

# MKG CLE MARTIAL ARTS

## Youth Martial Arts - Green 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 green belt, they will need to earn 4 stripes, then test on the entire green 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. Lateral Triangle
2. Escalla

### STRIKING - SINGLE DIRECT ATTACKS

#### Elbows

1. Lead Vertical Up Elbow
2. Rear Vertical Up Elbow

### STRIKING - ATTACK BY COMBINATION

#### Punching Combinations

1. Right Uppercut - Left Hook - Cross
2. Left Uppercut - Cross - Left Hook

#### Kickboxing Combinations

1. Lead Pendulum Groin Kick - Rear Oblique Kick



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2. Lead Snap Groin Kick - Rear Snap Groin Kick

### Kickboxing Four Counts

1. Left Knee - Down Elbow - Snap Elbow - Right Knee
2. Right Knee - Snap Elbow - Down Elbow - Left Knee
3. Left Knee - Down Elbow - Snap Elbow - Left Knee
4. Right Knee - Snap Elbow - Down Elbow - Right Knee

## STRIKING - DEFENSE & COUNTERS

### Left Body Hook & Right Body Hook

1. Defend & Return - Boxing
  - a. Cover LbH - L Uppercut - Cross - Hook
  - b. Cover RbH - R Uppercut - Hook - Cross

### Body Jab & Body Cross

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

### Left Thai Kick

1. Defend & Return - Boxing
  - a. Hard Cover - Hook - Cross - Hook

### Right Thai Kick

1. Defend & Return - Boxing
  - a. Hard Cover - Cross - Hook - Cross

## STRIKING - LONG COUNT DRILLS

### MKG CLE 15 Count

1. J-C-H-RLK-LK-C-H-RK-LT-RT-LLK-RKn-S-D-LKn

## CLOSE QUARTERS



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### Lock Flow

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

### Arm Drags

1. Arm Drag - Two on One - Elbow Wrench to Ground

## SINGLE STICK A - ANGLES, DEFENSE & DISARMS

### Basic Strikes & Defense

1. Inosanto 1-12

## SINGLE STICK B - AMERRA DRILLS

### Amerra Drills

1. Flat Redondo High
2. Flat Redondo Low
3. Flat Redondo High-Low-High

## SINGLE STICK C - COMBINATIONS & SUMBRADA

### Combinations / Coordination Drills

1. 1 - Ab x1 - 2
2. 1 - Ab x2 - 1
3. 1 - Ab x3 - 2

### Sumbrada

1. 3 Count

## DOUBLE STICK - ABECEDARIO & SINIWALLI



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### Abecedario Drills

1. #2 w/ Lateral Triangle Footwork

### Siniwalli

1. 6 Count Heaven - Standard - Earth with Escalla

## SELF DEFENSE

### Ground Defense vs Standing

1. Seated base movement - Lay back to open guard - Sweep - Get up in base

### Empty Hand vs. Stick

1. Evade Angle 1 - Right Snake Angle 2
2. Evade Angle 1 - Left Snake Angle 2

### Tackle Defense

1. Sprawl - Spin on chest to back - Rear Naked Choke

