

Level 2 & 3 Adults: Intermediate

Block A, 3 Months / Block B, 3 Months / Block C, 3 Months / Block D, 3 months
 Blocks A & B, 6 Months & After 2nd Progress Check, Orange Belt Promotion
 Blocks A, B, C, D, 12 Months & After 4th Progress Check, Green Belt Promotion

Block D - Month D3 – December

Week 1: M _____ TU _____ W _____ TH _____ F _____ SAT _____ SUN _____
Week 2: M _____ TU _____ W _____ TH _____ F _____ SAT _____ SUN _____
Week 3: M _____ TU _____ W _____ TH _____ F _____ SAT _____ SUN _____
Week 4: M _____ TU _____ W _____ TH _____ F _____ SAT _____ SUN _____

COMBATIVES

	1	2	3	4
Basic Takedown Defense/spin on centerline	□□□	□□□	□□□	□□□
Side Kick (with and without advance)	□□□	□□□	□□□	□□□
Back Kick	□□□	□□□	□□□	□□□
Defensive Back Kick with a Spin	□□□	□□□	□□□	□□□
Heel Kick	□□□	□□□	□□□	□□□

STRIKE DEFENSES

Reflexive Defense v. Front Kick	□□□	□□□	□□□	□□□
Outside Stabbing Defense v. Front Kick	□□□	□□□	□□□	□□□
Inside Defense v. High Front Kick	□□□	□□□	□□□	□□□
Outside Defense 1-5	□□□	□□□	□□□	□□□
Outside Defense v. Right Punch	□□□	□□□	□□□	□□□

SELF DEFENSE

Choke Front Against Wall	□□□	□□□	□□□	□□□
Choke Behind Against Wall	□□□	□□□	□□□	□□□
Choke Behind with a Pull	□□□	□□□	□□□	□□□
Hair Grab Front	□□□	□□□	□□□	□□□
Hair Grab Side, impending knee	□□□	□□□	□□□	□□□
Hair Grab Behind	□□□	□□□	□□□	□□□
Bearhug Behind (finger leverage)	□□□	□□□	□□□	□□□
Bearhug Behind (lifting)	□□□	□□□	□□□	□□□
Bearhug Front (lifting)	□□□	□□□	□□□	□□□

GROUND

Ground – Fallbreak Back	□□□	□□□	□□□	□□□
Ground – Fallbreak Side	□□□	□□□	□□□	□□□
Ground – elbow escape	□□□	□□□	□□□	□□□
Ground – strike from top	□□□	□□□	□□□	□□□
Ground – dismount from top	□□□	□□□	□□□	□□□
Ground – escape from guard (gouge and stack)	□□□	□□□	□□□	□□□
Ground – side mount position and strikes	□□□	□□□	□□□	□□□
Ground – arm lock from side	□□□	□□□	□□□	□□□
Ground – side mount to full mount	□□□	□□□	□□□	□□□
Ground – side mount knee to belly (disengage)	□□□	□□□	□□□	□□□