



# ***Leading Edge Martial Arts***

## ***Adult***

### ***White Belt Curriculum***

#### **Pushups—5**

#### **Kicks**

Front Kick  
Side Kick  
Knee Strike

#### **Fighting Combinations**

- #1 Front punch, back punch (also known as 1-2 punch)
- #2 Front kick, back punch
- #3 1-2 punch, back leg front kick

#### **Self Defense (attacks described)**

- #1 Single wrist grab (same side)
- #2 Front choke
- #3 Rear choke

#### **Grappling:**

Control Positions  
4 Point Clock Drill  
Role Reversal  
Elbow Escape

**\*Special Note:** It is important to remember that LEMA curriculum is constantly evolving. Be sure to check with your instructor regularly to see if there have been any updates or additions to the curriculum.



# ***Leading Edge Martial Arts***

## ***Adult***

### ***Yellow Belt Curriculum***

#### **Pushups– 10**

#### **Kicks**

Round Kick

Back Leg Round Kick

#### **Fighting Combinations**

#1 1-2 punch, front crossing elbow strike

#2 Side kick, back punch

#3 Front Leg Round Kick, 1-2 punch

#4 1-2 punch, back leg round kick

#### **Self Defense (attacks described)**

#1 One hand lapel grab (same side)

#2 Double lapel grab

#3 Cross wrist grab

Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling:**

Americana from Mount

Americana from Side Mount

Cross Choke from Mount

Cross Choke from Guard

Standard Arm Bar from Mount

Pass the Guard

**\*Reminder:** Students are responsible for remembering all previous belt level's curriculum.

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# **Leading Edge Martial Arts**

## **Adult**

### **Orange Belt Curriculum**

#### **Pushups-15**

#### **Kicks**

Spin Side Kick

#### **Fighting Combinations**

- #1 Front Punch, Back Punch, Front Hook Punch, Back Hook Punch
- #2 Front Kick, Back Front Kick, Back Round Kick, Back Punch
- #3 1-2 Punch, Back Round Kick, Back Round Kick, Back Punch
- #4 1-2 Punch, Back Round Kick, Spin Side Kick, Back Punch

#### **Self Defense (attacks described)**

- #1 One arm choke from behind
- #2 Full nelson
- #3 Bear hug

Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling**

Vice Choke - Ezekiel from Mount  
Vice Choke - Ezekiel from Guard  
Guillotine Choke Standing  
Rear Naked Kneeling  
Rear Naked from Deadman's  
Knee to Belly Escape from under Side Mount to Guard

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# ***Leading Edge Martial Arts***

## ***Adult***

### ***Green Belt Curriculum***

#### **Pushups-20**

#### **Kicks**

Front Leg Hook Kick

Back Leg Hook Kick

#### **Fighting Combinations**

#1 1-2 Punch, Crossing Elbow, Back Fist, Back Punch

#2 Front Hook Kick, 1-2 Punch

#3 Front Hook Kick, Back Front Kick, Spin Side Kick, Back Punch

#### **Self Defense (attacks described)**

#1 Step thru back punch (defense using Octagon)

#2 Step-skip -front kick

#3 Back leg round kick

Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling**

6 Point Clock Drill

Americana from Scarf

Straight Arm Bar from Scarf

Arm Triangle from Scarf

Double Arm Bar from Guard

Guillotine Choke Mount

Guillotine Choke Guard

Knuckle Compression Pain Choke from Mount

Knuckle Compression Pain Choke from Guard

Hitchhiker Escape from Arm Bar

Hulk Escape from Scarf

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# ***Leading Edge Martial Arts***

## ***Adult***

### ***Blue Belt Curriculum***

#### ***Pushups-25***

#### ***Kicks***

Front Leg Ax Kick  
Back Leg Ax Kick  
Tornado Kick

#### ***Fighting Combinations***

- #1 Front Double Jab-Back Punch, Front Hook Punch, Back Upper Cut
- #2 Front leg Axe Kick, Back Leg Low-High Round Kick, Spin Side Kick, Back Punch
- #3 1-2 Punch, Back Leg Round Kick, Tornado Kick, Spin Back Fist, Back Punch

#### ***Self Defense (attacks described)***

- #1 Knife Held to Face or Chest
- #2 Step Through Over Head Knife Attack
- #3 Strep in Stab to the belly Knife Attack

Adult class students are responsible for alternate defenses for previous belt level attacks.

