



MEMBER HANDBOOK

BLUE TITAN FITNESS & SELF-DEFENSE | 27 E MAIN ST. ROCKAWAY NJ 07866
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WELCOME!



Hello and Welcome to Blue Titan! By joining us, you have joined a community of athletes who accept that the easy road will no longer suffice. You will be held accountable, pushed to complete workouts you didn't think you could or perform under stress like you never thought you would. Fitness & Self-Defense...this is our specialty. We live to turn you into the safest and fittest version of yourself that you can possibly be. We do our best to keep it fun, exciting and worthy of your investment. There is a gym or martial arts studio on every corner. With the utmost sincerity, I take your investment of time and money seriously.

We try not to take ourselves too seriously too often at Blue Titan; but, sometimes, it is necessary. When training self-defense under stress, the atmosphere is one of the highest level of seriousness and dedication. During our charity workouts honoring fallen heroes or recovering wounded, the atmosphere is one of honor, sacrifice and respect.

As this is also a business operation, there is the business of money, contracts, rules and regulations. In an effort to avoid confusion, awkward requests and misunderstanding, I have created this handbook to make absolutely certain that we hide nothing! Our policies, rules and regulations will all be clearly and thoroughly explained. Our curriculum, programming methods, testing and qualifications will all be laid out with nothing to hide. I do this so there can be no mistaking, Blue Titan is an ethical business of the highest standards. We do not cheat, lie, hide, manipulate or trick you into anything. We are upfront and clear from day one.

What I cannot do, however, is force you to read this. By accepting and signing for this manual, you agree to read and be familiar with our rules and policies. Please do so, for everyone's sake, so your training experience and time spent as part of our community is as enjoyable and beneficial as it can possibly be. This is my ultimate goal and the reason why I opened up Blue Titan in the first place.

Thank you for your time, your dedication and your investment in yourself, your family and your future. I look forward to seeing you in class!

Sincerely,

Eric

CONTACT INFORMATION

WEBSITE: <http://www.BlueTitanFitness.com>
FACEBOOK: <http://www.Facebook.com/NJBlueTitanFitness>
INSTAGRAM: @NJBlueTitan #BlueTitan
TWITTER: @NJBlueTitan

PHONE/FRONT DESK: 862-209-4636 or 888-8-GETFIT
EMAIL: info@BlueTitanFitness.com
WODIFY: SUPPORT@WODIFY.COM
ADDRESS: Blue Titan
Building #1, 27 E Main St.
Rockaway NJ 07866

SUPPORTED CHARITIES

The Yellow Ribbon Fund <http://www.YellowRibbonFund.org>
The YRF TUF Team <http://www.YRFTUF.org>
Concerns of Police Survivors <http://www.NationalCops.org>
STOP CANCER <http://www.StopCancer.org>

Annual Events & Fundraisers

Denim Day	April
Law Enforcement Fundraiser	May
Memorial Day Murph	Memorial Day
Operation Menage-A-WOD	2 nd Saturday of August
Breast Cancer Fundraiser	October
Holiday Party	2 nd Weekend of December

STUDIO RULES & REGULATIONS

DRESS CODE - KRAV MAGA

This is an Official Krav Maga Worldwide Studio. Students are **required** to wear Krav Maga Worldwide apparel or anything sold at the Front Desk of Blue Titan. Leniency will be allowed for extra small or extra-large members who have difficulty finding sizes that fit them. Women will also be allowed to wear non-descript shorts or yoga pants. Wrestling shoes **NEVER** worn outdoors or bare feet are the only permitted training methods on our mats.

DRESS CODE - CROSSFIT

Students are **required** to wear Blue Titan or CrossFit related shirts while training in our studio. GoRuck, CMC, Tough Mudder, Spartan, et al.. will be permitted.

Clothing that is overly revealing or contains profanity will not be permitted at any time in this studio.

HYGIENE - ALL CLASSES

Nails should be trim and well kept. Proper hygiene for a healthy school is required. Those students who have outdoor employment will be required to shower prior to class. Students who are sick or possess transmittable infections will be turned away at the door. Take care of yourself and your fellow members. This is a community that cares.

DEMEANOR:

While on Center premises, everyone shall refrain from using loud, foul, or slanderous language, or harassing, molesting, badgering, or soliciting other individuals. In no event shall Member's behavior, demeanor, hygiene, or attitude be in any way offensive, threatening, intimidating, unsanitary or in any manner contrary to the best interest of the membership as a whole.

