



Rising Tide Martial Arts Adult Curriculum

Important Notes:

1. Modifications may be made for junior students (older kids/preteens) using the adult curriculum to promote safety
2. Curriculum may be updated at any time to improve clarity or flow of curriculum
3. Many belts are split among multiple pages to keep everything under one tip together one one page – make sure to check the next page!



White to Orange Belt Curriculum

Equipment required for this belt: Gi pants & black shirt

General Knowledge

- ☐ Student Creed
- ☐ Name the best defense
- ☐ **Vocab**
 - ☐ Hapkido
 - ☐ Southpaw
 - ☐ Switch kick

1st Tip

- ☐ How to tie your belt
- ☐ Defensive stance
- ☐ 6 Basic Positions
 - ☐ Ready
 - ☐ At Ease
 - ☐ Listening
 - ☐ Guarding Stance
 - ☐ Attention
 - ☐ Bow
- ☐ How to hold focus mitts and air shields

Punches

- ☐ Jab
- ☐ Cross
- ☐ Hook



2nd Tip

Power Kicks

- ☐ Front kick
- ☐ Side kick
- ☐ Roundhouse kick
- ☐ Back kick

Kicking Combinations

- ☐ #1 - Low leg kick, front kick, side kick

Other Strikes

- ☐ Elbow Strike (horizontal, vertical and diagonal)

4 Corner Blocks

- ☐ Cover left, cover right, paddle left, paddle right, parry right, parry left, leg check left, leg check right

3rd Tip

4 Counts - 1st Half

- ☐ #1 - Right roundhouse, left hook, right cross, switch left roundhouse
- ☐ #2 - Switch left roundhouse, cross, hook, right roundhouse
- ☐ #3 - Right roundhouse, left hook, right cross, switch left knee
- ☐ #4 - Switch left roundhouse, cross, hook, right knee
- ☐ #5 - Right roundhouse, left hook, right cross, left elbow
- ☐ #6 - Switch left roundhouse, right cross, left hook, right elbow

Grappling - Brazilian Jiu Jitsu (BJJ) Flow

- ☐ Distance gauge
- ☐ Peek-a-boo block
- ☐ Clinch
- ☐ Front leg sweep



Rising Tide Martial Arts

Orange to Yellow Belt Curriculum

Equipment required for this belt: Kali sticks

General Knowledge

- ☐ Know the meaning of Hapkido - "The Way of _____"
- ☐ Name at least three of the styles practiced at Rising Tide (hint - check the website)

1st Tip

Basic Kicks

- ☐ Inside ax kick
- ☐ Outside ax kick
- ☐ Inside crescent kick
- ☐ Outside crescent kick
- ☐ Cross step hook kick

Falls & Rolls

- ☐ Side fall
- ☐ Back fall
- ☐ Front fall
- ☐ Front shoulder roll

2nd Tip

Kickboxing Combinations

- ☐ #1 - Cross, hook, right kick, hook, cross, left switch kick

Kicking Combinations

- ☐ #1 - Low leg kick, front kick, cross step side kick
- ☐ #2 - Front kick, cross step side kick, cross step roundhouse kick

Kali

- ☐ 12 Angles of Attack
- ☐ Cup Cup
- ☐ X Pattern
- ☐ High-Low
- ☐ High-Low-High (Three Count)
- ☐ 6 Count Heaven

Judo

- ☐ Over the shoulder judo throw drills



3rd Tip

Timing and Defense

- ☐ Side kick against the attacker
- ☐ Step back back kick against the attacker

Sweeps

- ☐ Outside Sweep
- ☐ Inside Sweep

Kicks

- ☐ **Jump Power Kicks**
 - ☐ Front kick to jump front kick
 - ☐ Sidekick to jump sidekick
 - ☐ Roundhouse to jump roundhouse