#### ***Grappling***

Gi Across Noose Choke From Mount  
Gi Across Noose Choke From Guard  
Kimura from Guard  
Scissor Sweep from Guard to Mount  
Rear Naked from Turtle  
Rear Naked from Toboggan  
Rear Naked from Back with hooks Defense - Trap Arm and Spin  
Teeter Escape from Scarf

**\*Reminder:** Students are responsible for remembering all previous belt level's curriculum.

\*In order for child students to test out of blue belt they will be tested on all current & previous curriculum.

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# ***Leading Edge Martial Arts***

## ***Adult***

### ***Purple Belt Curriculum***

#### **Pushups-30**

#### **Kicks**

Spin Hook Kick

#### **Fighting Combinations**

- #1 Front Punch, Step Through Back Punch, Spin Back Fist, Back Punch
- #2 Skip Front Kick, Back Round Kick, Spin Hook Kick, Back Punch
- #3 1-2-1 Punch, Spin Hook Kick, Back Punch, Back Round Kick, Back Punch

#### **Self Defense (attacks described)**

- #1 Back Leg Front Kick (defense using Octagon)
- #2 Cross Wrist (defense joint lock)
- #3 Double Wrist Grab From Behind

Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling:**

Single Arm Bar from the Guard  
Clock Choke  
Triangle Choke from Guard  
Ankle hook take down of standing person inside the guard  
Forearm Noose Choke from Mount  
Forearm Noose Choke from Guard  
Frame Escape from Scarf to Arm Bar

**\*Reminder:** Students are responsible for remembering all previous belt level's curriculum.

**\*Special Note:** It is important to remember that LEK curriculum is constantly evolving. Be sure to check with your instructor regularly to see if there have been any updates or additions to the curriculum.



# **Leading Edge Martial Arts**

## **Adult**

### **Red Belt Curriculum**

#### **Pushups-35**

#### **Kicks**

Front Leg Inside Crescent Kick  
Back Leg Inside Crescent Kick  
Front Leg Outside Crescent Kick  
Back Leg Outside Crescent Kick  
Spin Crescent Kick

#### **Fighting Combinations**

- #1 Front Double Jab, Back Punch, Front Punch, Spin Back Fist, Step through Elbow
- #2 1-2 Punch, Back Round Kick, Tornado Kick, Spin Hook Kick, Back Punch
- #3 1-2 Back leg inside Crescent kick, Spin Crescent kick, Back Punch

#### **Self Defense (attacks described)**

- #1 Single Hand Lapel Grab (reach across-wrist & elbow joint lock)
  - #2 Step Through over head attack (defense using Octagon into choke)
  - #3 Step Through Back Punch (Defense using Octagon into arm bar)
- Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling**

Calf Crush from Standing/Catching a Kick  
Single Leg Take Down Head Inside - Dragon  
Single Leg Take Down Drive with or without ankle trip.  
Double Leg Take Down  
Sprawl from Take Down  
Sprawl from Take Down - Spin to Turtle.  
Rear Naked Choke Defense from Back with hooks Trap Ankles

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# ***Leading Edge Martial Arts***

## ***Adult***

### ***Brown Belt Curriculum***

#### **Pushups-40**

#### **Kicks**

Lunging Back Leg Knee Strike  
Jumping Front Leg Knee Strike

#### **Fighting Combinations**

#1 Double Jab, Back Punch, Front Upper Cut, Back Inverted Elbow, Back Fist, Front Punch  
#2 Front punch, Slide in front round kick, step behind side kick, Back Punch  
#3 Front Punch, Shuffle 1-2 Punch, Lunging Back Knee, Spin Elbow, Crossing Elbow

#### **Self Defense (attacks described)**

#1 Single Lapel grab twist and lift. (Descending Elbow into a choke)  
#2 Step through back looping hook punch. (Octagon move straight in)  
#3 Single grab to upper arm from right side. (Rotate around and chop)  
Adult class students are responsible for alternate defenses for previous belt level attacks.

#### **Grappling**

Baseball Choke  
Darce Choke  
Clock Arm Bar  
Von Flue Choke from Guillotine Escape  
Ankle Hook  
Gogoplata  
Rear Naked Choke Trap Arm with Leg.

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**\*Special Note:** It is important to remember that LEMA curriculum is constantly evolving. Be sure to check with your instructor regularly to see if there have been any updates or additions to the curriculum.