DAILY ADMISSION:

All students **MUST** reserve a place in class and then check in prior to attending. Reservations can be made 72 hours in advance and cancelled up to the time of the class. This can all be done on a desktop computer or on your smartphone with the WODIFY app. A waiver **MUST** be on file and signed by a guardian if you are under 18. There is a \$5 fee for those who register and do not show up to class.

GUEST PRIVILEGES:

All guests must be over 18 or have a guardian with them when registering. First time guest fees are \$10 per class when referred by a school member. Drop-in fees are \$15 per class.

LOST OR STOLEN PROPERTY:

It is understood to and agreed upon that Blue Titan is not responsible for lost or stolen articles or any other possessions of personal property. We strongly suggest you keep your valuables at home or locked in your vehicle. We maintain a lost & found at the front desk and all items are retained for 30 days before disposed of or turned over to charity.

RULES SUBJECT TO CHANGE

SCHEDULING

WEATHER:

Any changes in schedule due to weather will be posted on our website, Google Calendar, sent out via SMS Messaging to all signed up cell phone accounts and our Facebook page. It is the responsibility of the student to verify the school is open prior to attending. Additionally, any weather related closing of the Rockaway Borough Schools will also result in a closing at Blue Titan.

GOOGLE CALENDAR:

https://www.google.com/calendar/embed?src=eric%40bluetitanfitness.com&ctz=America/New_York

CLASS SCHEDULE:

Our class schedule is posted online at: <http://www.bluetitanfitness.com/schedule.html> and is available via the Google Calendar link above. The schedule is also located and up to date on the WODIFY mobile app. Please check to make sure there have been no recent changes to the class schedule before attending class. Any permanent changes will be transmitted to the school members through E-Mail and Facebook; however, sudden changes due to emergencies may only be posted to the Google Calendar.

THE FRONT DESK:

Blue Titan will be open approximately 30 minutes prior to the first class on the schedule for all evening classes. Blue Titan will be open approximately 10 minutes prior to the first class on the schedule for all morning and early afternoon classes.

MODIFIED SCHEDULE DATES:

Valentine's Day	No Krav, 1 CrossFit WOD
Easter Sunday	No Classes
Memorial Day	Memorial Day Murph & Cookout, No Krav
July 4 th	Independence Day WOD & Cookout, No Krav
2 nd Saturday in August	No Classes, Operation Menage-A-WOD Fundraiser
November 11 th	Veterans Day WOD Only
Thanksgiving	Turkey WOD Only
Christmas Eve	No Classes
Christmas	Christmas morning WOD Only
New Year's Eve	No Classes
New Year's Day	New Year WOD Only

CONTRACT DEFINITIONS & POLICIES

MONTH - TO - MONTH:

Month-to-Month contracts allow the member to cancel his contract with 30 days' notice at any time. There is a required minimum of two months on the contract and a request to cancel must be made IN WRITING to " info@bluetitanfitness.com"

ANNUAL:

Annual contracts are offered to potential members at a discount in exchange for a year commitment. At the end of the original 12 month term, contracts will roll-over into a month-to-month contract that can be cancelled at any time provided 30 days' notice is made IN WRITING to "info@bluetitanfitness.com". Cancelling is the member's responsibility. Contracts are billed monthly and MUST be made via an Electronic Funds Transfer from a bank account. Payments made via a credit card are subject to a \$5.00 monthly surcharge.

PAID IN FULL:

Paid in Full memberships are non-refundable.

CANCELLATION POLICY:

A request to cancel must be made IN WRITING to " info@bluetitanfitness.com".

Monthly contracts have a 30-Day Cancellation Policy and thus, the member will have one final payment after the request is officially made and acknowledged by our front desk personnel via info@bluetitanfitness.com' .

Annual Contracts will be subject to a 66% penalty of the remaining dues owed, payable to Blue Titan Fitness & Self-Defense.

Paid in Full contracts are non-refundable.

CONTRACT HOLDS, SPECIAL REQUESTS & LATE PAYMENTS:

Injury: Blue Titan will allow contracts to be placed on hold with an official Doctor's Note indicating the length of time the member will not be allowed to train and the details of the injury. If at any time it is discovered that the member has resumed exercise elsewhere or is actively employed in a job that requires physical fitness (such as law enforcement), this Doctor's note will be considered void, the membership cancelled and the remaining balance turned over to collections. We pride ourselves in being transparent, honest and ethical - Dishonesty and Deceit will NOT be tolerated.

Out-Of-Town: Students who move 35 miles from 27 E Main St. Rockaway NJ 07866 will be allowed out of their contract with 30-Days' notice and proof provided to Blue Titan via info@bluetitanfitness.com' .

