



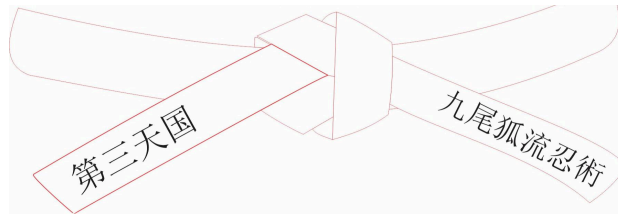
Third Heaven Martial Arts, founded by Justin Morris in 1995, is a comprehensive system that integrates various disciplines, including Kickboxing, JiuJitsu, Wing Chun, and other practical martial arts styles. This blended approach ensures that practitioners are well-rounded and equipped with diverse techniques to enhance their skills. The curriculum is designed to unlock the limitless potential of each individual, allowing them to achieve personal growth and mastery in their martial arts journey.

Recognized and practiced by martial arts academies worldwide, this curriculum is a testament to its effectiveness and global appeal. It provides a structured yet flexible framework that accommodates students of all levels, from beginners to advanced practitioners. By following this curriculum, students gain a deep understanding of the fundamental principles and advanced techniques that define Third Heaven Martial Arts, fostering a lifelong commitment to excellence and personal development.

This curriculum serves as an excellent gateway or introduction to advanced courses such as JiuJitsu, Ninpo, and Kung Fu. It's designed to cater to martial artists of all skill levels, providing a solid foundation and seamless transition to more specialized training.

Instructor
Justin Morris

Level One
Third Heaven Mixed Martial Arts
White Belt



Stances and Footwork

1. Kickboxing Stance (Guarding Stance)
2. Defensive Stance (Ninpo Stance)
3. Moving forward and backward
4. Moving at 45 degree angles
5. Body Unity Twisting and Turning

