

# MKG CLE MARTIAL ARTS

## Youth Martial Arts - Purple Belt

### GENERAL

#### Testing

- To earn a stripe the student must demonstrate all required material in 2 categories.
- The student can choose which 2 categories they want to test on to earn their stripe.
- To earn their purple belt, they will need to earn 4 stripes, then test on the entire purple 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 purple 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 purple belt. It is not part of the stripe requirements.

### CATEGORIES

#### Categories

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

### STRIKING - SINGLE DIRECT ATTACKS

#### Kicks

1. Rear Spin Back Kick

### STRIKING - ATTACK BY COMBINATION

#### Kickboxing Combinations

1. Lead Side Kick - Rear Spin Back Kick



### STRIKING - DEFENSE & COUNTERS

#### Left Body Hook & Right Body Hook

1. Defend & Return - Muay Thai
  - a. Cover LbH - Left Knee - Right Down - Left Snap - Right Push - Left Kick x2
  - b. Cover RbH - Right Knee - Left Snap - Right Down - Left Push - Right Kick x2

#### Body Jab & Body Cross

1. Defend & Return - Muay Thai
  - a. Elbow Parry the Jab - Left Knee - Right Down - Left Snap - Right Push - Left Kick x2
  - b. Elbow Parry the Cross - Right Knee - Left Snap - Right Down - Left Push - Right Kick x2

#### Left Thai Kick

1. Defend & Return - Muay Thai
  - a. Cover - Left Knee - Right Cut Kick - Hook - Cross - Left Kick

#### Right Thai Kick

1. Defend & Return - Muay Thai
  - a. Cover - Left Cut Kick - Cross - Hook - Right Kick

### STRIKING - LONG COUNT DRILLS

#### 18 Count

1. Cover - Cut - LK - C - H - RK - Scoop - RLK - LK - C - H - RK - Cover - C - H - D - RKn - RK

### 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

#### Arm Drags

1. Arm Drag - Rear Naked Choke

# MKG CLE MARTIAL ARTS

## Youth Martial Arts - Purple Belt

### Grip Defense & Pommeling

1. Bicep Pommeling
  - a. Weave Under

## SINGLE STICK A - ANGLES, DEFENSE & DISARMS

### Stick vs. Stick Disarms

1. Inside Deflection - Snake vs. Angle 1
2. Outside Deflection - Snake vs. Angle 2

## SINGLE STICK C - COMBINATIONS & SUMBRADA

### Sumbrada

1. 5 Count + Disarm Angle 1

## DOUBLE STICK - ABECEDARIO & SINIWALLI

### Siniwalli

1. 8 Count w/ Baklaw
2. 8 Count w/ X
3. 8 Count w/ HL

## SPARRING

### Mixed Martial Arts Sparring

1. Basic Proficiency (kickboxing)

### Single Stick Sparring

1. Basic Proficiency