Four Counts - 2nd Half

- ☐ #1 - Right roundhouse, left hook, right cross, switch left roundhouse
- ☐ #2 - Switch left roundhouse, right cross, left hook, right roundhouse
- ☐ #3 - Right roundhouse, left hook, right cross, switch left knee
- ☐ #4 - Switch left roundhouse, right cross, left hook, right knee
- ☐ #5 - Right roundhouse, left hook, right cross, left elbow
- ☐ #6 - Switch left roundhouse, right cross, left hook, right elbow
- ☐ #7 - Right roundhouse, left hook, right cross, left hook
- ☐ #8 - Switch left roundhouse, right cross, left hook, right cross
- ☐ #9 - Jab, right cross, right roundhouse (leave it in front), left roundhouse
- ☐ #10 - Jab, right cross, switch left roundhouse, right roundhouse
- ☐ #11 - Jab, right cross, right knee (leave it in front), left knee
- ☐ #12 - Jab, right cross, switch left knee to right knee



Rising Tide Martial Arts

Yellow to Green Belt Curriculum

Equipment required for this belt: Fingerless boxing gloves, mouth guard

1st Tip

Double Kicks

- ☐ Low snap front kick to high roundhouse
- ☐ Cross step low side kick to high side kick
- ☐ Cross step hook kick to high roundhouse

Jump Kicks

☐ Power Kicks

- ☐ Jump front kick
 - ☐ Front leg jump front kick
 - ☐ Rear leg jump front kick
- ☐ Jump roundhouse
 - ☐ Front leg jump roundhouse
 - ☐ Rear leg jump roundhouse
- ☐ Jump side
 - ☐ Front leg only
- ☐ Jump back
 - ☐ Turning and Stepping
 - ☐ Rear leg jump back
 - ☐ Front leg jump back
 - ☐ Note: Head will turn to look over the shoulder of the same side as the leg that is kicking. (Ex: kicking with right leg, look over right shoulder)

☐ Basic Kicks

- ☐ Outside axe kick to jump outside axe kick
- ☐ Hook kick to jump hook kick
- ☐ Outside crescent to jump outside crescent

Front Leg Kick Combinations

- ☐ Front leg front kick, jab, cross, hook
- ☐ Front leg round kick, jab, cross, hook
- ☐ Front leg side kick, jab, cross, hook



2nd Tip

Kali 1st Set

- ☐ Cup Cup, X Pattern, High-Low, Three Count, 6 Count Heaven (Yellow Belt)
- ☐ 6 Count Standard
- ☐ 6 Count Earth
- ☐ Umbrella Heaven
- ☐ Umbrella Standard
- ☐ Umbrella Earth
- ☐ Crash

Kicking Combinations

- ☐ #1 (Orange Belt), #2 (Yellow Belt)
- ☐ #3 - Inside axe kick, cross step hook kick, turning back kick with opposite leg

Kickboxing Combinations

- ☐ #1 (Yellow Belt)
- ☐ #2 - Jab, outside sweep, hook, right roundhouse, jab, inside sweep, cross, switch left roundhouse

3rd Tip

Superman Punch

Basic Defense

- ☐ Bob left, bob right, weave left, weave right, feint forward, feint back, feint down, parry left, body block left (moving right), body block right (moving left), redirect left (stepping left), redirect right (stepping right), leg check left, leg check right

Basic Form #1

- ☐ Ready position
- ☐ Low block fold (left on top), right foot steps back, left low block
- ☐ Right foot meets left and then steps forward, right punch
- ☐ Low block fold (left on top), left foot steps forward, left low block
- ☐ Right foot meets left and then steps forward, right punch
- ☐ Low block fold (left on top), left leg swings all the way around as you turn around, left low block
- ☐ Left foot meets right and steps forward, right punch
- ☐ Right foot meets left and steps forward, left punch
- ☐ Left foot meets right and steps forward, right punch
- ☐ Low block fold (left on top), spin in circle over left shoulder, left foot steps back, left low block
- ☐ Star



4th Tip

Hubud

- ☐ Right side - check, raise, slap elbow, hit (vertical punches)
- ☐ Ground Kicks
 - ☐ Front kick
 - ☐ Roundhouse
 - ☐ Sidekick
 - ☐ Back kick
- ☐ Getting up from sitting position (inside side kick, step back, stand)

