

MKG CLE MARTIAL ARTS

Youth Martial Arts Master List

GENERAL

Testing

- Students must earn 4 stripes on their current belt before they can test for their next belt.
- The requirements to earn a stripe is different for each belt level.
- When testing for their next belt, they will need to test on all the stripe material, plus some material from previous belts, as chosen by the coach on the day of the test.
- The knowledge is cumulative. Students are required to remember and practice all material that was tested on for lower belt rank levels. Any techniques previously tested on are fair game to appear on future tests.
- Belt Rank Order: White > Grey > Yellow > Orange > Green > Blue > Purple > Brown > Black

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
13. Sparring

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.



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8. Address your instructors as either Sensei or Coach.

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
2. Shuffle Step - Forward & Back
3. Circling
4. Single Leg Evade & Double Leg Evade
5. Pivot - Left & Right
6. Female Triangle
7. Male Triangle
8. Lateral Triangle
9. Escalla
10. Diamond

STRIKING - SINGLE DIRECT ATTACKS

Punches

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



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5. Left Uppercut
6. Right Uppercut
7. Left Body Hook
8. Right Body Hook
9. Body Jab
10. Body Cross

Elbows

1. Lead Snap Elbow
2. Rear Down Elbow
3. Lead Vertical Up Elbow
4. Rear Vertical Up Elbow

Knees

1. Left Knee
2. Right Knee

Kicks

1. Right Thai Kick
2. Left Thai Kick
3. Right Teep
4. Left Teep
5. Right Leg Kick
6. Left Leg Kick
7. Lead Pendulum Groin Kick
8. Rear Oblique Kick
9. Lead Snap Groin Kick
10. Rear Snap Groin Kick
11. Lead Side Kick
12. Rear Spin Back 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
7. Cross - Hook - Cross
8. Cross - Uppercut - Cross



9. Cross - Left Body Hook - Cross
10. Hook - Cross - Hook
11. Cross - Hook - Uppercut
12. Hook - Cross - Uppercut
13. Right Uppercut - Left Hook - Cross
14. Left Uppercut - Cross - Left Hook
15. Jab - Cross - Left Body Hook - Left Hook

Kickboxing Combinations

1. Jab - Cross - Left Kick
2. Jab - Cross - Left Leg Kick
3. Jab - Cross - Left Knee
4. Jab - Cross - Snap Elbow
5. Jab - Cross - Hook - Right Kick
6. Jab - Cross - Hook - Right Leg Kick
7. Jab - Cross - Hook - Right Knee
8. Jab - Cross - Hook - Down Elbow
9. Left Teep - Left Kick
10. Left Teep - Right Kick
11. Left Teep - Right Teep
12. Right Teep - Right Kick
13. Right Teep - Left Kick
14. Lead Pendulum Groin Kick - Rear Oblique Kick
15. Lead Snap Groin Kick - Rear Snap Groin Kick
16. Lead Side Kick - Rear Spin Back Kick

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
5. Jab - Cross - Left Kick - Right Kick
6. Jab - Cross - Right Kick - Left Kick
7. Jab - Cross - Left Kick - Left Kick
8. Jab - Cross - Right Kick - Right Kick
9. Left Knee - Down Elbow - Snap Elbow - Right Knee
10. Right Knee - Snap Elbow - Down Elbow - Left Knee
11. Left Knee - Down Elbow - Snap Elbow - Left Knee
12. Right Knee - Snap Elbow - Down Elbow - Right Knee
13. Lead Pendulum Groin Kick - Cross - Hook - Cross
14. Lead Pendulum Groin Kick - Cross - Hook - Right Uppercut
15. Lead Pendulum Groin Kick - Cross - Hook - Down Elbow
16. Lead Pendulum Groin Kick - Cross - Hook - Right Knee

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17. Lead Pendulum Groin Kick - Cross - Hook - Right Leg Kick
18. Lead Pendulum Groin Kick - Cross - Hook - Right Body Kick