FINANCIAL HARDSHIP: Students who are experiencing financial hardship may request for their membership to be placed on hold for a period of up to 3 months. The original contract term will be extended 3 months and the member will not be billed during the hold. This request can be made in writing to info@bluetitanfitness.com' .

LATE PAYMENTS: Members who are late on their payment will be given a courtesy warning and allowed to pay without penalty, provided any past due amount is paid within 14 days. A \$10 fee shall be added every two weeks payment is not received after the courtesy period of 14 days.

KRAV MAGA

Blue Titan is an official Krav Maga Worldwide (KMW) Training Center (<http://www.KravMaga.com>). Krav Maga is an Israeli Self-Defense system created by Imi Lichtenfeld in the 1960s to be utilized by the military of the newly formed Israeli Government.

Krav Maga emerged in an environment where extreme violence was common. It has had ample opportunity to be battle tested and improved under real life conditions. It is an ideal and realistic method of defending oneself in the face of life threatening danger. There is no sport aspect of Krav Maga. It is the most battle tested self-defense system in the world.

Although the curriculum is logically organized by way of a progressive belt testing system, the promulgation and distribution of belts is not the goal of the system. It has been carefully conceived and designed to motivate students, foster and encourage a positive learning environment and aid in the overall organization of the subject matter. The curriculum is pyramidal and each level builds upon the experience and skills learned in the prior.

Our most important goal at Blue Titan is to help you develop the ability to quickly and efficiently defend yourself against any conceivable threat to you or a loved one. When reviewing the curriculum, be mindful that students advance at different paces. It is more important that you attain an actual ability to defend yourself than the belt and progression into the next level.

GETTING THE MOST FROM YOUR TRAINING:

Instructors highly recommend attendance twice per week in order to show improvement and retain the concepts you are being instructed on. Our goal is to turn learned material into an instinctive response under stress without cognitive delay. Mastering Level 1 will lay the foundation for everything else you will ever learn in Krav Maga. Do not be in a rush to test out and continue to train level 1 no matter what level you are currently at.

EQUIPMENT REQUIREMENTS:

Level 1 Students must purchase MMA Gloves or Wraps to protect their hands. A mouth piece or cup is also highly recommended. Level 2 Students must purchase 14 or 16 oz boxing gloves and shin guards to participate in the Level 2 classes. Headgear is recommended but not required.

TESTING REQUIREMENT MINIMUMS:

KM LEVEL 1 (Yellow Belt)	4-6 Months (Offered every June and October)
KM LEVEL 2 (Orange Belt)	6-9 Months (Offered every May and November)
KM LEVEL 3 (Green Belt)	9-12 Months (Offered in July)
KM LEVEL 4 (Blue Belt)	9-12 Months
KM LEVEL 5 (Brown Belt)	12-18 Months
Black Belt	By Invitation Only. 1 Year Level 5 Experience Required

PERMISSION TO TEST FORMS:

Students must request and complete a "Permission to Test" form before entering a Level test. This must be reviewed and approved by the Test Proctor before admittance will be allowed. Upon approval, the posted test fee must be paid prior to admittance in the test.

KRAV MAGA CLASS DESCRIPTIONS

KRAV MAGA LEVEL 1:

This entry level class is designed for all new and experienced Krav Maga students. Stance, movement, punches, kicks and other strikes; Defense against punches, chokes, headlocks and wrist grabs will all be covered. Students who train an average of 2-3x per week can expect to be test ready in 6 months.

KRAV MAGA LEVEL 2:

Upon successfully completing the Level 1 test, students will continue to review and hone the skills learned in Level 1. Additional punches, kicks, counterattacks, punch defenses, kick defenses and defenses to chokes, headlocks and bear hugs will all be covered. An introduction to ground fighting positions & defenses will also be introduced. Finally, students can expect their first experiences in light sparring at this level. Those who train 2-3x per week can expect to be test ready in 6 months.

KRAV MAGA LEVEL 3:

Upon successfully completing the Level 2 test, students will continue to train on sparring and advanced strikes. Expect a higher level of ground fighting and ground defenses to be a big part of this curriculum as well as an introduction to wrestling take downs and defenses. Students who train an average of 2-3x per week can expect to be test ready in 9 months.

KRAV MAGA LEVEL 4:

Upon successfully completing the Level 3 test, students will begin to learn high risk self-defenses such as defenses against knives, guns, sticks and advanced kicks and punches. Level 3 and Level 5 students will also be encouraged and allowed to attend.

