

## YongmudoUnited Curriculum: Instruction Guidelines for Promotion

This document is not intended to be a comprehensive list of techniques or requirements. Rather, this document is intended to serve as guidelines for instructors in curriculum planning and for students to track their progress and prepare for belt tests.

- Yongmudo is a Korean martial arts program integrating techniques for self-defense, though sparring (fighting according to specified rules) and competitive tournaments may be a significant component of a curriculum that draws primarily on taekwondo, judo, jujitsu, and Korean hoshinsool. Yongmudo, as self-defense, should be a living martial art that adapts to the evolving types of threats its students may face. This curriculum will be reviewed and periodically updated to reflect evolving needs and new understandings of best practices.
- All rank guidelines are cumulative. For example, requirements for students testing for green belts include requirements for yellow belts.
- Recommended skills are listed when a student should acquire a superficial or *basic* understanding of the component movements of the skill. By the next belt color (or dan rank), students should acquire an *intermediate* capability, meaning some understanding of the fundamental components and practical application of the skill, and with each subsequent belt/rank acquire an increasingly *advanced* capability with a skill, meaning a significant conceptual knowledge and practical ability to perform the skill. By the time of achieving black belt, students should demonstrate some *expert* capabilities in especially the lower rank requirements, meaning they have some extensive knowledge, refined skill and prolonged experience in performing some skills, as well as an ability to teach those skills to others.
- Recommended skills listed at individual ranks are *recommended*. Instructors should adopt a curriculum that meets their instructional schedule and personal preferences. For example, an instructor might use the number of various techniques included as a guide and select from among list in each category (e.g, select four pins to teach white belts from the list of pins). An instructor may switch up among basic skills so that more senior students receive exposure to new techniques while beginners still learn a basic technique.
- As part of learning the value of citizenship in community, all students are expected to contribute, commensurate to their rank, to the smooth running of regular class sessions and to extra-instructional club events, including demonstrations, fund raisers, training hall maintenance, charity events, and other seminars, camps, or tournaments.
- Candidates for 1<sup>st</sup> kub and dan ranks should receive dedicated instructional time with instructor-approved senior instructor or other mentors as well as supplementary learning through participation in camps, seminars, tournaments, and cross-training.

This document contains:

- (1) A list of rank requirements organized by the eight major technical areas in Yongmudo: falls/rolls, kicks, strikes/blocks, grab defenses, throws, ground work, self-defense paradigms, and miscellaneous skills.
- (2) Sample Yongmudo curriculum as implemented by Temple Yongmudo.

## 1. Falls/Rolls

Yellow	Green	Blue	Brown/Red	Black 1-2
9 <sup>th</sup> kub <ul style="list-style-type: none"> <li>• Fall: Back, Side</li> <li>• Roll: Forward</li> </ul> 8 <sup>th</sup> kub <ul style="list-style-type: none"> <li>• Roll: Forward into side fall</li> <li>• Standing up from the ground</li> </ul>	<ul style="list-style-type: none"> <li>• Roll: Back</li> <li>• Fall: Face</li> </ul>	<ul style="list-style-type: none"> <li>• Roll: Forward (one-, no-hands)</li> <li>• Dive rolls: mid-height/distance</li> <li>• Fall: Air fall (assisted)</li> </ul>	3 <sup>rd</sup> kub: <ul style="list-style-type: none"> <li>• Roll: Forward (handstand, posting, random orientations)</li> <li>• Fall: Air fall (unassisted); falls with air (back, side)</li> </ul> 2 <sup>nd</sup> kub: <ul style="list-style-type: none"> <li>• Dive roll variations: distance; height; through targets (belts/frames)</li> </ul> 1 <sup>st</sup> kub <ul style="list-style-type: none"> <li>• Fall: Foot-slap</li> </ul>	<ul style="list-style-type: none"> <li>• Fall: twisting-knee; soft (post) air fall; knee-under</li> </ul>

