

**FOOTWORK**

Fighting Stance with Guard  
Linear-Lateral-Diagonal

**STRIKING**

Linear & Circular Punches  
Front Kick Lead/Rear  
Round Kick Lead/ Rear  
(step-through & switch)

**DEFENSE**

Catch Punches  
Body Kick Defense  
High Kick Defense

**COMBOS**

Single Series  
2 Punch Series + Footwork  
#'s 1-5 + Kicks  
Fusion Flow Combo  
Warrior Combo Pt. 1

Sparring: Get Hit & Return

**FOOTWORK**

Ring Control  
Quarter-Turn

**STRIKING**

Liver Shot  
Overhand  
Pendulum Lead Kick  
Skip In Lead Kick

**DEFENSE**

Cover Punches  
Low Kick Defense

**COMBOS**

#'s Combo 6-11  
Clockwork  
Flurry Combo  
Switch Cross-Hook  
Dutch Drill

Sparring: Cover & Return



**GUARD**  
**MANIPULATION**

Setting up Kick Range  
Peel Bomb  
Push Bomb  
Jab Parry Series  
Jab Slap Hook

**DEFENSE**

Parry Punches  
Head & Body Counters  
Round Kick Counters  
Front Kick Counters

**COMBOS**

Fleites Flow  
Counter Flow Drill  
Swing Back  
Fight Ender  
Warrior Combo Pt. 2

Sparring: Parry & Return

**NEXT-LEVEL**  
**STRIKING**

Pull Cross  
Baiting  
Feinting  
Blitzing  
Broken Rhythm

**DEFENSE**

Snap Back Evasion  
Front Kick Defense

**COMBOS**

Bait-N-Switch  
Stick & Follow  
Iron Combo  
The Stinger  
Alley Jab / Alley Cross

Sparring: Linear & Return



**STRIKING**

Elbow Series  
Knee Series

**STRIKING**

Spinning Series  
Superman Series  
Question-Mark Series

**DEFENSE**

Slipping Straight Punches  
Duck & Roll Punches  
Pivot-Angle Out Evasion

**DEFENSE**

Long Guard  
Slap Pivot Evasion  
Fake Teep to Pivot Reversal  
Catch Kicks

**COMBOS**

Ninja Combo  
Bad Ending  
Korea Roll  
Hook Slip Drill  
Warrior Combo Pt. 3

**COMBOS**

CH2 + Swing Back  
Clockwork with Switch  
Fusion Flow w Flurry  
2 Roll Drill  
Fight Ender Addons

Sparring: Lateral & Return

Sparring: Argue Back



MMA is Level 2:

You are not required to participate in this section of curriculum in order to earn Black-Belt in Muay Thai-Kickboxing  
Get Better, Get Tired, and Have Fun!

## **STRIKING**

Ninja Trickery  
Entering the Clinch  
Advanced Clinch Striking  
Ground and Pound

## **DEFENSE**

Defending the Clinch  
Take Down Defense  
Defending the Dutch Combos  
MMA Grappling Defense

## **GRAPPLING**

Wall Tactics  
Positional Control  
Submissions for MMA  
Sweeps, Throws, & Take-Downs

**Rank is Earned by Two Criteria:**

- **Understanding the Material** by performing the techniques, holding for your partner, and being able to teach the material back to the instructor. (Rank is not earned because you are "talented" or by time alone)
- **Time** to reach Black-Belt in our Accredited MMA program can take anywhere from 3-5 years.

**Get Better, Get Tired, and Have Fun!**

Open Sparring