KRAV MAGA LEVEL 5:

Upon successfully completing the Level 4 test, students will begin to prepare for Black Belt. Advanced ground fighting, sparring, multiple attacker scenarios, third party protection, wrestling and weapons will all be covered on a regular basis. As there are a limited number of Level 4 and 5 classes, Level 3 students and Level 4 students will be encouraged to attend.

LAW ENFORCEMENT ONLY:

These classes are by invitation only and are designed for sworn members of law enforcement or military combat units exclusively. Attendees will be required to bring their duty gear and training weapons if they are provided them. No live ammunition or weapons permitted on the training floor. Course material will be exclusive to law enforcement work and should not be shared or disclosed to non law enforcement personnel.

KM-X: KID'S SELF-DEFENSE & FITNESS:

This program focuses on teaching practical and effective self-defense in a fun, dynamic and encouraging environment. Based on the adult system, km-x stresses function over form and is designed to bring kids, 8-11, to a high level of proficiency in a short amount of time.

KRAVFIT:

This class is a custom combination of CrossFit & Krav Maga. Bodyweight exercises and concepts from CrossFit combined with striking elements and basic self-defense from Krav Maga make for an hour of intense metabolic conditioning. **This class is open to all students from all programs at all levels for free!**

SPARRING:

This class provides students an opportunity to practice sparring under controlled circumstances. Level 2 students and above only. Mouth piece, Cup, Boxing Gloves (14oz+) and Shin Guards Required!

KRAV MAGA - ETIQUETTE

DO's:

- **INTRODUCE** yourself to new students. Self-defense can be intimidating. Reach out and let people know that we are here to educate not intimidate.
- **CHEER** on your fellow martial artists! Maybe it is your voice cheering them on that they remember when they are in a fight for their life. Maybe that voice keeps them going when they want to quit.
- **CLEAN** up your equipment, your clothes and your water bottles! **DISINFECT!** Take care of your equipment and it'll take care of you.
- **COMMUNICATE** with your coaches. Let them know about your injuries, your fears and what you are feeling. Open dialog is the surest way to prevent injury and increase performance! If you are unsure or forget how to perform an exercise, be sure to **ASK**. Do not wait until 3, 2, 1 **GO** to decide you forget.
- **CHECK** your ego. Do not try and do as much or as fast as the other guy. Just try and be the best person you can be. Leave your ego and your attitude at the door.
- **BE A GOOD PARTNER!** **DO NOT** try and outpunch, out strike or outmuscle your opponent. There will always be someone bigger than you. Do your best to be a good partner and help him or her learn. We help each other on these mats!
- **PUSH** yourself to work a little bit harder than you want to. Growth happens outside the comfort zone. Learn to enjoy a little bit of discomfort!
- **BE POSITIVE.** The greatest adaptation in Krav Maga happens between the ears. Do not beat yourself up if you are not immediately as perfect as the next guy. Remember the concepts. Remember that you are learning to protect yourself. There are no medals given out here. It's all about going home safe, not looking pretty when you do it. That's just a bonus!
- **HAVE FUN!**

“...so that one may walk in peace”

-Imi Lichtenfeld

Founder, Creator, Krav Maga

YELLOW BELT CURRICULUM

I. Stance

- a. Neutral Stance
- b. Fighting Stance

II. Movement

- a. Forward, Back, Left, Right
- b. Shadow Boxing
- c. Movement while on the ground

III. Punches

- a. Straight Punches
- b. Straight Punch - left/right combination
- c. Palm Heel Strike
- d. Eye Strike/Throat Strike
- e. Straight Punch with Advance
- f. Straight Punch with Retreat
- g. Straight Punch Low
- h. Hammer-fist Strikes (all directions)
- i. Elbows (1-7)
- j. Chops (Inside/Out) & Ridgehands

IV. Kicks

- a. Front Kick
- b. Front Kick - Vertical Target
- c. Round Kick (vertical, diagonal, horizontal)

V. Knees

- a. Straight forward knee
- b. Diagonal round knee
- c. Round angle knee

VI. Punch/Kick Combinations

- a. Front kick to groin and hammer-fist down
- b. Front kick to groin and straight punch

VII. Punch Defenses

- a. 360° outside defenses – positions
- b. 360° outside defenses - moving attacks
- c. Inside defenses against straight punches
- d. Inside defenses against low straight punches
- e. Inside and 360° defenses against punches

VIII. Choke Defenses

- a. Choke from the front (1-hand pluck)
- b. Choke from the Front (2-hand pluck)
- c. Choke from behind
- d. Choke from the Side
- e. Choke from the Front with a Push
- f. Choke from Behind with a Push
- g. Carotid & Windpipe “Bar Arm” Choke

