grab you, KM response
- Front Bear-hug over arms #2: Swing hips to one side while striking up and into attacker's groin with opposite side knife-hand, repeat other side, KM response with underhand scooping attacker's arm instead of trapping over
- Front Bear-hug over arms #3: Push attacker's hips away from you while stepping back with one leg to create space, elbow-strike upward to attacker's chin on same side you stepped back with, KM response with scoop

- Front Bear-hug under arms #1: Place palms of both hands under attacker's chin while stepping back with one leg to plant foot for firm stance, push attacker's head up and back then execute KM response
- Front Bear-hug under arms #2: Box ears and execute KM response
- Front Bear-hug under arms #3: Grip attacker's head with one hand under their chin and the other high on the back of the skull, twist head by pushing chin away and back of head toward you (practice this extremely carefully **without** a quick motion)
- Lapel-grab #2: Execute beginning of Lapel-grab #1 then using fingers of your mirror-side hand placed just ahead of attacker's elbow, pull attacker's upper forearm outward while twisting their trapped hand in the opposite direction

Lapel-grab #3: Use mirror-side hand to grab attacker's elbow and trap their grip against your chest, strike attacker's wrist with opposite knife-hand strike to collapse wrist, grip attacker's elbow with both hands and bow to direct center-line of forearm

Brown Belt

- Rear Bear-hug over arms #1: Bring arms together with tight fists and palms facing up while striking attacker's arms in upward motion as you drop into horse-stance, step around behind attacker placing hip against attacker's back-side, place your arm on same side you stepped with across attacker's chest to push attacker backward into fall
- Rear Bear-hug over arms #2: Similar to Front Bear-hug #1, strike attacker's groin on one side then the other before turning to face attacker with scoop-arm KM response
- Rear Bear-hug under arms #1: Drop into horse-stance, head-butt, elbow strike, elbow strike, slide to one side and stomp on attacker's foot, lean forward and down to slap/stop on ground, reach under your own legs to grab attacker's closest leg and pull forward while shoving attacker backward with your butt
- Rear Bear-hug under arms #2: Drop into horse-stance, lock attacker's arm by trapping the elbow (choose the arm grabbing attackers own wrist --hand on top), strike top of attacker's hand with your opposite hand using knuckles of your own fist to apply pressure below and between bottom-most knuckles of attacker's hand while also using the hand of your trapping arm to pick attacker's fingers apart gripping pinky in your fist (your thumb should be inward toward you). Once you have the pinky, grab attackers wrist with opposite hand and snap attacker's pinky outward to break it while standing up, pull attacker's wrist with opposite hand while striking outward to attacker's temple with your elbow

- Rear Bear-hug under arms #3: Drop into horse-stance, lock attacker's arm by trapping the elbow (choose the arm grabbing attackers own wrist --hand on top), grip attackers wrist (underhanded) with same hand of trapping arm, use opposite hand to apply pressure to bottom row of knuckles on attacker's trapped hand for a joint-lock

Hair-grab #1: Trap attacker's hand tight to your head using your opposite hand across the bottom row of their knuckles (palm-down) and holding part of the attacker's hand and/or wrist too, at the same time hold attacker's grabbing arm by the wrist using your mirror hand, step inward into horse-stance bringing your mirror-side forearm to strike against attacker's elbow, hyper-extending it, still holding the wrist, use your opposite-side hand to press hard against the attacker's knuckles collapsing the wrist

Hair-grab #2: Same as hair-grab #1 but without a forearm strike to attacker's elbow, stepping into horse-stance and keeping head low, use you opposite hand to press hard against the attacker's knuckles collapsing the wrist

Hair-grab #3: Grab attacker's wrist with your mirror-side hand upside-down (palm up) while stepping forward and beyond them, at the same time strike downward hard with your opposite forearm on to the attacker's inside of elbow, lower your head and drop to horse-stance while executing a take-down

Red Belt

- Rear Arm-choke #1: Before attacker's arm lands on your neck, drop into horse-stance while gripping the attacker's underhanded with both hands (one on attacker's forearm, the other on bicep just above the elbow), roll attacker over your hip on same side the attacker's arm reached for you

- Rear Arm-choke #2: With the arm-choke in place, drop into horse-stance while grabbing arm in same fashion as Rear Arm-choke #1, make sure to pull arm away from neck using your chin to protect against the choke. Press outward away from attacker's arm until you feel the attacker pull in the opposite direction then quickly whip outward in that same opposite direction using momentum from opponents pull, stepping behind attacker's hip using your arm closest to the attacker and your hip to execute a take-down

- Rear Arm-choke #3: With attacker's arm firmly against your neck and being pulled backward, drop into horse-stance while grabbing arm in same fashion as Rear Arm-choke #1, make sure to pull arm away from neck using your chin to protect against the choke. Using a knife-hand strike to attackers face then follow-up with two elbow strikes to attacker's ribs, then still holding attacker's arm duck underneath the arm stepping behind attacker and pushing their arm up behind their back, [Finish #1] ... use your arm opposite the side of attacker's arm to choke attacker while executing a foot hold to their ankle (be careful when practicing to place your heel on the ground to avoid harmful pressure to your partner),

or [Finish #2] ... keep pulling upward on attacker's arm to drive them downward till their head strikes the ground