## 2. Kicks

Yellow	Green	Blue	Brown/Red	Black 1-2
9 <sup>th</sup> kub <ul style="list-style-type: none"> <li>• Front: rear-leg thrust; front leg snap</li> <li>• Knee: rear-leg thrust</li> <li>• Stretch kicks (straight, in-to-out, out-to-in)</li> <li>• Roundhouse: rear-leg</li> </ul> 8 <sup>th</sup> kub <ul style="list-style-type: none"> <li>• Side: front leg; stomp</li> <li>• Low: Instep</li> </ul>	<ul style="list-style-type: none"> <li>• Front: rear-leg snap</li> <li>• Side: two-step</li> <li>• Roundhouse: front leg</li> </ul>	<ul style="list-style-type: none"> <li>• Side: turning; turning ground</li> <li>• Slap kick</li> <li>• Low: circle heel; low/mid hooking</li> <li>• Blocks: Cover kick; shin block</li> <li>• Ground kicks</li> <li>• Spin crescent: out-to-in; in-to-out</li> </ul>	3 <sup>rd</sup> <ul style="list-style-type: none"> <li>• Spin heel: high hook</li> <li>• Jumping, scissor, flying kicks</li> </ul> 2 <sup>nd</sup> <ul style="list-style-type: none"> <li>• Side kick: shuttle, dropping</li> </ul> 1 <sup>st</sup> <ul style="list-style-type: none"> <li>• Roundhouse: skipping, double</li> <li>• Ax kicks</li> <li>• Knee: lift, side</li> <li>• Spin: low spin heel</li> </ul>	<ul style="list-style-type: none"> <li>• Front: knife-edge, heel</li> <li>• Spin: low spin heel; wheel kicks</li> </ul>

### 3. Strikes/Blocks/Stances

Yellow	Green	Blue	Brown/Red
<p>9<sup>th</sup></p> <ul style="list-style-type: none"> <li>Applied strikes: jab, cross, front elbow</li> <li>Targeting: high, middle, low</li> <li>Hard Blocks: Middle Out-to-In, Middle In-to-Out</li> <li>Stances: front, natural</li> </ul> <p>8<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>Applied Strikes: Palm heel, back elbow</li> <li>Stances: side, front</li> <li>Formal punch: front punch, reverse punch</li> <li>Hard Blocks: Low in-to-out</li> <li>Block strikes and counter</li> </ul>	<ul style="list-style-type: none"> <li>Patter blocks</li> <li>Hard blocks: “X”; “Y”;</li> <li>Low out-to-in block/ridge hand strike</li> <li>Block kicks and counter</li> <li>Hard Blocks: Upper</li> <li>Stance: horse</li> </ul>	<ul style="list-style-type: none"> <li>Hammer fist</li> <li>Hook</li> <li>Upper cut</li> <li>Knife edge</li> <li>Wedge blocks (e.g., 16-step scissors and rice bales)</li> <li>Soft blocks</li> </ul>	<p>3<sup>rd</sup></p> <ul style="list-style-type: none"> <li>Back fist, turning back fist</li> <li>Elbow: up, down, turning</li> </ul> <p>2<sup>nd</sup></p> <ul style="list-style-type: none"> <li>Patter blocks</li> <li>Chicken wing (head shield) block</li> </ul> <p>1<sup>st</sup></p> <ul style="list-style-type: none"> <li>Ridge hand strike</li> <li>Stances: back</li> <li>Shoulder-roll block</li> </ul>

### 4. Grab defenses

Yellow	Green	Blue	Brown/Red	Black 1-2
<ul style="list-style-type: none"> <li>Eight direction wrist escape</li> <li>Wrist lock basics: “oh no” stance, distraction, execution, finish off, clear (tapping out)</li> <li>2x same-side hand grab defense locks</li> <li>2x cross-hand grab defense locks</li> <li>2x body grab defense</li> </ul>	<ul style="list-style-type: none"> <li>2x same-side wrist grab defense lock</li> <li>2x cross-hand wrist grab defense lock</li> <li>4x body grab defense</li> <li>2x double hand grab</li> </ul>	<ul style="list-style-type: none"> <li>2x same-side wrist grab defense lock</li> <li>2x cross-hand wrist grab defense lock</li> <li>4x body grab defense</li> <li>2x double hand grab</li> <li>Finger locks</li> <li>Introductory lock combinations</li> <li>Introductory locks in defense from strikes</li> </ul>	<p>3<sup>rd</sup></p> <ul style="list-style-type: none"> <li>2x same-side wrist grab defense lock</li> <li>2x cross-hand wrist grab defense lock</li> <li>2x body grab defense</li> <li>2x come-along techniques</li> <li>Pressure points (arms and head)</li> </ul> <p>2<sup>nd</sup></p> <ul style="list-style-type: none"> <li>Intermediate lock combinations</li> <li>Intermediate locks in defense from strikes</li> <li>Pressure points (body and legs)</li> </ul>	<ul style="list-style-type: none"> <li>2x same-side wrist grab defense lock</li> <li>2x cross-hand wrist grab defense lock</li> <li>2x body grab defense</li> <li>4x come-along techniques</li> </ul> <p>Black 3+</p> <ul style="list-style-type: none"> <li>2x same-side wrist grab defense lock</li> <li>2x cross-hand grab wrist defense lock</li> <li>2x body grab defense</li> </ul>
<ul style="list-style-type: none"> <li>Wrist grabs include: same-side, cross-hand, double-hand grab (two hands holding same or different target).</li> <li>Body grabs include: front &amp; rear standing chokes, headlocks (side, rear, guillotine); bear hugs (over/under arms; front/rear), lapels/collar, belt, hair pull, wall press, other body grabs.</li> </ul>				

