

MKG CLE MARTIAL ARTS

Youth Martial Arts - Brown Belt

GENERAL

Testing

- To earn stripes 1 & 2 the student must demonstrate all required material in 2 categories. To earn stripes 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 brown belt, they will need to earn 4 stripes, then test on the entire brown 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 brown 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 brown belt. It is not part of the stripe requirements.

CATEGORIES

Categories

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

STRIKING - DEFENSE & COUNTERS

Left & Right Teep

1. Defend & Return - Muay Thai
 - a. Scoop the Left Teep - Right Leg Kick - Left Kick - Cross - Hook - Right Kick
 - b. Scoop the Right Teep - Left Leg Kick - Right Kick - Hook - Cross - Left Kick

Left Knee & Right Knee

1. Double Leg Evade
2. Pivot Step Left or Right & Elbow Parry



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STRIKING - LONG COUNT DRILLS

Gamboa 25

1. J-J-C-H-C-LU-H-C-SR-RU-H-C-B&W-C-H-C-Slip-Slip-B&W-C-H-C-J-J-C

CLOSE QUARTERS

Lock Flow

1. Twisting wrist lock
2. Branch down
3. Elbow wrench
4. Dumog to Figure 4
5. Straight arm bar (down)
6. Straight arm wrist lock
7. Come along wrist lock
8. Over the shoulder arm bar

Arm Drags

1. Arm Drag - Two on One - Bizet

Grip Defense & Pommeling

1. Neck Pommeling
 - a. Weave
 - b. Crossface - Weave

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Stick vs. Stick Disarms

1. Low Wing - Strip vs. Angle 3
2. Drop Stick - Snake vs. Angle 4

SINGLE STICK C - COMBINATIONS & SUMBRADA

Sumbrada

1. 5 Count + Disarm Angle 4



DOUBLE STICK - ABECEDARIO & SINIWALLI

Siniwalli

1. 8 Count - Villibrille (R&L)

SPARRING

Mixed Martial Arts Sparring

1. Intermediate Proficiency (kickboxing)

Single Stick Sparring

1. Intermediate Proficiency