Ground Fighting (continued)

- ☐ On your back drills
 - ☐ Spinning drill
 - ☐ Grab pant leg
 - ☐ Grab leg
 - ☐ Scissor sweep
- ☐ Grappling
 - ☐ Side control
 - ☐ Mount
 - ☐ Guard
- ☐ Turtle
 - ☐ Turtle position (rolling)
 - ☐ Turtle position to left inside sidekick (getting up)
 - ☐ Turtle to right side kick (low and high)
 - ☐ Turtle to inside sweep and outside sweep
 - ☐ Turtle to knee break (left leg hooks their leg, right side kick)



Rising Tide Martial Arts

Green to Blue Belt Curriculum

Equipment required for this belt: Nunchaku, shin guards

1st Tip

Boxing

- ☐ #1 - Jab, cross, hook
- ☐ #2 - Jab, cross, weave left, hook, cross, hook
- ☐ #3 - Jab, cross, weave right, cross, hook
- ☐ #4 - Jab, cross, roll right, cross, hook
- ☐ #5 - Jab, cross, body block, cross, hook
- ☐ #6 - Jab, cross, low hook, high hook, cross, hook
- ☐ #7 - Jab, cross, uppercut, hook, cross, hook
- ☐ #8 - Jab, right shovel punch, faint back, cross, hook, cross, hook
- ☐ #9 - Jab, cross, left hook to body, right hook to body, hook, cross, hook, cross, hook

2nd Tip

Kicking

- ☐ **Spin Kicks**
 - ☐ Spinning crescent
 - ☐ Spinning hook
 - ☐ Spinning heel
- ☐ **Pass of Spin Kicks**
 - ☐ Pass of roundhouse to spinning crescent
 - ☐ Pass of roundhouse to spinning hook
 - ☐ Pass of roundhouse to spinning heel
- ☐ **Pop-Up Power Kicks**
 - ☐ Front, round, side, back

Kicking Combinations

- ☐ #1 (Orange Belt), #2 (Yellow Belt), #3 (Green Belt)
- ☐ #4 - Double Kicks – front-round, low-high side, hook-round

Kickboxing Combinations

- ☐ #1 & #2 (Green Belt)
- ☐ #3 - switch left jab, left front kick, right cross, right knee, right elbow



3rd Tip

Shoulder Rolls

- ☐ Back fall to back shoulder roll
- ☐ Spinning heel kick to back shoulder roll

Forms

- ☐ Basic Form #1 (Yellow Belt)
- ☐ Basic Form #2
 - ☐ Ready position
 - ☐ High block fold (right arm on bottom), right foot steps back, right high block
 - ☐ Right foot meets left and then steps forward, left punch
 - ☐ High block fold (left arm on bottom), left foot meets right and steps forward, left high block
 - ☐ Right foot meets left and then steps forward, right punch
 - ☐ Low block fold (left arm on top), swivel to cat stance with left foot forward, left low block
 - ☐ Left foot steps out into front stance, right punch
 - ☐ High block fold (right on bottom), right foot comes around to right foot forward cat stance, right high block
 - ☐ Right foot steps out into front stance, left punch
 - ☐ Low block fold (left on top), left foot comes around to left foot forward cat stance, left low block
 - ☐ Left foot steps out into front stance, right punch
 - ☐ High block fold (left on bottom), spin in circle over left shoulder, left foot steps back, left high block
 - ☐ Star

Grappling - BJJ Flow

- ☐ Distance gauge to front leg sweep (White Belt)
- ☐ Mount
- ☐ Low swim - buck right, swim right, buck left, swim left
- ☐ High swim
- ☐ Americana armlock



4th Tip

Nunchaku Angles of Attack (right and left side)

- ☐ Down outside to inside
- ☐ Down inside to outside
- ☐ Up outside to inside
- ☐ Up inside to outside
- ☐ Across outside to inside
- ☐ Across inside to outside