Apprentice Black Belt

- Head-lock #1: Before attacker's arm reaches behind your neck, step toward attacker with hands reaching straight at attacker (one in front, the other behind and both palms facing back), aim for catching attacker's inside elbow of punching arm while also aiming to trap the same arm with your rear hand (thumb down) in the same place. If you miss with the rear hand, catch the attacker's punching arm between your index finger and thumb of front hand and push it backward to grip and hold with your back hand. Grab wrist of attacker's arm that came around your neck and step underneath to get behind attacker, push arm up behind their back while letting go of the punching arm to execute a choke and foot hold

- Head-lock #2: With head-lock in place, drop into horse-stance while grabbing arm in same fashion as Rear Arm-choke, making sure to pull arm away from neck using your chin to protect against the choke, with the choke placed on your chin, use your arm closest to attacker swinging it upward and between your head and the attacker's head, turn your hand thumb down placing your palm against attacker's chin, push attacker's chin up and back while stepping around forward to face the attacker and executing an elbow strike to the face, finish with KM response

- Head-lock #3: With head-lock in place, drop into horse-stance while grabbing arm in same fashion as Rear Arm-choke, making sure to pull arm away from neck using your chin to protect against the choke, with the choke placed on your chin, straddle attacker perpendicular, and grab attacker's belt or collar in back, use your arm in front of attacker across chest or gripping their arm while pulling backward and down with hand behind attacker, rolling attacker over your hip to a take-down, slap the ground with both hands and spread feet wide to keep from being rolled over into a submit hold, use your arm above attacker to make a fist and press down hard on attacker's jawbone connection, use your opposite hand to grip your wrist on the jawbone and execute a push-up to break attacker's head-lock, immediately swing leg closest to attacker's head over their neck and execute an arm-bar with attacker's thumb up

- Avoid take-down
- Single-leg take-down
- Double-leg take-down

Black Belts --All

- Defense to take-down and guillotine

- Scissor take-down
- Overhead Club Attack #1: Block over head to attacker's arm, grab weapon by reaching underneath and bend weapon upward against attacker's own arm to free it, then strike
- Overhead Club Attack #2: Block with extended arm, trap weapon arm while striking to face, drop to horse-stance while sliding hand down attacker's arm to butt of weapon, push at neck while stripping weapon away
- Side-to-side Club Attack #1: As soon as weapon passes across mid-plane, rush in with bear hug making sure to trap attacker's weapon arm against their body, reach around opposite side of attacker to grip weapon with other hand, get both hands on weapon and pull tight against attacker's kidney area to get them to release it
- Side-to-side Club Attack #2: Step away for attacker's swing to miss then step inward to horse-stance using a double forearm block, grab attacker's wrist with hand furthest from attacker and elbow strike with opposite arm to head, grab weapon with same hand while still holding wrist and step away backward into horse-stance
- Side-to-side Club Attack #3: Build wall on mirror side of attack with mirror-hand downward, block against attacker's weapon arm, scoop-trap with mirror-side arm and elbow strike to head with other arm, KM response, grab weapon with free hand step away backward into horse-stance with same leg on side of weapon hand
- Double-hand Side-to-side Club Attack: Step away for attacker's swing to miss then rush in using a built wall to block and trap both attacker's arms, elbow strike to head, grab weapon, pull away and outward while stepping back into horse-stance
- Overhead from Side Club Attack: Step back to avoid attack while using two hands to grip both attacker's weapon arm and club while also pulling attacker's arm against your hip to hyper-extend their elbow, hold attacker's wrist with hand closest to attacker while doing a palm-strike to face, use the same striking hand to grab weapon underhanded and use strength of both arms to strike attacker with weapon, still holding with both hands, bring attacker's wrist downward on to your rising knee of leg furthest from attacker to release weapon
- Overhead Knife Attack: High-block attacker's arm with your mirror arm, slip your opposite hand underneath attacker's bicep to clench wrist with both hands, continue forward motion levering the attacking arm backward and down for a take-down of the attacker, while still holding the wrist of the weapon arm with your mirror hand, bend the wrist and scoop weapon away

- Side-to-side Knife Attack #1: As weapon comes in, step inward into horse-stance turning to face incoming stroke with both arms perpendicular to the ground using a double knife-hand strike, instantly grab wrist with hand furthest away from attacker, stand and elbow strike with other hand to temple, using the same hand from elbow strike reach under attacker's weapon arm to grab the meat of their thumb, twist the weapon hand back and downward while stepping away with foot closest to attacker to move away and release weapon

