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Current Level: White (10th Gup)

Next Level: Yellow (9th Gup)

Breakfalls/Rolls

1. Backward Roll
2. Side Breakfall
3. Forward Roll

Kicks

1. Front
2. Side
3. Back

Punches

1. Vertical (Jab/Cross)
2. Hammerfist (Horizontal/Vertical)
3. Backfist

Breakaways

1. Twist Out Escape
2. Push Wrist Escape
3. Radial Nerve Strike
4. Knuckle Strike

Wrist Grabs (Same Side)

1. Outside Lead – Away
2. Outside Lead – Into



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Current Level: Yellow (9th Gup)

Next Level: Orange (8th Gup)

Breakfalls/Rolls

4. Forward Breakfall
5. Backward Breakfall
6. Diving Roll
7. Rolling Escape

Kicks

4. Roundhouse
5. Inside Crescent
6. Outside Crescent

Punches

4. Uppercut
5. Hook

Breakaways

5. Radial Nerve Strike – Pivot to Elbow
6. Downward Breakaway
7. Horizontal Breakaway
8. Upward Breakaway
9. Backward Sweep

Wrist Grabs (Same Side)

3. Push-Pull (Corkscrew)
4. Saw Arm
5. Forward Wrist Lock

Wrist Grabs (Cross)

1. Saw Arm
2. Arm Break Over Shoulder to Outside Lead
3. Face Strike – Radial Bone Armbar Up



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Current Level: Orange (8th Gup)

Next Level: Green (7th Gup)

Kicks

7. Scoop
8. Slap

Strikes

1. Scoop
2. Tiger Mouth

Breakaways

10. Breakaway to Elbow Strike (One Motion)
11. 3 Strikes
12. Tiger Mouth Throat Strike
13. Outside Spin & Breakaway – Elbow to Kidneys and Head
14. Step Under – Pull Down

Wrist Grabs (Same Side)

6. Forward Pressure Wrist Lock – Step In – Pull Head
7. Double Whip
8. Finger Lock Dance
9. Gooseneck
10. Slot Machine

Wrist Grabs (Cross)

4. Chicken Wing
5. Wrist S-Lock
6. Throat Grab – Pull Around



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Current Level: Green (7th Gup)

Next Level: Purple (6th Gup)

Kicks

9. Upward Knee
10. Roundhouse Knee

Strikes

3. Knife Hand
4. Spear Hand
5. Ox-jaw

Breakaways – 2 Hands Grab 1 Wrist

1. Elbow to Face
2. 3 Strikes
3. Pull Out to Elbow Strike

Wrist Grabs (Same Side)

11. High Side Wrist Lock
12. Hammerlock with Knife Hand
13. Hammerlock Turn Into Knife
14. Chicken Wing
15. Center Lock

Wrist Grabs (Cross)

7. Outside Lead
8. Rotate Fingers Up Then Down

Wrist Grabs (Side)

1. Elbow-Over Wrist Lock
2. Elbow-Over Armbar

Defense Against Punches

1. Saw Arm
2. Rear Choke



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Current Level: Purple (6th Gup)

Next Level: Blue (5th Gup)

Strikes

6. Inside Elbow
7. Outside Elbow
8. Upward Elbow
9. Downward Elbow
10. Backward Elbow

Wrist Grabs (Same Side)

16. Center Lock
17. Arm Over Armbar
18. Step Under Hammerlock
19. Finger Bar Upward Elbow Strike
20. Armbar with Waist Twist

2 Hands Grab 1 Wrist

1. Belt Grab Push Pull
2. Outside Lead
3. Wrist S-Lock

Wrist Grabs (Side)

3. Elbow to Head Lock and Pulldown
4. Armbar with Waist Twist
5. Outside Lead with Fingers

Defense Against Punches

3. Inside to Outside Lead
4. Bicep Strike

2 Hands Grab 2 Wrists (Front)

1. Hand Smash to Elbow
2. Wrist Smash to Elbow

2 Hands Grab 2 Wrists (Back)

1. Center Lock
2. Step Behind and Sweep



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Current Level: Blue (5th Gup)