Nunchaku Isolations

- ☐ Outside upward circle
- ☐ Outside downward circle
- ☐ Inside upward circle
- ☐ Inside downward circle
- ☐ Upward figure 8
- ☐ Downward figure 8
- ☐ Switching sides
- ☐ Pass behind the back
- ☐ Pass around the neck

Nunchaku Form #1

- ☐ Circle up, circle down to leg, circle up on right side
- ☐ Switching sides – left hand grabs under right arm, circles up to left side
- ☐ Circle down, circle up on left side
- ☐ Switching sides - right hand grabs under left arm, circles up to right side
- ☐ Strike left then right, circle down, circle up on right side
- ☐ Switching sides – left hand grabs under right arm, circles up to left side
- ☐ Strike right then left, circle down, circle up on left side
- ☐ Switching sides – right hand grabs under left arm, circles up to right side
- ☐ Cat stance low block with nunchaku
- ☐ Jump front kick with right leg
- ☐ Strike with left hand toward the right, strike with right hand toward the left, circle up
- ☐ Circle around the neck, circle around the back
- ☐ Lasso over head, bounce off hip, circle up
- ☐ Star

Kali - 2nd Set

- ☐ Cup Cup to Crash (Green Belt)
- ☐ Abanicko ("fan") – high high high, high low high, low high low, low low low, low low low
squatting, florette, redondo, x pattern, three count (forehand, backhand, backhand)
 - ☐ Two high backhands after each



Rising Tide Martial Arts

Blue to Brown Belt Curriculum

Equipment required for this belt: Bo-staff

1st Tip

Kicking

- ☐ **Front leg front kick after spin kicks**
- ☐ **Jump Spin Kicks**
 - ☐ Basic Kicks
 - ☐ Jump spinning crescent kick
 - ☐ Jump spinning hook kick
 - ☐ Jump spinning heel kick
 - ☐ Pass Of Spin Kicks
 - ☐ Pass of jump spinning crescent
 - ☐ Pass of jump spinning hook kick
 - ☐ Pass of jump spinning heel kick
 - ☐ Low sweep
 - ☐ Low spinning sweep
- ☐ **Kicking Combination #5** - butterfly kick, spinning hook, pop up front kick, then repeat on left side

2nd Tip

Grappling - BJJ Flow

- ☐ Distance gauge to Americana arm lock (Blue Belt)
- ☐ Armbar
- ☐ Punch Block Series – grab and hug, punch ribs, arms over knees, knee to hips, hug, feet to hips
- ☐ Triangle Choke

Basic Defense (Offense)

- ☐ Bob left (jab), bob right (cross), weave left (hook), weave right (cross), feint forward (jab), feint back (cross), feint down (jab), parry left (cross), body block left shuffle to the right (cross), body block right shuffle to the left (jab), redirect stepping left (right kick), redirect stepping right (left kick), leg check left (jab), leg check right (cross)



3rd Tip

Silat Entries (Right and Left)

- ☐ #1 - Outside
 - ☐ Right foot back guarding stance against cross – left hand checks hand, right hand salutes
 - ☐ Left foot back guarding stance against jab – right hand checks hand, left hand salutes
- ☐ #2 - Inside
 - ☐ Right foot back guarding stance against cross – left hand checks against hand, right hand slaps nerves on inside of arm
 - ☐ Left foot back guarding stance against jab – right hand checks against hand, left hand slaps nerves on inside of arm
- ☐ #3 - Backhand
 - ☐ Right foot back guarding stance against cross – right hand checks against inside of their hand, left backhand to nerves on inside of arm
 - ☐ Left foot back guarding stance against jab – left hand checks against inside of their hand, right backhand to nerves on inside of arm
- ☐ #4 - Split High
 - ☐ Right foot back guarding stance against cross – left hand checks hand (parry just past your face), right cross to face under
 - ☐ Left foot back guarding stance against jab – right hand checks hand (parry just past your face), left cross to face (under the arm)
- ☐ #5 - Split Low
 - ☐ Right foot back guarding stance against cross – left hand checks hand (parry just past your face), right cross to stomach under
 - ☐ Left foot back guarding stance against jab – right hand checks hand (parry just past your face), left cross to stomach (under the arm)
- ☐ #6 - Direct
 - ☐ Right foot back guarding stance against cross – left hand traps their arm against their chest, right cross to face (over the arm)
 - ☐ Left foot back guarding stance against jab – right hand traps their arm against their chest, left cross to face (over the arm)

