

MKG CLE MARTIAL ARTS

Youth Martial Arts - Yellow 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 yellow belt, they will need to earn 4 stripes, then test on the entire yellow 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. Shuffle Step - Forward & Back
2. Circling
3. Single Leg Evade & Double Leg Evade

STRIKING - SINGLE DIRECT ATTACKS

Punches

1. Left Body Hook
2. Right Body Hook
3. Body Jab
4. Body Cross

Elbows

1. Lead Snap Elbow
2. Rear Down Elbow

Knees

1. Left Knee
2. Right Knee



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Kicks

1. Lead Pendulum Groin Kick
2. Rear Oblique Kick

STRIKING - ATTACK BY COMBINATION

Punching Combinations

1. Cross - Hook - Cross
2. Cross - Uppercut - Cross
3. Cross - Left Body Hook - Cross
4. Hook - Cross - Hook

Kickboxing Combinations

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

Kickboxing Four Counts

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

STRIKING - DEFENSE & COUNTERS

Left Body Hook & Right Body Hook

1. Cover

Left Thai Leg Kick & Right Oblique Kick

1. Single Leg Evade

Right Thai Leg Kick

1. Double Leg Evade

Left Thai Kick

1. Hard Cover / Soft Cover / Scoop

Right Thai Kick

1. Hard Cover / Soft Cover / Scoop



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STRIKING - LONG COUNT DRILLS

5 Count Thai Kick Drill

1. Step RK - Switch LK - Hop RK - Step LK - Shuffle RK

5 Count Leg Kick Drill

1. RLK - LLK - Chop RLK - RLK Inside - LLK Outside

CLOSE QUARTERS

Lock Flow

1. Twisting wrist lock
2. Branch down

Arm Drags

1. Arm Drag (vs. Wrist Grip)

Grip Defense & Pommeling

1. Wrist Grip
 - a. Release
2. Two on One Wrist Grip
 - a. Grab Fist & Pull Up

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Basic Strikes & Defense

1. Evade Angles 1-6 - Parry angle 7 - Roof block angle 8

SINGLE STICK B - AMERRA DRILLS

Amerra Drills

1. Upward X
2. Flat X Mid



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SINGLE STICK C - COMBINATIONS & SUMBRADA

Combinations / Coordination Drills

1. 1121
2. 1221
3. 1211

DOUBLE STICK - ABECEDARIO & SINIWALLI

Abecedario Drills

1. X - HL - HLH - Heaven 3 / Stationary

Siniwalli

1. 4 Count
2. 6 Count Heaven

SELF DEFENSE

Defense vs Push

1. Backwards Roll to Standing

Ground Defense vs Standing

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