IX. Headlock Defenses

- a. Headlock from the Side

X. Soft Techniques - General Comments

- a. Wrist Release - Same Side Hand (elbow to elbow)
- b. Wrist Release - Opposite Hand (hitchhike out)
- c. Wrist Release - 2 Hands Held High
- d. Wrist Release - 2 Hands Held Down
- e. Wrist Release - Being held with 2 hands

XI. Groundwork

- a. Position:
 - i. Back
 - ii. Side
- b. Movement
- c. Kicks on the Ground
 - i. Front
 - ii. Round
 - iii. Side
- d. Getting Up

ORANGE BELT CURRICULUM

I. Movement

- a. Bobbing and Weaving
- b. Shadow Boxing

II. Punches

- a. Hook Punch
- b. Uppercut Punch
- c. Focus Mitt Combinations (w/Elbows)
 - i. 1-4
 - II. L/R/Bob R
 - III. L/R elbow
 - IV. L/R/L hook/R elbow
 - V. R uppercut/L hook/R cross

III. Kicks

- a. Front Kick - Defensive
- b. Side Kick (w/Advance)
- c. Back Kick
- d. Kick Combinations
- f. Uppercut Back Kick (short)
- g. Front Kick w/ Advance (all stances)

IV. Punch/Kick Combinations

- a. Side Kick or Back Kick/Hammer-fist

V. Punch Defenses

- a. Inside Defense & Counter v. Left
- b. Inside Defense & Counter v. Left (Off Hand)
- c. Inside Defense w/ Counter v. Right (2 Counter)
- d. Inside Defense w/ Counter v. Right (1 counter)
- e. Defense v. Hook Punch (extended)
- f. Defense v. Hook Punch (covering)
- g. Defense v. Uppercut Punch
- h. 360 Outside Defenses with counterattacks

VI. Kick Defenses

- a. Outside Stabbing Defense v. Front Kick
- b. Plucking Defense v. Low/Medium Front Kick
- c. Reflexive Defense v. Front Kick to groin
- d. Inside Defense v. High Front Kick
- e. Defense v. Low Round Kick (using shin)
- f. Defense v. Low Round Kick (absorbing)
- g. Defense v. Front Kick (redirect)

VII. Fall Breaks

- a. Fall Break - back
- b. Fall Break - side

VIII. Choke Defenses

- a. Choke From the Front Against the Wall
- b. Choke From Behind Against the Wall
- c. Choke From Behind with a Pull

IX. Bear hugs

- a. Bear hug From Front, Arms Free (Space&Face)
- b. Bear hug From Front, Arms Free (Leverage on neck)
- c. Bear hug From Front, Arms Caught (space)
- d. Bear hug From Front, Arms Caught (no space)
- e. Bear hug From Behind, Arms Free
- f. Bear hug From Behind, Arms Caught (space)
- g. Bear hug From Behind, Arms Caught (no space)

X. Groundwork

- a. Mounted, Defense v. Punches (buck hips)
- b. Mounted, Trap and Roll
- c. Maintaining Mount
- d. Choke while Mounted
- e. Trapping arms, pop up and out from mount
- f. Headlock or Close Choke while Mounted
- g. Ground-fighting (top): Escape From Guard
- h. Ground-fighting (bottom): Kick Off From Guard
- i. Foot grab/stripping
- j. Foot grab, spinning outward round kick
- k. Foot grab, spinning inward heel kick

XI. Wrist Releases

- a. 2 attackers - each pulling defender's arms to side
- b. 3 attackers - 2 pulling defender's arms to side and 2 approaching

XII. Wrestling

- a. Defense Against Knee Grab (Crossface / Whizzer)
- b. Advanced Sprawling

GREEN BELT CURRICULUM

I. Head-butt

- a. Head-butt Forward
- b. Head-butt Upward
- c. Head-butt, Side (bear-hug context)
- d. Head-butt, Back (bear-hug context)

II. Kicks

- a. Defensive Back Kick with a Spin
- b. Offensive Back Kick (+ w/Spin)
- c. Heel Kick
- d. Inside Slap Kick
- e. Outside Slap Kick
- f. Inward angle knee

III. Punch Defenses

- a. Inside Defense v. Left/Right
- b. Inside Defense v. Left/Right (Back & Trap)
- c. Inside Defense v. Left/Right (forward hand)
- d. Outside Defenses 1-5
- e. Outside defense v. Right (Punching Def.)