## 5. Throws

Yellow	Green	Blue	Brown/Red	Black 1-2
<p>9<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Hip: major (ogoshi)</li> <li>• Reap: Major outer (osoto gari)</li> <li>• Standard grip (elbow and lapel grab)</li> <li>• Throwing basics: <ul style="list-style-type: none"> <li>▪ off-balance (kuzushi)</li> <li>▪ fit in (tsukuri)</li> <li>▪ throw (kake)</li> <li>▪ control (sei-gyo)</li> </ul> </li> </ul> <p>8<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Floating body drop (uki-otoshi)</li> <li>• Valley drop (tani-otoshi)</li> </ul>	<p>7<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Shoulder: standing one-arm (ippon-seoinage) and dropping (seio-otoshi)</li> <li>• Sacrifice: circle/stomach (tomoe nage)</li> </ul> <p>6<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Reap: minor outer (kosoto gari)</li> <li>• Sacrifice throw: side separation (yoko wakare or windsurfer)</li> <li>• No-gi grips</li> </ul>	<p>5<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Low scissor throw (kani-basami)</li> <li>• Reap: minor inner (ko-uchi gari); major inner (kouchi gari)</li> <li>• Counters: blocking throws</li> <li>• 2x throw combinations</li> </ul> <p>4<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Scooping hand throw (sukui nage)</li> <li>• 2x throw combinations</li> </ul>	<p>3<sup>rd</sup> kub</p> <ul style="list-style-type: none"> <li>• Hand wheel (Rice bale/te-guruma): rear; front</li> <li>• Forward body drop (tai-otoshi)</li> <li>• Hip: sweeping (harai goshi); belt or tsuri goshi; head wrap or koshi guruma</li> <li>• Ankle pick (kibisu gaeshi)</li> <li>• 2x throw combinations</li> </ul> <p>2<sup>nd</sup> kub</p> <ul style="list-style-type: none"> <li>• Shoulder wheel (fireman, kata-guruma): standing or drop knee; side-entry w/arm bar</li> <li>• Shoulder: two-hand (morote seoinage)</li> <li>• Basic counters</li> <li>• 2x throw combinations</li> </ul> <p>1<sup>st</sup> kub</p> <ul style="list-style-type: none"> <li>• Basic counters</li> <li>• Sweep: lifting pulling ankle (sasae-tsurikomi-ashi); forward foot (deashi-barai)</li> <li>• Hip: spring (hane-goshi)</li> </ul>	<p>1st</p> <ul style="list-style-type: none"> <li>• Inner thigh reap (uchi-mata)</li> </ul> <p>2<sup>nd</sup></p> <ul style="list-style-type: none"> <li>• Wrapping throws (maki-komi)</li> <li>• Sacrifice throws (yoko-otoshi; uki waza)</li> </ul> <p><i>Others to include?</i></p> <ul style="list-style-type: none"> <li>• <i>Single-/Double-leg take-downs</i></li> <li>• <i>Any other Judo Gokyo throws</i></li> <li>• <i>Shoulder wheel without touching leg</i></li> </ul>
<ul style="list-style-type: none"> <li>• Japanese terminology included for clarity of explanation only.</li> <li>• No dobok (“no gi”) versions within 1-2 kub ranks of learning a throw</li> </ul>				

