

Blue belt

The aim for this belt

Gateway to senior grades. Capable of fighting at all ranges and on the ground in good and bad positions. Able to combine striking and grappling and transition seamlessly. Capable defence against all three weapon systems with sound decision making under pressure.

Basics (from previous grades)

Breakfalls

Rolls (including diving high rolls)

Stand up

Mount escape

Three heads in a row

Striking with all limbs all distances and angles

Tactics

Multiple attackers with sticks handguns and knives

Sparring standing and on the ground.

Ability to survive breakfall and transition to ground defence

Defence against grappling standing up

Front headlock

Side headlock

Rear headlock

Takedowns and bear hug defence

Defence against attacks on the ground

Side control

Mount

Knee mount

Scarf hold

Rear mount

Stand up fighting skills

Feints dummies and advanced footwork

Single and double leg takedowns

Throws forwards and backwards