IV. Kick Defenses

- a. Kick Defense v. Front Kick (Side Step)
- b. Kick Defense v. Front Kick (Switch Kick)
- c. Kick Defense v. High Round Kick (Reflexive)
- d. Kick Defense v. High Round Kick (3 points)
- e. Kick Defense v. High Round Kick (covering)

V. Fall Breaks

- a. High Fall Break (Back, Side)
- b. Roll, Forward (Regular, High, Diving)
- c. Forward Roll/Back Fall Break
- d. Forward Roll/Backward Roll

VI. Sweeps

- a. Sweep, Forward Kick
- b. Sweep, Heel Kick

VII. Headlocks

- a. Guillotine (Standing)

VIII. Hair-grabs

- a. Hair-grab, Front
- b. Hair-grab, Side (Impending Knee)
- c. Hair-grab, Side (No Knee)
- d. Hair-grab, Behind or Opposite Side

IX. Bear-hugs

- a. Bear-hug from Behind (Leverage on Finger)
- b. Bear-hug, Lifting - from Behind
- c. Bear-hug, Lifting - from the Front

X. Groundwork

- a. Arm bar from the ground
- b. Guard reversal – sit up and sweep
- c. Choke from the Side
- d. Headlock from the Side (Basic Position)
- e. Headlock from the Side (Weight Forward, Leg Wrap)
- f. Headlock from the Side (Weight Forward, with Space)
- g. Headlock from the Side (Weight Back: Shoulder Pull or Leg Sweep)
- h. Arm Bar Guard Escape (ankle lock)
- i. Guard Escape (stacking)
- j. Side mount, basic position
- k. Side mount strikes
- l. Side mount transition to full mount
- m. Side mount disengage, knee to belly
- n. Arm (key) lock

XI. Wrestling Topics

- a. Advanced Sprawling
- b. Tie Ups
- c. Arm Drags, Snap Downs
- d. Clinch Defense
 - i. 1 Arm Head Control w/Space (Russian 2 on 1)
 - ii. 2 Arm Head Control w/Space (RePummel)
 - iii. 2 Arm, Less Space, Pluck and Palm Strike
- e. Double Leg Take Down (Drop Step)
- f. Single Leg Head Outside Takedown
- g. Single Leg Head Inside Takedown
- h. Knee Taps (Forward and Backward)
- i. Single Leg Low Hyperextension

BLUE BELT CURRICULUM

I. Punches

- a. Swing-out Hammer fist - Element of Surprise

II. Kicks

- a. Axe Kick
- b. Outside Slap Kick with a Spin
- c. Heel Kick with a Spin
- d. Sweep with forward kick
- e. Sweep with heel kick

III. Kick Defenses

- a. General Defense v. Medium to High Attacks
- b. Sliding Defense v. High Round Kick
- c. Plucking Defense v. High Side Kick
- d. Plucking Defense v. Low Side Kick
- e. Defense v. Low to Medium Side Kick (Plucking)
- f. Defense v. Side Kick (sideways to attacker)
- g. Sliding Defense v. Spinning Heel Kick
- h. Kick Defense v. Spinning Heel Kick

IV. Stick Defenses

- a. Stick, Overhead
- b. Stick, Overhead-off angle/dead side (1 step)
- c. Stick, Overhead-off angle/dead side (2 steps)
- d. Stick Defense, Baseball Bat Swing

V. Knife Defenses

- a. Kick v. Downward Stab
- b. Kick v. Straight Stab
- c. Kick v. Straight Stab (attacker sideways)
- d. Kick v. Straight Stab (bail out)
- e. Kick v. Upward Stab

VI. Handgun Defenses

- a. Gun from the Front
- b. Gun from the Side of the Head
- c. Gun from the Side, in Front of the Arm (touching)
- d. Gun from the Front, Pushing into Stomach
- e. Gun from the Side, Behind the Arm
- f. Gun from Behind (touching)

VII. Cavaliers

- a. Cavalier # 1
- b. Cavalier # 2
- c. Cavalier # 3
- d. Cavalier # 4

VIII. Ground-fighting

- a. Attacker Straddling, Pinning Wrists
 - i. Snow angel
 - ii. Wrist lock
- b. Choke with attacker in guard
- c. Triangle Choke
- d. Guard, bottom position, apply guillotine
- e. Guard, bottom position, defense v. guillotine
- f. Headlock from Behind
- g. Simple double leg take down, end in guard
- h. Simple double leg take down, end in side mount
- i. Toe pick take down

IX. WRESTLING TOPICS

- a. Sit Out (Taking the Back)
- b. Sit Out (Double Leg Takedown)
- c. Sit Out (Pulling Guard to Kick Off)