## 6. Ground defenses

Yellow	Green	Blue	Brown/Red	Black 1-2
<p>9<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Pins: scarf hold (kesa-gatame); side hold (yoko shiho gatame); guard (do-osae or trunk squeeze); mount (tate shiho gatame)</li> <li>• Chokes: rear naked headlock (hadaka jime)</li> <li>• Escapes: Bridge-and-Roll</li> <li>• Other: sitting worms; kicks to standing opponent</li> </ul> <p>8<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Locks: Cross-lock arm bar (juji-gatame)</li> <li>• Pins: floating hold (uki gatame, knee-on-belly)</li> <li>• Escape: Worm to stand up</li> </ul>	<p>7<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Locks: Cross-lock arm bar from guard</li> <li>• Escapes: shrimps</li> <li>• Chokes: arm triangle (shoulder hold); leg triangle</li> </ul> <p>6<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Locks: Bent arm ude-garami (up or Americana) &amp; gyaku-ude-garami (down or Kimura)</li> </ul>	<p>5<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Pins: shoulder hold (kata gatame); North-South hold (kami-shiho-gatame)</li> <li>• Combinations: 1x leg sweep turnover (guard)</li> <li>• Other: 2x leg take-down to standing opponent; introductory “no gi” techniques</li> <li>• Chokes: sliding collar choke (okuri eri jime, kataha jime)</li> </ul> <p>4<sup>th</sup> kub</p> <ul style="list-style-type: none"> <li>• Chokes: 3x cross lock (name-/gyaku-/kata- juji-jime)</li> </ul>	<p>3<sup>rd</sup> kub</p> <ul style="list-style-type: none"> <li>• Pins: chest hold (mune-gatame)</li> <li>• Chokes: two-handed choke (ryote jime); leg triangle choke (sankaku jime)</li> </ul> <p>2<sup>nd</sup> kub</p> <ul style="list-style-type: none"> <li>• Other: 2x leg sweep turnover (guard); hand/arm take-down to standing opponent; random start positions; reversal to/from turtle</li> </ul> <p>1<sup>st</sup> kub</p> <ul style="list-style-type: none"> <li>• Locks: ankle lock (kata ashi-hishigi); knee crush/dislocate (hiza hishigi)</li> </ul>	<ul style="list-style-type: none"> <li>• Pins: reverse scarf (ushiro kesa gatame)</li> <li>• Locks: arm crush knee lock (hiza gatami) from guard</li> <li>• Chokes: cross lock from mount or guard; sliding collar (okuri eri jime, kataha jime) from side hold</li> </ul> <p>Black 3+?</p> <ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Japanese terminology included for clarity of explanation only.</li> </ul>				

Basic holds/pins	Chokes	Armbars	Other
Do-osae (guard or trunk squeeze) Kami Shiho Gatame (North-South) Kata Gatame (Shoulder) Kesa Gatame (Scarf) Makura Kesa Gatame Mune Gatame (Chest) Tate Shiho Gatame (Mount) Uki Gatame (Floating) Ushiro Kesa Gatame (Reverse Scarf) Yoko Shiho Gatame (Side) <u>ESCAPES:</u> Ebi/Shrimp (side hold, floating hold, mount) Bridge-and-Roll (mount) Reverse Ebi/Shrimp (scarf hold, side hold) Worm (seated crawl back or forward)	Gyaku Juji Jime (Reverse Cross Choke) Nami Juji Jime (Normal Cross Choke) Kata Juji Jime (Half Cross Choke) Hadaka Jime (Rear Naked Choke) Kata Ha Jime (Single Wing Choke) Kata Te Jime (One hand Choke) (Papercut/Loop/Clock choke variation) Mae hadake jime (Guillotine Choke) Okuri Eri Jime (Sliding Lapel Choke) Ryo Te Jime (Two Handed Choke) Sankaku Jime (Head/arm or leg Triangle Chokes from front/side/top) Sode Guruma Jime (Sleeve Wheel Choke) (Baseball/Hawaiian chokes variations) Tsukkomi Jime (Thrust Choke) Bow and arrow choke Scissor/Ezekiel choke	Gyaku Juji Gatame Ashi Gatame Kannuki Gatame Hiza Gatame Ude Hishigi Ashi Gatame (Leg Lock) Ude Hishigi Hara Gatame (Stomach Lock) Ude Hishigi Hiza Gatame (Knee Lock) Ude Hishigi Juji Gatame (Cross Lock) Ude Hishigi Te Gatame (Hand Lock) Ude Hishigi Waki Gatame (Armpit Lock) Ude Hishigi Ude Gatame (Straight Arm Lock) Ude Hishigi Sankaku Gatame (Triangular Lock) Ude Garami (Bent Arm Lock: Americana or Kimura)	Straight ankle lock Ankle hook Knee bar KATA-ASHI-HISHIGI (Single Leg Lock) RYO-ASHI-HISHIGI (Double Leg Lock) ASHI-DORI-GARAMI (Entangled Leg Lock) HIZA-HISHIGI (Knee Lock) TATE-SHIHO-HIZA-HISHIGI (Dislocation of Knees in 8th Immobilization) ASHI-MAKIKOMI (Inward Winding of Leg) KANI-GARAMI (Crab Entanglement) ASHI-KANNUKI (Transversal Blocking of Leg) HIZA-TORI-GARAMI (Knee Entanglement)

