

## Extreme HEET Blue Belt Requirements

### **Blocks**

Two arm cross block

### **Kicks**

Roundhouse kick with front leg defensive stance

Roundhouse kick with rear leg defensive stance

Side kick with front leg defensive stance

Side kick with rear leg defensive stance

### **Strikes**

Bottom fist

16 Basic elbow strikes

### **Breakfalls**

#7 Standing falling to the side

#8 Jumping front roll with partner

### **Takedowns**

Neck throw with police roll over

### **Hold Escapes**

Bear hug over the arms from rear lifting

Bear hug under the arms from rear lifting

Bear hug over the arms from front lifting

Bear hug under the arms from front lifting

### **Grappling / Ground defense**

Tackle the Giant (Duck and Shoot from punch)

Tackle the Giant (clap and shoot)

Combination (tackle the giant, transition to mount, bulldozer, crazy horse)

### **Vision**

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