BROWN BELT CURRICULUM

I. Punches

- a. Left Jab, Overhand Right combination

II. Kicks

- a. Front Kick/Round Kick with a Switch
- b. Two Front Kicks with a Switch
- c. Outside Slap Kick and Front Kick w/ Switch
- d. Two Straight Knees with Switch
- e. Two Back Kicks with Switch

III. Kick Defenses

- a. Defenses vs. Back Kicks
 - i. Redirecting with shin
 - ii. Redirecting with Forearm vs. High Front Kick
 - iii. Outside Stabbing Defense
 - iv. Plucking/Rowing vs. Side Kick

IV. Throws and Holds

- a. Machine Gun Takedown
- b. One Arm Shoulder Throw
- c. Hip Roll
- d. Face to Face Flip/Sacrifice Throw
- e. Headlock from behind, shoulder throw
- f. Defense vs. headlock from side: spun inward
- g. Headlock from the side: Neck break
- h. Defense V. Full Nelson: Leverage on fingers
- i. Defense V. Full Nelson: Forward Throw
- j. Defense V. Full Nelson: Sweep

V. Edged Weapons Defenses

- a. Downward (Ice Pick) Stab
- b. Upward Stab
- c. Straight Stab
- d. Straight Stab: Live side
- e. Slash
- f. Backhand Slash

VI. Long Gun Defenses

- a. Shotgun/Assault rifle: Live side
- b. Shotgun/Assault rifle: Dead Side
- c. Shotgun/Assault rifle: From Side, behind arm
- d. Shotgun/Assault rifle: From Behind, touching
- e. Bayonet Stab: Live Side
- f. Bayonet Stab: Dead Side
- g. Handgun from Behind: at a distance
- h. Handgun from the front: Cupping Technique

CROSSFIT

Blue Titan is an official CrossFit affiliate (<http://www.CrossFit.com>).

CrossFit is "Constantly Varied Functional Movements performed at High Intensity". The workouts are referred to as WOD (Workout of the Day) and are constantly varied. Despite the variation, we make certain to create a well rounded program that is complimentary as opposed to complete randomness with no goal in mind.

The movements performed in CrossFit are functional. They are core to extremity and involve posterior chain engagement. They can, for the most part, be replicated in real life. They can also be separated into three categories: Metabolic Conditioning (M), Weightlifting (W) and Gymnastics or Bodyweight (G).

Finally, the workouts are performed with intensity, judged by the amount of work done and the time in which it is completed. Work is force times distance (or the distance you move a fixed amount of weight). Intensity is the amount of work done in a fixed period of time. The more work completed in the same amount of time, the higher the intensity level!

COACHING:

Coaching at Blue Titan is the highest priority. We spend a significant amount of time on programming workouts that will produce a well rounded athlete. We do our best to make them fun, varied and challenging. We also do our best to ensure that athletes are modifying the exercises as necessary to perform the workout and not attempting exercises or workouts beyond their physical capabilities. Technique First, Intensity Second!

EQUIPMENT:

You may want to consider purchasing the following:

- Flat soled or minimalist shoes like Reebok CrossFit shoes or Vans skater shoes.
- Olympic Lifting Shoes
- A Lifting Belt
- Wrist Wraps & Straps
- Your own jump rope
- Longer Socks or shin guards (for rope climbing)

CROSSFIT - ETIQUETTE

DO's:

- **INTRODUCE** yourself to new students. CrossFit is a community. If you were looking to work out alone, you came to the wrong school!
- **CHEER** on your fellow CrossFitters! It is the community that makes CrossFit so special. Show your support and be respectful of fellow athletes.
- **CLEAN** up your equipment, your chalk, your clothes and your water bottles!
- **COMMUNICATE** with your coaches. Let them know about your injuries, your fears and what you are feeling. Open dialog is the surest way to prevent injury and increase performance! If you are unsure or forget how to perform an exercise, be sure to ASK. Do not wait until 3, 2, 1 GO to decide you forget.
- **CHECK** your ego. Do not try and do as much or as fast as the other guy. Just try and be the best person you can be. Leave your ego and your attitude at the door.
- **PUSH** yourself to work a little bit harder than you want to. Growth happens outside the comfort zone. Learn to enjoy a little bit of discomfort!
- **BE POSITIVE.** The greatest adaptation in CrossFit happens between the ears. Do not beat yourself up if you fail a lift or cannot perform a movement. Stay positive and give it 100% every time you step in to the box!
- **BE HONEST** - with your rep count and your weight lifted. Just try and be the best version of yourself you can be. Lifting 5 pounds more than the other guy, truth or a lie, is not the goal of CrossFit. Increased Work Capacity Across Broad Time and Modal Domains is!
- **HAVE FUN!**