Forms

- ☐ 4 Directional Circle



4th Tip

Kali with Staff

- ☐ 17 Angles of Striking
- ☐ X Pattern
- ☐ Upward Figure Eight
- ☐ Downward Figure Eight
- ☐ Upward and Downward Figure Eight with Female Triangle
- ☐ Hourglass Figure Drill
- ☐ 8 Count Pattern - high high, low low, high low, low high
- ☐ 12 Count Pattern - high high high, low low low, high low high, high low high

Forms

- ☐ Four Direction with Staff
- ☐ Basic Form #3



Rising Tide Martial Arts

Brown to Red Belt Curriculum

1st Tip

Bear Hug Defenses

- ☐ Groin stab
- ☐ Chin grind
- ☐ Headbutt

2-3 Man Kicking Combos

- ☐ Front/side
- ☐ Front/back
- ☐ Front/side/back
- ☐ Front/side/back/spinning heel
- ☐ Roundhouse/side

Choke Defenses

- ☐ Single hand choke: shoulder shrug
- ☐ Two hand choke: circular low block to elbow strike

2nd Tip

Jeet Kune Do ABCs

- ☐ #1: Shuffle kick, cross, hook, cross, shuffle kick
- ☐ #2: Shuffle kick, cross, low hook, cross, shuffle kick
- ☐ #3: Shuffle kick, cross, uppercut, cross, shuffle kick
- ☐ #4: Shuffle kick, cross, jab, cross, shuffle kick
- ☐ #5: Shuffle kick, overhead hook, uppercut, overhead hook, shuffle kick
- ☐ #6: Shuffle kick, cross, low hook, high hook, cross, shuffle kick
- ☐ #7: Shuffle kick, cross, left uppercut, right uppercut, hook, cross, shuffle kick
- ☐ #8: Shuffle kick, cross, left uppercut, right uppercut, left elbow, right elbow, right knee, shuffle kick

Kicking Combos

- ☐ #1-#5
- ☐ #6 (Triple kicks): Low snap front, roundhouse, sidekick; cross step behind low side, mid side, high sidekick; cross step behind hook, roundhouse, sidekick
- ☐ #7: Low spinning sweep, spinning hook, jump spinning hook, low spinning sweep



Flow

- ☐ Boxing combos to 4 counts to ABCs

Kick Progressions

- ☐ Front, side, round, crescent, hook, heel

3rd Tip

Hubud

- ☐ Left side
- ☐ Switching sides

Hapkido Joint Lock Flow

- ☐ Individual
 - ☐ Wrist twist
 - ☐ Arm lock
 - ☐ Arm bar
 - ☐ Z-break
- ☐ With Hubud
 - ☐ Hubud to wrist twist, armbar, spinning wrist throw

Wing Chun

- ☐ Terminology
 - ☐ Pak sau (slap hit)
 - ☐ Lop sau (pull hit)
 - ☐ Biu jee (eyestrike)
 - ☐ Gua choi (backhand)
 - ☐ Ping choi (knuckle strike to thighs)
- ☐ Basic Trapping
 - ☐ Ping choi, low block, pak sau
 - ☐ Ping choi → low block, straight punch → outside block, pak sau
 - ☐ Outside pak sau, inside pak sau
 - ☐ Straight punch → outside block, outside pak sau (don't parry across centerline), inside pak sau
 - ☐ Outside pak sau, lap sau
 - ☐ Straight punch → outside block, outside pak sau (parry across centerline), lap sau
 - ☐ Pak sau, bui jee, pak sau
 - ☐ Straight punch → outside block, outside pak sau (parry across centerline), bui jee, pak sau

