

MKG CLE MARTIAL ARTS

Youth Martial Arts - Blue Belt

GENERAL

Testing

- To earn a stripe the student must demonstrate all required material in 3 categories.
- The student can choose which 3 categories they want to test on to earn their stripe.
- To earn their blue belt, they will need to earn 4 stripes, then test on the entire blue belt curriculum.

CATEGORIES

Categories

1. Respectful Training, Core Values & Rules of Engagement
2. Footwork
3. Striking - Single Direct Attacks
4. Striking - Attack by Combination
5. Striking - Long Count Drills
6. Striking - Defense & Counters
7. Close Quarters
8. Single Stick A (Angles, Defense & Disarms)
9. Single Stick B (Amerra Drills)
10. Single Stick C (Combination & Sumbrada)
11. Double Stick - Abecedario & Siniwalli
12. Self Defense

RESPECTFUL TRAINING

Respectful Training

1. Keep yourself safe, and your partner safe at all times. Show good control.
2. Help your partners practice techniques, do not fight them when they are trying to learn.
3. Regular class attendance is required for testing.
4. Learn how to safely chamber your Kali sticks. They should not be swung around carelessly.
5. Treat your band with respect, it is not a toy.
6. Bow in when first stepping onto the mats.
7. Bow in at the beginning and end of class.
8. Address your instructors as either Sensei or Coach.



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CORE VALUES & RULES OF ENGAGEMENT

5 Core Values

1. Respect
2. Control
3. Confidence
4. Perseverance
5. Focus

5 Rules of Engagement

1. Always try to avoid a fight
2. If you are attacked verbally, then respond with your words.
3. If you are attacked physically, then defend yourself.
4. If you train Jiu-Jitsu, try to take the attacker to the ground and pin them, then negotiate.
5. As a last resort, use your strikes, but use minimal force and then negotiate.

FOOTWORK

Footwork

1. Diamond

STRIKING - SINGLE DIRECT ATTACKS

Kicks

1. Lead Side Kick

STRIKING - ATTACK BY COMBINATION

Punching Combinations

1. Jab - Cross - Left Body Hook - Left Hook

Kickboxing Four Counts

1. Lead Pendulum Groin Kick - Cross - Hook - Cross
2. Lead Pendulum Groin Kick - Cross - Hook - Right Uppercut
3. Lead Pendulum Groin Kick - Cross - Hook - Down Elbow
4. Lead Pendulum Groin Kick - Cross - Hook - Right Knee
5. Lead Pendulum Groin Kick - Cross - Hook - Right Leg Kick
6. Lead Pendulum Groin Kick - Cross - Hook - Right Body Kick



STRIKING - DEFENSE & COUNTERS

Jab

1. Defend & Return - Muay Thai
 - a. Parry Over & BH Clinch - Left Knee - Right Down - Left Snap - Push - Left Kick x2

Cross

1. Defend & Return - Muay Thai
 - a. Parry Over & BH Clinch - Right Knee - Left Snap - Right Down - Push - Right Kick x2

Left Hook

1. Defend & Return - Muay Thai
 - a. Cover & BH Clinch - Left Knee - Right Down - Left Snap - Push - Left Kick x2

Right Hook

1. Defend & Return - Muay Thai
 - a. Cover & BH Clinch - Right Knee - Left Snap - Right Down - Push - Right Kick x2

Left Uppercut & Right Uppercut

1. Cover / Elbow Parry / Fade

Left Teep & Right Teep

1. Defend & Return - Boxing
 - a. Elbow Parry the Left Teep - Jab - Cross - Hook
 - b. Elbow Parry the Right Teep - Cross - Hook - Cross

Snap Elbow & Down Elbow

1. Cover
2. Fade

STRIKING - LONG COUNT DRILLS

15 Count

1. Parry - Cover - S - D - RKn - LK - C - H - RKn - RK - LT - Slip - H - C - Hop RK

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CLOSE QUARTERS

Lock Flow

1. Twisting wrist lock
2. Branch down
3. Elbow wrench
4. Dumog to Figure 4
5. Straight arm bar (down)

Arm Drags

1. Arm Drag (vs. Over Under Clinch)

Grip Defense & Pommeling

1. Body Pommeling (Over Under Clinch)
 - a. Pommeling

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Basic Strikes & Defense

1. Inside Deflection - Outside Deflection - Low Wing - Drop Stick - Evade & Hit - Evade & Hit - Low Wing - Roof Block

SINGLE STICK B - AMERRA DRILLS

Amerra Drills

1. Abanico High
2. Abanico Low
3. Abanico High-Low-High

SINGLE STICK C - COMBINATIONS & SUMBRADA

Combinations / Coordination Drills

1. 1 - Ab x2 - 1 - Ab x1 - 2

Sumbrada

1. 5 Count



DOUBLE STICK - ABECEDARIO & SINIWALLI

Abecedario Drills

1. #2 w/ Diamond Footwork

Siniwalli

1. 6 Count Redondo
2. 4 Count + 3 Count Heaven Switch
3. 6 Count Heaven Defundo

SELF DEFENSE

Empty Hand vs. Stick

1. Evade Angle 1 - Backhand Eject Angle 2
2. Evade Angle 1 - Strip Angle 2

Ground Headlock Defense

1. Hip Scoop
2. Leg Hook & Climb to Back
3. Leg Hook over Face