## 7. "Teaching paradigms" (set exercises)

Yellow	Green	Blue	Brown/Red	Black 1-2
<ul style="list-style-type: none"> <li>16-step: outer wrist twist (9<sup>th</sup>k), major outer reap (8<sup>th</sup>k)</li> <li>Kyukkido (sparring): introductory groundwork</li> </ul>	<ul style="list-style-type: none"> <li>16-step: armbar foot sweep (7<sup>th</sup>k), triple kick (7<sup>th</sup>k), tiger throw (6<sup>th</sup>k)</li> <li>Kyukkido: beginning kick/punch (1-1s; 2-2s)</li> <li>4-corner defenses</li> </ul>	<ul style="list-style-type: none"> <li>16-step: scissors throw (5<sup>th</sup>k), crescent kicks (5<sup>th</sup>k), stomach throw (4<sup>th</sup>k), windsurfer/side separating sacrifice throw (4<sup>th</sup>k)</li> <li>Kyukkido: intermediate groundwork; intermediate kick/punch (3-3's; 50%; kicking only; boxing only); introductory throwing (trade A-B w/movement; 50%)</li> </ul>	<ul style="list-style-type: none"> <li>16-step: rice bail front (3<sup>rd</sup>k), rice bail rear (3<sup>rd</sup>k), fireman's (2<sup>nd</sup>k), wave wrist throw (2<sup>nd</sup>k), arm bar fireman's (1<sup>st</sup>k), spring hip (1<sup>st</sup>k)</li> <li>Kyukkido: introductory open/free; introductory 2-on-1 (standing, open/free)</li> </ul>	<p>1<sup>st</sup></p> <ul style="list-style-type: none"> <li>Kyukkido: referee</li> </ul> <p>2<sup>nd</sup></p> <ul style="list-style-type: none"> <li>Counter throws (#1-#5)</li> </ul> <p>3<sup>rd</sup></p> <ul style="list-style-type: none"> <li>Counter throws (#1-#10)</li> </ul> <p>4<sup>th</sup></p> <ul style="list-style-type: none"> <li>2-on-1 ki form</li> <li>Counter throws (#1-#15)</li> </ul>