- Side-to-side Knife Attack #2: Step back for weapon to miss and step in with horse-stance to face incoming back-stroke using both arms perpendicular to the ground for a double knife-hand strike, instantly grab arm with both hands and bring it down on to your upcoming knee to hyper-extend elbow of attacking arm, slip hand of arm closest to attacker under the weapon arm to grab your own wrist of hand holding attacker's wrist, bend attacker's wrist inward severely while also stepping back and away pulling the attacking hand downward while wrist is bent, pull attacker downward to ground, then while still holding the wrist of the weapon arm with your mirror hand, use other hand to bend the wrist and scoop weapon away

- Overhead from Side Knife Attack: Step back to avoid strike and trap wrist using a double-handed catch with thumbs crossed, bend attacking arm against your hip to hyper-extend elbow then bending the attacker's wrist inward severely, flip the attacker's arm from inside between you and attacker to outside as you step back and away from attacker pulling them downward to the ground, hold attacker's wrist with mirror hand and use other hand to scoop weapon away

- Underhand Knife Attack #1: Stepping to one side avoiding strike, trap wrist coming upward by using a double-handed catch with thumbs crossed, use the attacker's momentum while turning to bring your chest facing the same direction as the attacker and hold wrist to bring arm above your shoulder and bring it sharply downward with attacker's elbow hyper-extending over your shoulder

- Underhand Knife Attack #2: Stepping to one side avoiding strike, trap wrist coming upward by using a double-handed catch with thumbs crossed, when attacker pulls back to escape, go with the momentum pushing the weapon arm upward to step underneath it and turn inward to trap the attacker's arm up behind their back, use the opposite arm for a rear choke while also using a foot hold on attacker's inside knee

- Underhand Knife Attack #3: Stepping to one side avoiding strike, use a mirror hand with tight fist to strike with back of your wrist against upcoming wrist of weapon hand, use opposite hand with thumb turned downward to catch weapon arm behind bicep above attacker's elbow, making sure to get attacker's arm to bend and drive the arm back and up

behind their back, use the same hand you first struck with, hold the attacker's wrist against the back and use your opposite arm to do a rear arm choke and do a foot hold on the inside of attacker's knee

- Thrusting Knife Attack #1: Stepping to one side avoiding strike, bring the palm of your hand furthest from the attack down sharply on wrist of weapon arm while also bring back of hand closest to attacker up sharply to hyper-extend the elbow, hold the wrist with the same hand used to strike wrist while stepping close attacker with closest foot landing behind attackers foot on same side of weapon arm and striking to abdomen at same time with hand closest to attacker, use the close arm to push against attacker's chest while hooking the ankle with closest foot and pulling attacker's arm away from them to upset their balance causing them to drop

- Thrusting Knife Attack #2: Stepping to one side avoiding strike, trap wrist coming forward by using a double-handed catch with thumbs crossed, while turning your shoulder into the backside should of attacker, drive them to the ground while continuing to hold the weapon hand and turning it outward away from both of you, with legs stretched wide on ground lean back against attacker's shoulder trapping their face to the ground and turn their until the weapon is released

1st Dan Grappling: Block to double round punches, trap attacker's arms by grabbing/holding one arm while and belt from behind attacker's back while dropping to horse-stance, step around in front of attacker with while executing a Judo throw to the ground, making sure to land on your knees perpendicular to your attacker while still trapping one arm under your shoulder and trapping the attacker's far-side arm by holding their bicep to the ground ...

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|------------------------------|-------------------------------------|-------------------|
| 1. Quick arm-bar | 2. Arm-bar trap with knees | 3. Choke-hold |
| Switch to side-guard ... | 4. Shoulder lever #1 & #2 | 5. Fore-arm choke |
| Full mount then punching ... | 6. Shoulder lever #3 & #4 | |
| Response to punches ... | 7. Choke-hold one side then other | |
| Response to choke ... | 8. Swing leg over neck into arm-bar | |
| While punching ... | 9. Rear arm-choke as attacker rolls | |

2nd Dan Grappling

Starting from ground position with attacker in mount, maneuver into full guard ...

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| 1. Outside block and trap head, collar choke | 2. Dual hand-grab to collar, forearm choke |
| 3. Collar-grab, hand-off, collar choke | |
| Response to choke ... | |
| 4. Trap wrists, bring legs to attacker's shoulders for double arm-bar | |
| Response to punches ... | |
| 5. Inside-block with trap under opposite shoulder, opposite-side leg over attacker's neck | |
| 6. Outside block, grab attacker's wrist to bend behind back | |

7. Double outside-block catching both wrists, bring one leg inside attacker's arms and place over attacker's neck, hold with opposite leg over first while moving both attacker's arms to same side of leg brought inside

3rd Dan Grappling

- Defenses to 1st Dan Grappling
- Defenses to 2nd Dan Grappling

1. Inside block, Choke-hold
2. Forearm front choke-hold

4th Dan Grappling

- Assisting with teaching 1st and 2nd Dan Grappling