**Level One**

***Concept***

* *Closed Stance*
* *Hand Positioning*
* *Picture Frame Positioning*
* *Point of Origin*

***Movement***

* *Neutral Bounce*
* *Step Drag*

***Offense***

* *Back Fist*
* *Body Punch*
* *Step Drag Back Fist*
* *Step Drag Body Punch*
* *Round Kick*
* *Side Kick*

***Defense/Counters***

* *Wall Block*
* *Push Checks*

**Level Two**

***Concept***

* *Open Stance*
* *Disturbing Rhythm*
* *Technique Awareness*
* *Closing Distance*
* *Primary Senses*

***Movement***

* *Engage*
* *Disengage*
* *Fakes* 
  + *Single*
  + *Double*

***Offense***

* *Push Drag Back Fist Wall*
* *Push Drag Body Punch*

*Wall*

* *Step Drag Roundhouse*
* *Step Drag Side Kick*

***Defense/Counters***

* *Upward Push Check Body Punch*
  + *Closed Stance*
* *Downward Push Check Body Punch*

**Level Three**

***Concept***

* *Basic Angles*
* *Disturbing Balance*
* *Position of Advantage*

***Movement***

* *Parries*
* *Crossovers*
* *Push Step 90*
  + *Forward*
  + *Rear*

***Offense***

* *Drive Blitz Front Hand Lead*
* *Drive Blitz Rear Hand Lead*
* *Skip Up Roundhouse*
* *Skip Up Side Kick*
* *Lead body back fist*

***Defense***

* *Side Kick*
* *Back Kick*
* *Parry Body Punch*
  + *Open Stance*
* *Sweep Body Punch*

**Level Four**

***Concept***

* *Critical Distance*
* *Angles of Attack*
* *Ring Awareness*

***Movement***

* *Cross Outs*
* *Push Step Combined*

***Offense***

* *Dive Bomb-Crossover-Wall*
* *Body Punch-Crossover-Wall*
* *Pull Off Roundhouse*
* *Pull Off Side Kick*

***Defense***

* *D-Side Cross Out*
* *Rear 45 Side Kick*
* *Front 45 Side Kick*
* *Defensive Ridge Hand*
* *Step off Back fist (Hi and Low)*

**Level Five**

***Concept***

* *Broken Rhythm*
* *Strike Level Changes*
* *Timing*

***Movement***

* *Alternating Bounce*
* *Pull Off to Push Drag*

***Offense***

* *Pull Off Double Kicks (Beg.)*
* *Body Backfist*
* *Kick to Punch*
* *Press Offensive Ridge Hand*

***Defense/Counters***

* *Evade Rear Press Check Backfist*
* *Evade Front Press Check Cross Punch*
* *Defensive Slap Hook*
* *Duck under leg Backfist*
* *Rotating Defensive Backfist*

**Level Six**

***Concept***

* *Three Point Attacks*
* *Stepping In/Jamming*
* *Pressure to Fight/Flight*

***Movement***

* *Dive Bomb to Drive Blitz*
* *Zig Zag*
* *Soft Fakes*

***Offense***

* *Pull Off Double Kicks (Adv.)*
* *Slash Kick*
* *Body-Back-Overhead Cross*
* *Round/Side-Body-Backfist*
* *Round/Side-Backfist-Body*

***Defense/Counters***

* *Zig Zag Body/Back*
* *Push 45 Backfist*
* *Drive Wall to Counter*
* *Spinning Back Kick*
* *Switch Defensive Round Kick*

***Level Seven***

*Concept*

* *Counter a Counter*
* *Playing with Distance*
* *Distraction*

*Movement*

* *Foot to Foot Disengage*
* *Push 45 to Pull Off*
* *Checks to Angles*

*Offense*

* *Dive Bomb Body-Backfist to Overhand Cross*
* *The “Bruce”*
* *Pull Off Kick to “Bruce”*
* *Lead leg sweep to Blitz*

*Defense*

* *Defensive Roundhouse w/ Lead*
* *Lead Hand leg hook to Ridge hand*
* *Hook over-around from Closed stance*
* *Hook Kick under from Open Stance*
* *Foot to Foot Jump Side Kick*

***Level Eight***

*Concept*

* *Path of Least Resistance*
* *Counter/Position Recognition*
* *Aborting/Resetting*

*Movement*

* *Dive to Drive*
* *Spinning Evade*

*Offense*

* *Dive Bomb to Drive Blitz*
* *Triple Kicks*

*Defense*

* *Switch inside down parry to Ridge hand*
* *Checks to delayed Counter*
* *Side Spin Side*
* *Spinning Hook Kick*