

November CAP Curriculum

Striking

<u>For Everyone:</u>	<u>For Color Belts:</u>
<ul style="list-style-type: none">• Snap Front Kick• Step Forward Snap Front Kick• Step Backward Snap Front Kick• Front Kick Roundhouse Counter• Push Front Kick	<ul style="list-style-type: none">• Flying Front Kick

Wrestling

<u>For Everyone:</u>	<u>For Color Belts:</u>
<ul style="list-style-type: none">• Wrist Control Arm Drag• Post & Double Arm Drag• Arm Drag Double	<ul style="list-style-type: none">• Flying Arm Drag to Back

Grappling

<u>For Everyone:</u>	<u>For Color Belts:</u>
<ul style="list-style-type: none">• Double Stack Guard Pass• Common Counters to the Double Stack• Flow Into A Single-Leg Stack Pass• Flow Into The Knee Cut Across Pass• Shin Chop Their Stiff Arm• Shrug Pass Followed By Hip Cut Pass	<ul style="list-style-type: none">• The Low Sit-Out Double Stack Pass• Flip Over Double Stack• Houdini Guard Break to Double Stack• Houdini Guard Break Variation