

MKG CLE MARTIAL ARTS

Youth Martial Arts - Grey 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 grey belt, they will need to earn 4 stripes, then test on the entire grey 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. Step & Slide - Forward, Back, Left & Right

STRIKING - SINGLE DIRECT ATTACKS

Punches

1. Jab
2. Cross
3. Left Hook
4. Right Hook
5. Left Uppercut
6. Right Uppercut

Kicks

1. Right Thai Kick
2. Left Thai Kick
3. Right Teep
4. Left Teep
5. Right Leg Kick
6. Left Leg Kick



STRIKING - ATTACK BY COMBINATION

Punching Combinations

1. Jab - Cross
2. Jab - Jab - Cross
3. Jab - Cross - Jab
4. Jab - Cross - Left Hook
5. Jab - Cross - Left Hook - Right Uppercut
6. Jab - Cross - Left Hook - Right Uppercut - Left Uppercut

Kickboxing Combinations

1. Jab - Cross - Left Kick
2. Jab - Cross - Left Leg Kick
3. Jab - Cross - Hook - Right Kick
4. Jab - Cross - Hook - Right Leg Kick

STRIKING - DEFENSE & COUNTERS

Jab

1. Cover / Parry / Fade

Cross

1. Cover / Parry / Slip

Left Hook

1. Cover / Bob & Weave

Right Hook

1. Cover / Bob & Weave

STRIKING - LONG COUNT DRILLS

6 Basic Kick Drill

1. RK - LK - RT - LT - RLK - LLK

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CLOSE QUARTERS

Lock Flow

1. Twisting wrist lock

Arm Drags

1. Arm Drag (vs. Hand on Shoulder)

Grip Defense & Pommeling

1. Wrist Grip
 - a. Roll

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Basic Strikes & Defense

1. Angles 1-8 (MKG CLE Youth System)

SINGLE STICK B - AMERRA DRILLS

Amerra Drills

1. Downward X

SINGLE STICK C - COMBINATIONS & SUMBRADA

Combinations / Coordination Drills

1. 1212

DOUBLE STICK - ABECEDARIO & SINIWALLI

Abecedario Drills

1. X - HL - HLH - Kob Kob / Stationary

Siniwalli

1. Double Kara



SELF DEFENSE

Defense vs Push

1. Backwards Breakfall - Seated Base - Oblique Kick - Get up in Base

Ground Defense vs Standing

1. Seated base movement - Get up in base
2. Seated base movement - Oblique Kick - Get up in base