## 8. Miscellaneous

Yellow	Green	Blue	Brown/Red	Black 1-2
<ul style="list-style-type: none"> <li>Instructional time: 25+ hours (9<sup>th</sup> kub) or 30+ hours (8<sup>th</sup> kub)</li> <li>ki-hap</li> <li>Korean terms: count to ten; charyöt "attention"; kyöngnye "bow"</li> <li>Basic dojang etiquette: belt tying; bowing (standing and kneeling)</li> <li>Combinations: two-technique kinetic combinations within type (e.g., block-strike; two kicks)</li> </ul>	<ul style="list-style-type: none"> <li>Instructional time: 30+ hours (7<sup>th</sup>/6<sup>th</sup> kub)</li> <li>Korean terms <ul style="list-style-type: none"> <li>count to twenty</li> <li><i>sönsaengnimkke</i> "to the instructors"</li> <li><i>yudanjanimkke</i> "to the black belts"</li> <li><i>kamsahamnida</i> "thank you"</li> </ul> </li> <li>Combinations: three technique kinetic combinations within type; two technique kinetic combinations across type</li> <li>Yongmudo history</li> <li>Self-stretching safely</li> </ul>	<ul style="list-style-type: none"> <li>Instructional time: 40+ hours (5<sup>th</sup>/4<sup>th</sup> kub)</li> <li>Combinations: three technique kinetic combinations across type (strike-kick; block-kick)</li> <li>Introductory teaching: running warm up (warming, review, and/or stretching)</li> <li>Weapons forms/techniques</li> </ul>	<ul style="list-style-type: none"> <li>Instructional time: 40+ hours for 3<sup>rd</sup> kub; 40+ hours 2<sup>nd</sup> kub; 90+ hours for 1<sup>st</sup> kub</li> <li>Introductory weapon defenses (against stick, knife, club)</li> <li>Introductory integration across technique types (e.g., strikes or kicks into locks or throws) in 4-corner situations</li> <li>Intermediate teaching: Warm up class; novice ability to monitor and assess learning effectiveness; teach techniques with guidance</li> <li>Service: 10x supervised classes taught</li> <li>Weapons forms/techniques</li> </ul>	<ul style="list-style-type: none"> <li>Instructional time: 120+ hours 1<sup>st</sup> dan; 240+ hours 2<sup>nd</sup> dan</li> <li>Intermediate integration across technique types in 4-corner situations</li> <li>Weapons forms/techniques</li> <li>Teaching: teach entire class with guidance; intermediate ability to monitor and assess learning effectiveness; implement intermediate-length curriculum (1-3 months) with guidance</li> <li>Service: 10x classes taught (1<sup>st</sup> dan); 20x classes taught (2<sup>nd</sup> dan); leadership role in 1+ events</li> </ul> <p>Black 3+</p> <ul style="list-style-type: none"> <li>Training time: 360+ hours</li> <li>Advanced teaching: teach class without guidance; design intermediate-length curriculum (1-3 months) without guidance</li> <li>Service: leadership role in 1+ events</li> </ul>
<p>Minimum instructional time is hours in formal instruction, maximum 2 hours per day, since last promotion in which students are present and actively participate in the entire class session. Student attending 3 1-hour sessions per week can promote in 9 weeks from white to yellow, in 10 weeks from yellow to green, 14 weeks each from green to blue and then blue to lower brown. University-based schools usually offer 30-35 weeks of instruction per year and 3-4 exams per year, approximately every 12-15 weeks.</p>				<ul style="list-style-type: none"> <li><i>Weapons (1 per dan): cane; short stick (kubaton, 4"-6"); medium stick (8"-14" dan-bong); long stick (20"-28" joong-bong); belt; or other approved weapon</i></li> </ul>