Next Level: Brown (4th Gup)

2 Hands Grab 1 Wrist

4. Chicken Wing
5. Saw Arm
6. Radial Bone Armbar

Defense Against Punches

5. Inside Elbow
6. Hip Throw

2 Hands Grab 2 Wrists (Front)

3. Step Through to Take Down
4. Crossed Arm Throw
5. Double Arm
6. Back Palm Strike

2 Hands Grab 2 Wrists (Back)

3. Horizontal Center Lock
4. Elbows to Saw Arm

1 Hand Shoulder Grabs (Front)

1. Wrist Lock
2. Step Under Hammerlock
3. Wrap Around

1 Hand Lapel Grabs

1. Outside Lead
2. Wrist Pressure Down



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Current Level: Brown (4th Gup)

Next Level: Red (3rd Gup)

1 Hand Shoulder Grabs (Front)

4. Wrist Lock – Finger to Back Knee
5. Wrist Lock – Throat Strike
6. Elbow Over Armbar and Wrist Lock

1 Hand Lapel Grabs

3. Outside Lead
4. Elbow Over Armbar
5. Elbow Strike Head Twist

Back Collar Grabs

1. Straight Arm Lock
2. Saw Arm
3. Bent Arm Sweep

2 Hands Lapel Grabs

1. Saw Arm
2. 2 Arm Lock to Knees

1 Hand Middle Sleeve Grabs

1. Wrist Lock
2. Wrap Around

2 Hands Middle Sleeve Grabs (Front)

1. 2 Arm Lock to Knees
2. 2 Arm Trap
3. Wrist Lock
4. Wrap Around

Side Body Grabs

1. Lock and Sweep Takedown
2. Lock and Forearm Pressure



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Current Level: Red (3rd Gup) Next Level: Red/Black (2nd Gup)

1 Hand Shoulder Grabs (Front)

7. Wrist Lock & Radial Strike
8. Downward Elbow Strike

2 Hand Lapel Grabs

3. Grab Belt and Spear to Throat
4. Outside Lead

2 Hand Middle Sleeve Grabs (Back)

1. Step Behind and Sweep

2 Hand Shoulder Grabs (Back)

1. Saw Arm

Belt Grabs (Palm Down)

1. Saw Arm
2. Three Strikes

Hostile Handshakes

1. Radial Nerve Strike
2. Elbow Strike and Push Away

Full-Nelsons

1. Hip Throw
2. Outside Lead with Fingers



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Current Level: Red/Black (2nd Gup) Next Level: Black/White (1st Gup)

2 Hand Lapel Grabs

5. Pin with Both Arms – Takedown and Face Strike
6. Throat Strike and Head Grab to Takedown

Belt Grabs (Palm Up)

3. Cross Hand Grab – Upward Elbow Strike – Grab Lapel to Takedown
4. Outside Lead

Hostile Handshakes

3. Double Grab – Elbow Up
4. Chicken Wing

Full-Nelson

3. Finger Grab – Spin Out
4. Life Arms up – Then Power Down – Head Throw
5. Sweep Backward

Headlock

1. Knee Pull – Low Elbow Strike
2. Knee Push – Pull Collar Back
3. Ankle Grab – Push Back of Knee – Leg Pin
4. Trap Hand – Groin Strike to Get Head Out

Bear Hugs (Arms Out-Back)

1. Strike Hand – Center Lock
2. Strike Hand – Forward Wrist Lock
3. Grab Finger – Spin Out to Choke

Hair Grabs

1. Grab Hand – Radial Strike Down to Takedown
2. Center Lock
3. Cross Trap Strike – Saw Arm
4. Trap – Radial Strike – Grab Throat and Sweep