

# MKG CLE MARTIAL ARTS

## Youth Martial Arts - Orange 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 orange belt, they will need to earn 4 stripes, then test on the entire orange 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. Pivot - Left & Right
2. Female Triangle
3. Male Triangle

### STRIKING - SINGLE DIRECT ATTACKS

#### Kicks

1. Lead Snap Groin Kick
2. Rear Snap Groin Kick

### STRIKING - ATTACK BY COMBINATION

#### Punching Combinations

1. Cross - Hook - Uppercut
2. Hook - Cross - Uppercut

#### Kickboxing Combinations

1. Left Teep - Left Kick
2. Left Teep - Right Kick



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3. Left Teep - Right Teep
4. Right Teep - Right Kick
5. Right Teep - Left Kick

### Kickboxing Four Counts

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

## STRIKING - DEFENSE & COUNTERS

### Jab

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

### Cross

1. Defend & Return - Boxing
  - a. Parry - Cross - Hook - Cross

### Left Hook

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

### Right Hook

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

### Body Jab & Body Cross

1. Elbow Parry

### Left Teep & Right Teep

1. Scoop / Elbow Parry

## STRIKING - LONG COUNT DRILLS

### 10 Count

1. LT - LK - C - H - C - D - S - RKn - RK - LK



### CLOSE QUARTERS

#### Lock Flow

1. Twisting wrist lock
2. Branch down
3. Elbow wrench

#### Arm Drags

1. Arm Drag (vs. Wide Punch)

#### Grip Defense & Pommeling

1. Two on One Wrist Grip
  - a. Roll - Two on One - Elbow Wrench to Ground

### SINGLE STICK A - ANGLES, DEFENSE & DISARMS

#### Basic Strikes & Defense

1. Meet the Force vs. Angles 1-6 - Parry and Hit angle 7 - Roof Block angle 8 and Hit

### SINGLE STICK B - AMERRA DRILLS

#### Amerra Drills

1. Adlaw
2. Bulan

### SINGLE STICK C - COMBINATIONS & SUMBRADA

#### Combinations / Coordination Drills

1. 1A12
2. 1A21
3. 12B2
4. 12B1

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### DOUBLE STICK - ABECEDARIO & SINIWALLI

#### Abecedario Drills

1. #2 w/ Female Triangle Footwork
2. #2 w/ Male Triangle Footwork

#### Siniwalli

1. 6 Count Heaven - Standard - Earth
2. 6 Count Heaven - Standard - Earth with Female Triangle

### SELF DEFENSE

#### Defense vs Push

1. Parry & Pivot Step

#### Empty Hand vs. Stick

1. Evade Angle 1 - Two on One - Elbow Wrench to Ground

#### Tackle Defense

1. Hop back and forearm stop - Pivot & steer with forearm

