

MKG CLE MARTIAL ARTS

Youth Martial Arts - Black Belt

GENERAL

Testing

- To earn their first stripe the student must demonstrate all required material in 2 categories. To earn stripes 2, 3 & 4, the student must demonstrate all required material in 1 category.
- The student can choose which categories they want to test on to earn their stripe.
- To earn their black belt, they will need to earn 4 stripes, then test on the entire black belt curriculum.
- The Respectful Training, Core Values and Rules of Engagement categories are not part of the stripe test but are part of the knowledge the student is required to retain from previous belt tests.
- The sparring for black belt level will be done with the coach. Time should be made to get sparring practice in with the coach before the test. The sparring category will be tested as part of the final test for their black belt. It is not part of the stripe requirements.

CATEGORIES

Categories

1. Striking - Long Count Drills
2. Close Quarters
3. Single Stick A (Angles, Defense & Disarms)
4. Single Stick C (Combination & Sumbrada)
5. Double Stick - Abecedario & Siniwalli
6. Sparring

STRIKING - LONG COUNT DRILLS

17 Count

1. LT-LK-C-H-R Knee Under-S-D-R Knee Under-RK-H-C-LK-RKn-RK-H-C-Clinch-Skip x6-Spin - RKx2

CLOSE QUARTERS

Lock Flow

1. Twisting wrist lock
2. Branch down
3. Elbow wrench
4. Dumog to Figure 4



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5. Straight arm bar (down)
6. Straight arm wrist lock
7. Come along wrist lock
8. Over the shoulder arm bar
9. Over the shoulder branch up
10. Branch up

Arm Drags

1. Arm Drag - Two on One - Reverse Bizet

Grip Defense & Pommeling

1. Flow
 - a. Wrist - Bicep - Neck - Body

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Stick vs. Stick Disarms

1. Roof Block - Strip & BH Eject Disarms vs. Angle 8

SINGLE STICK C - COMBINATIONS & SUMBRADA

Sumbrada

1. 5 Count + Disarm Angle 8

DOUBLE STICK - ABECEDARIO & SINIWALLI

Siniwalli

1. 10 Count Open (I-I-I-B-B)
2. 10 Count Stacked (I-B-I-B-B)
3. 10 Count Standard (I-B-B-B-B)

SPARRING

Mixed Martial Arts Sparring

1. Advanced Proficiency (kickboxing & clinch)



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Single Stick Sparring

1. Advanced Proficiency