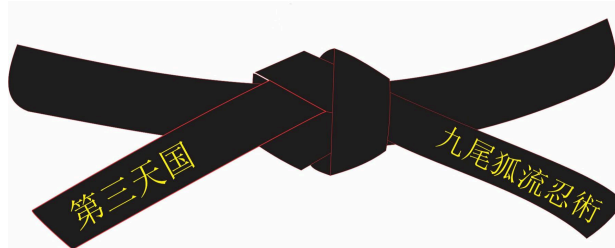
Strikes

1. Jab
2. Cross
3. Hook

Kicks

1. Front thrust
2. Front back kick

Level Two
Third Heaven Mixed Martial Arts
Yellow and Black



1. Kicks

1. Roundhouse Kick
2. Lead Leg Roundhouse Kick

2. Foundational Kickboxing

1. Twist and Rotate, 2. Rear Punch, 3. Lead Hook, 4. Rear Hook

3. Pad Holding 5 Count Punch Drill

1. Jab, 2. Cross, 3. Hook, 4. Rear uppercut, 5. Lead uppercut,

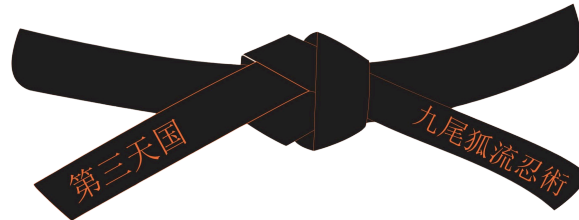
4. Self Defense

1. Stand in Base

5. Integrated Traditions

1. Pull and Punch

Level Three
Third Heaven Mixed Martial Arts
Orange and Black



1. Kicks

Front leg Side Kick
Back leg Side Kick
Defensive Side Kick

2. Foundational Kickboxing

1. Catch Kick, 2. Kick leg, 3. Body Kick, 4. Rear punch, 5. Lead Hook, 6. Rear Kick

3. Pad Holding Combinations

1. Punch Combinations from 1-5
2. Clinch Knee
3. Basic Rear Elbow

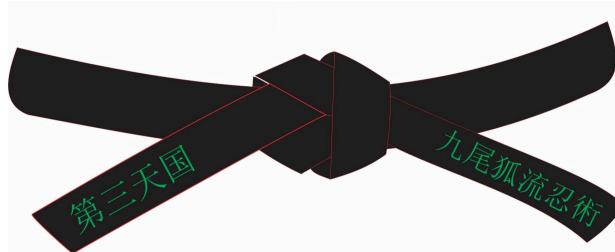
4. Self Defense

1. Block Rear Punch close distance and clinch
2. Off balance to prepare for throw
3. Forward throw

5. Integrated Traditions

1. Trap and Punch

Level Four
Third Heaven Mixed Martial Arts
Green and Black



1. Kicks

Crescent Kick
Rising Kick

2. Foundational Kickboxing

1. Check Kick, 2. Inside leg, 3. Body Kick, 4. Rear punch, 5. Lead Hook, 6. Rear Kick

3. Pad Holding Strike Combinations

1. Slip the jab and counter
2. Slip, Slip, Roll and Counter
3. Combine Previous Combinations

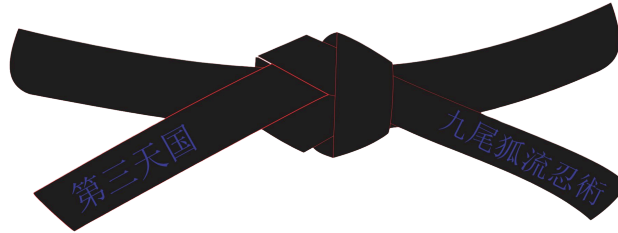
4. Self Defense

1. Take Down Arm Bar
2. Take Down Rear Choke
3. Take Down Americana from Side or mount

5. Integrated Traditions

1. Snap and Punch

Level Five
Third Heaven Mixed Martial Arts
Blue and Black



1. Kicks

Hook Kick
Axe Kick

2. Foundational Kickboxing

1. Catch punch, 2. Rear Punch, 3. Lead Hook, 4. Rear elbow, 5. Rear Knee, 6. Rear Kick

3. Pad Holding Strike Combinations

1. Clapper target Combinations
2. Focus Mitt Combinations
3. Combine all striking combinations

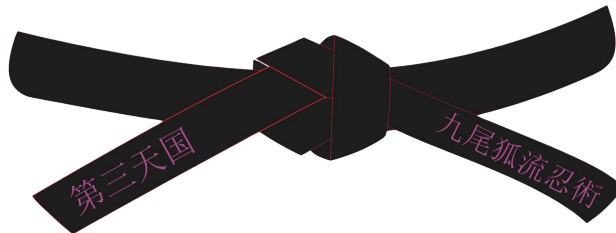
4. Self Defense

1. Escape mount
2. Escape Side Control Stand in base
3. Guard retention and defend strikes from the ground

5. Integrated Traditions

1. Circle Hand

Level Six
Third Heaven Mixed Martial Arts
Purple and Black



1. Kicks

Spinning Back Kick

2. Foundational Kickboxing

1. Catch kick, 2. Rear Punch, 3. Elbow, 4. Rear knee, 5. Rear kick

3. Striking Combinations

1. Ten Count
2. Seven Elbows

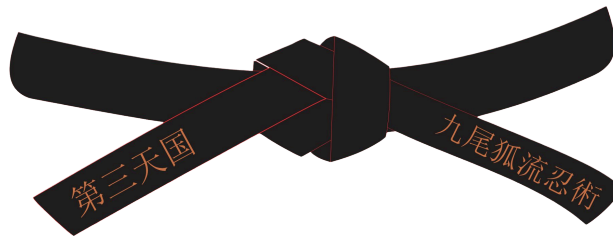
4. Self Defense

1. Arm bar from guard
2. Triangle from guard
3. Kimura from guard

5. Integrated Traditions

1. Trapping Drill

Level Seven
Third Heaven Mixed Martial Arts
Brown and Black



1. Kicks

Leaping front Kick
Leaping Back Kick
Leaping Side Kick

2. Foundational Kickboxing

1. Cut kick, 2. Rear knee, 3. Rear punch 4. Lead Hook, 5. Rear Kick

3. Rolling Backfist Combinations

1. Single Rolling Backfist
2. Double Rolling Backfist
3. Reverse Rolling Backfist

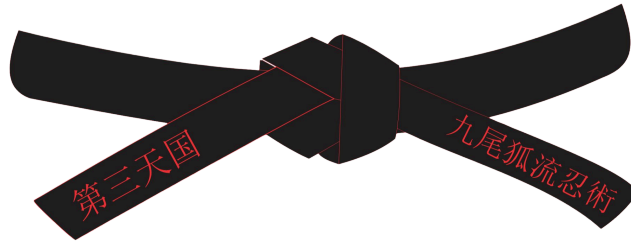
4. Self Defense

1. Escape standing front choke
2. Escape Standing Headlock
3. Escape Standing bear hug

5. Integrated Traditions

1. Wrist Escapes
2. Wrist Escape Flow Drill

Level Eight
Third Heaven Mixed Martial Arts
Red Belt and Black (Full Black Belt)



1. Foundational Kickboxing

Prepare to showcase the 44 kickboxing techniques, both with and without Thai Pads. Demonstrate your ability to hold the pads and effectively hit the pads, illustrating your mastery and precision in each technique.

2. Advanced Pad Holding

Integrate the 44 kickboxing techniques with foundational pad holding. Be prepared to improvise with clinch work, grappling, throws, and various defensive strikes and maneuvers, showcasing your versatility and adaptability in dynamic combat situations.

3. Self Defense Test

Demonstrate a free-flowing self-defense test that incorporates a seamless blend of strikes, grabs, throws, grappling, and trapping techniques. Show your ability to fluidly transition between these elements, displaying both precision and adaptability.

4. Sparring Test

Demonstrate your techniques and perseverance in a live sparring test with multiple opponents. Showcase your skills in striking, grappling, clinching, and survival, highlighting your ability to maintain composure and effectiveness under pressure.