### Temple Hapkido / PhillyYongmudo Fall 2021

Week # (Date) Topic	Monday Specials	Wednesday 8p-9:30p All Levels (Rob)	Friday 8p-9:30p All Levels (Mindy)	Sunday 10a-12p All Levels (Rob)
Week 1 – 8/30 Punch defense		<ul style="list-style-type: none"> <li>• “Oh no” stance, straight punches</li> <li>• Blocking + Roundhouse/Elbows</li> </ul>	<ul style="list-style-type: none"> <li>• Blocking + Striking → Hip (forward throws) → (Finish offs)</li> </ul>	<ul style="list-style-type: none"> <li>• Blocking + Striking → Reaps → (Finish offs) ®</li> </ul>
Week 2 – 9/6 Mount escape		<ul style="list-style-type: none"> <li>• Bridge+Roll → Escape, →Pass open guard +Side control +Americana</li> </ul>	<ul style="list-style-type: none"> <li>• Bridge+Roll →Pass open guard +Scarf hold +Shoulder hold/arm triangle</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp →bridge+roll →Pass open guard → Choke/Armbar</li> </ul>
Week 3 – 9/13 Wrist grabs (kicks)	Instructor Seminar	<ul style="list-style-type: none"> <li>• Wrist escapes; loosen techs →wrist escape → major outer reap</li> </ul>	<ul style="list-style-type: none"> <li>• Wrist escapes; z-lock (wrist, elbow, lapel) →arm bar</li> </ul>	<ul style="list-style-type: none"> <li>• Wrist escapes; passport →passport bar →Bow armbar or Americana</li> </ul>
Week 4 – 9/20 Guard escape		<ul style="list-style-type: none"> <li>• Closed guard control; Guard escape: stand up +run/pass; (falls/rolls)</li> </ul>	<ul style="list-style-type: none"> <li>• Closed guard control; escape: knee shove →pass →pins; (falls/rolls)</li> </ul>	<ul style="list-style-type: none"> <li>• Closed guard control; escape: knee shove →pass →submits; <b>USAYMD Seminar 4p</b></li> </ul>
Week 5 – 9/27 Push defense		<ul style="list-style-type: none"> <li>• “oh no” →kick; →deflection →z-lock/armbar</li> </ul>	<ul style="list-style-type: none"> <li>• “oh no” → Fail!→backfall, worm +kick →stand; →floating drop →finish off ®</li> </ul>	<ul style="list-style-type: none"> <li>• “oh no” →tomoe-nage →finishes ®</li> </ul>
Week 6 – 10/4 Wall Def. (strikes)		<ul style="list-style-type: none"> <li>• Wall hold: chicken wing + strikes</li> </ul>	<ul style="list-style-type: none"> <li>• Wall choke: z-lock +/- double arm bar</li> </ul>	<ul style="list-style-type: none"> <li>• Spin kicks</li> </ul>
Week 7 – 10/11 Punch Defenses	Instructor Seminar	<ul style="list-style-type: none"> <li>• Boxing; block (patter, divert) +counter (strikes, kicks)</li> </ul>	<ul style="list-style-type: none"> <li>• Boxing; block (wedge, rhino) +counter (throws)</li> </ul>	<ul style="list-style-type: none"> <li>• Boxing; block +counter</li> </ul>
Week 8 – 10/18 Kick Defenses		<ul style="list-style-type: none"> <li>• Kicks; block roundhouses +counter</li> </ul>	<ul style="list-style-type: none"> <li>• Kicks; block front kicks +counter</li> </ul>	<ul style="list-style-type: none"> <li>• Kicks; block side kicks +counter</li> </ul>
Week 9 – 10/25 16-Step/CTs		<ul style="list-style-type: none"> <li>• 16-step and Counterthrows</li> </ul>	<ul style="list-style-type: none"> <li>• 16-step and Counterthrows</li> </ul>	<ul style="list-style-type: none"> <li>• 16-step and Short stick</li> </ul>
Week 10 – 11/1 Groundwork		<ul style="list-style-type: none"> <li>• Groundwork techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Groundwork techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Groundwork techniques</li> </ul>
Week 11 – 11/8 Bear hugs	Instructor Seminar	<ul style="list-style-type: none"> <li>• Overarm: scooping throw and valley drop</li> </ul>	<ul style="list-style-type: none"> <li>• Underarm: Fingers, wrists, legs</li> </ul>	<ul style="list-style-type: none"> <li>• Headlock: rollout, ricebail</li> </ul>
Week 12 – 11/15 Wrist grabs		<ul style="list-style-type: none"> <li>• Same side: review, J-lock</li> </ul>	<ul style="list-style-type: none"> <li>• Cross-hand</li> </ul>	<ul style="list-style-type: none"> <li>• 2-on-1 hand</li> </ul>
Week 13 – 11/22 16-Step/CTs	Special: 16-Step/CTs	<ul style="list-style-type: none"> <li>• 16-Step/CTs</li> </ul>	No Class – Thanksgiving	<ul style="list-style-type: none"> <li>• 16-Step/CTs</li> </ul>
Week 14 – 11/29 Kicking		<ul style="list-style-type: none"> <li>• Spin kicks, kick combinations</li> </ul>	<ul style="list-style-type: none"> <li>• Low kicks; kick combinations</li> </ul>	<ul style="list-style-type: none"> <li>• Review</li> </ul>
Week 15 – 12/6	Special: Review	<ul style="list-style-type: none"> <li>• Review</li> </ul>	<ul style="list-style-type: none"> <li>• Exam 12/10</li> </ul>	<b>12/12 USAYMD Seminar + Potluck 4p</b>

®= RLB out \$= MS out @=Amanda out • (T)= T-shirts (Belts/Pants, ‘No-Gi’); Green belts and higher should bring pads & mouth guards to every class