Sombrada

- ☐ Box pattern – 3 and 5 count



4th Tip

Forms

- ☐ Basic Form #1 (Yellow Belt), Basic Form #2 (Green Belt), Basic Form #3 (Blue Belt)
- ☐ Basic Form #4

BJJ 1-10

- ☐ Distance gauge to front leg sweep
- ☐ Mount
- ☐ Low swim – buck right, swim right, buck left, swim left
- ☐ High swim
- ☐ Americana armlock
- ☐ Punch-block series – hug, arms to knees, knees to hips, hug, feet to hips
- ☐ Triangle choke
- ☐ Pass to mount
- ☐ Trap and roll
- ☐ Seat belt roll into rear naked choke

5th Tip

Knife

- ☐ Knife Angles of Attack
- ☐ Terminology
 - ☐ Saksak – hammer grip
 - ☐ Pakal – icepick/reverse grip
- ☐ Palisut (Knife Drill)
 - ☐ Saksak attacks with angle 1
 - ☐ Pakal defends with crossblock (hooking attacker's arm with knife and bracing left hand against attacker's arm)
 - ☐ Pakal does backhand stab to kidney
 - ☐ Saksak defends with left hand bracing against attacker's arm
 - ☐ Saksak does backhand stab to neck
 - ☐ Pakal defends with left hand bracing against attacker's arm
 - ☐ Pakal slices vertically up at attacker's arm and goes for downward stab
 - ☐ Saksak guides ice pick blade into attacker's leg (pakal steps back to avoid)

Silat Entry Follow-Ups

- ☐ #1: Outside
 - ☐ Right foot back guarding stance against cross – left hand checks hand, right hand salutes



- ☐ Follow-Up: right hand grabs wrist, left vertical elbow strike their arm
- ☐ Left foot back guarding stance against jab – right hand checks hand, left hand salutes
 - ☐ Follow-Up: left hand grabs wrist, right vertical elbow strike their arm
- ☐ #2: Inside
 - ☐ Right foot back guarding stance against cross – left hand checks against hand, right hand slaps nerves on inside of arm
 - ☐ Follow-Up: left traps hand, right punches face
 - ☐ Left foot back guarding stance against jab – right hand checks against hand, left hand slaps nerves on inside of arm
 - ☐ Follow-Up: right traps hand, left punches face
- ☐ #3: Backhand
 - ☐ Right foot back guarding stance against cross – right hand checks against inside of their hand, left backhand to nerves on inside of arm
 - ☐ Follow-Up: step in and left vertical elbow strike their face
 - ☐ Left foot back guarding stance against jab – left hand checks against inside of their hand, right backhand to nerves on inside of arm
 - ☐ Follow-Up: step in and right vertical elbow strike their face
- ☐ #4: Split High
 - ☐ Right foot back guarding stance against cross – left hand checks hand (parry just past your face, over your shoulder), right cross to face under
 - ☐ Follow-Up: left traps hand, right punches face
 - ☐ Left foot back guarding stance against jab – right hand checks hand (parry just past your face, over your shoulder), left cross to face under
 - ☐ Follow-Up: right traps hand, left punches face
- ☐ #5: Split Low
 - ☐ Right foot back guarding stance against cross – left hand checks hand (parry just past your face, over your shoulder), right cross to stomach under
 - ☐ Follow-Up: left traps hand, right punches face
 - ☐ Left foot back guarding stance against jab – right hand checks hand (parry just past your face, over your shoulder), left cross to stomach under
 - ☐ Follow-Up: right traps hand, left punches face
- ☐ #6: Direct
 - ☐ Right foot back guarding stance against cross – left hand traps their arm against their chest, right cross to face over
 - ☐ Follow-Up: right traps hand, left punches face
 - ☐ Left foot back guarding stance against jab – right hand traps their arm against their chest, left cross to face over



- ❑ Follow-Up: left traps hand, right punches face