THE LINGO:

1RM: 1 Rep Max

AMRAP: As Many Reps (or Rounds) As Possible

BJs: Box Jumps

C2B: Chest to Bar (as in, pull ups)

C&J: Clean & Jerk

CHIPPER: A Workout that needs to be "chipped away" at to be completed

DU: Double Under

EMOM: Every Minute On the Minute

GHD: Glute Ham Developer

HSPU: Handstand Push up

K2E: Knees to Elbow

KBS: Kettlebell Swing

OHS: Overhead Squat

PISTOL: Single Leg Squat

POOD: 35 Pounds

PR: Personal Record

RX: Prescription (Performing the workout as prescribed)

SDLHP: Sumo Deadlift High Pull

TABATA: A repeating workout with a fixed work and fixed rest time.

T2B: Toes to Bar

TGU: Turkish Get Up

CROSSFIT CLASS DESCRIPTIONS

FOUNDATIONS:

This 30 minute class provides private and small class instruction where new students will learn the basic movements and exercises described on the next page and required for class participation. This class is REQUIRED for new CrossFit students and must be attended at least twice per week for the first two months of their membership IN LIEU of an expensive on-ramp program that you will find at other studios.

CROSSFIT LEVEL 1:

This class is for new students who already have a basic understanding of the CrossFit movements from previous experience or time spent in the Foundations classes. The skill building session will still be a part of every class; however, it will be shorter and focused on fine tuning as opposed to teaching movement patterns for the first time.

CROSSFIT LEVEL 2:

This advanced level CrossFit class is for students who have achieved a high level of understanding and comprehension of the movement patterns required for the workout. No skill building portion exists in these classes and additional strength building or more challenging finisher components are added for athletes looking for a more complete and challenging workout. New athletes MUST obtain permission before attending this class.

WOMEN'S ONLY:

This Level 1 CrossFit class is for women only. This class is free for first time students and referrals and allows female students an opportunity to sample CrossFit without the added pressure of male students. Classes are almost exclusively taught by women as well!

SEALFIT:

SEALFIT is the most challenging and complete class offered at Blue Titan. This class is taken from the advanced programming designed by Navy SEAL and SEALFIT creator Mark Divine. Workouts will average 90 minutes and contain 4 or 5 challenging physical evolutions. There is no skill building. This workout is still scalable; however, it is not for the faint of heart!

STRONGMAN:

This class is a short supplement to a level 1 class that only includes elements found in a strongman competition or training program. Yokes, Sled Pulls, Tire Flips, Log Carries et al.. will be routine training elements. Permission must be obtained by the coach to attend this class.

KRAVFIT:

This class is a custom combination of CrossFit & Krav Maga. Bodyweight exercises and concepts from CrossFit combined with striking elements and basic self-defense from Krav Maga make for an hour of intense metabolic conditioning. **This class is open to all students from all programs at all levels for free!**

CROSSFIT FOUNDATIONS

FOUNDATIONAL MOVEMENTS OF CROSSFIT:

CrossFit is constantly varied functional movements performed at high intensity. The intensity can only be ramped up after the necessary skills are developed. There are hundreds of exercises and movement patterns and even more variations to these exercises; however, there are a few foundational movements (along with their modifications) that need to be understood by every student in order to be successful and progress to the higher level classes.

The CrossFit Foundational 9

The 9 foundational exercises as taught by CrossFit HQ:

Air Squat	Shoulder Press	Sumo Deadlift High Pull
Front Squat	Push Press	Deadlift
Overhead Squat	Push Jerk	Medicine Ball Clean

Level 1 Blue Titan Foundational Movements

Students participating in Level 1 classes MUST understand how to perform these movements without a skill building session. Perfection is not mandatory but understanding how to complete the workouts or how to modify appropriately is.

Push up	Burpee	Power Clean & Push Press
Pull up	Box Jump	Power Snatch
Sit up	Wall Ball	Kettlebell Swing

Blue Titan Level 2/SEALFIT Foundational Movements

Students who wish to participate in a Level 2 class MUST understand how to perform these movements or their modifications before entering a Level 2 Class.

Kipping Pull ups	Wall Climbs	Tire Flip
Toes to Bar	Pistol Squats	Double Unders
Ring/Bar Muscle Up	Handstand Push up	Snatch
Rope Climb	GHD (Back Ext & Sit up)	Split Jerk