

## Extreme HEET Red Belt Requirements

### **Kicks**

Roundhouse kick low level  
Check kick to thigh

### **Strikes**

Knife hand strike outside  
Knife hand strike inside  
Ridge hand

### **Breakfalls**

#11 Rolling forward over partner  
#12 Rolling forward picking up object

### **Takedowns**

One arm shoulder throw with lying back armbar

### **Hold Escapes**

2 hands on throat from front held close  
2 hands on throat from front held far  
2 hands on throat from rear held close  
2 hands on throat from rear held far

### **Grappling / Ground defense**

Base battle (Push in base and Pull in base with sneaky pull)  
Base battle combination (push, pull, sneaky pull, tackle the giant, crocodile, transition to full mount, crazy bulldozer roll, backpack)

### **Vision**

Student will write a paragraph on the what the word CONFIDENCE means to them. They must also provide a personal example.