STRIKING - DEFENSE & COUNTERS

Jab

1. Cover / Parry / Fade
2. Defend & Return - Boxing
 - a. Parry - Jab - Cross - Hook
3. Defend & Return - Muay Thai
 - a. Parry Over & BH Clinch - Left Knee - Right Down - Left Snap - Push - Left Kick x2

Cross

1. Cover / Parry / Slip
2. Defend & Return - Boxing
 - a. Parry - Cross - Hook - Cross
3. Defend & Return - Muay Thai
 - a. Parry Over & BH Clinch - Right Knee - Left Snap - Right Down - Push - Right Kick x2

Left Hook

1. Cover / Bob & Weave
2. Defend & Return - Boxing
 - a. Cover - Hook - Cross - Hook
3. Defend & Return - Muay Thai
 - a. Cover & BH Clinch - Left Knee - Right Down - Left Snap - Push - Left Kick x2

Right Hook

1. Cover / Bob & Weave
2. Defend & Return - Boxing
 - a. Cover - Cross - Hook - Cross
3. Defend & Return - Muay Thai
 - a. Cover & BH Clinch - Right Knee - Left Snap - Right Down - Push - Right Kick x2

Left Body Hook & Right Body Hook

1. Cover
2. Defend & Return - Boxing
 - a. Cover LbH - L Uppercut - Cross - Hook
 - b. Cover RbH - R Uppercut - Hook - Cross
3. 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. Elbow Parry
2. Defend & Return - Boxing
 - a. Elbow Parry the Jab - Jab - Cross Hook
 - b. Elbow Parry the Cross - Cross - Hook - Cross
3. 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 Uppercut & Right Uppercut

1. Cover / Elbow Parry / Fade

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
2. Defend & Return - Boxing
 - a. Hard Cover - Hook - Cross - Hook
3. Defend & Return - Muay Thai
 - a. Cover - Left Knee - Right Cut Kick - Hook - Cross - Left Kick

Right Thai Kick

1. Hard Cover / Soft Cover / Scoop
2. Defend & Return - Boxing
 - a. Hard Cover - Cross - Hook - Cross
3. Defend & Return - Muay Thai
 - a. Cover - Left Cut Kick - Cross - Hook - Right Kick

Left Teep & Right Teep

1. Scoop / Elbow Parry
2. Defend & Return - Boxing
 - a. Elbow Parry the Left Teep - Jab - Cross - Hook
 - b. Elbow Parry the Right Teep - Cross - Hook - Cross
3. Defend & Return - Muay Thai
 - a. Scoop the Left Teep - Right Leg Kick - Left Kick - Cross - Hook - Right Kick
 - b. Scoop the Right Teep - Left Leg Kick - Right Kick - Hook - Cross - Left Kick

Snap Elbow & Down Elbow

1. Cover
2. Fade

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Left Knee & Right Knee

1. Double Leg Evade
2. Pivot Step Left or Right & Elbow Parry

STRIKING - LONG COUNT DRILLS

6 Basic Kick Drill

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

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

10 Count

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

MKG CLE 15 Count

1. J-C-H-RLK-LK-C-H-RK-LT-RT-LLK-RK_n-S-D-LK_n

15 Count

1. Parry - Cover - S - D - RK_n - LK - C - H - RK_n - RK - LT - Slip - H - C - Hop RK

18 Count

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

Gamboa 25

1. J-J-C-H-C-LU-H-C-SR-RU-H-C-B&W-C-H-C-Slip-Slip-B&W-C-H-C-J-J-C

17 Count

1. LT-LK-C-H-R Knee Under-S-D-R Knee Under-RK-H-C-LK-RK_n-RK-H-C-Clinch-Skip x6-Spin - RKx2

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
7. Come along wrist lock



8. Over the shoulder arm bar
9. Over the shoulder branch up
10. Branch up

Arm Drags

1. Arm Drag (vs. Hand on Shoulder)
2. Arm Drag (vs. Wrist Grip)
3. Arm Drag (vs. Wide Punch)
4. Arm Drag - Two on One - Elbow Wrench to Ground
5. Arm Drag (vs. Over Under Clinch)
6. Arm Drag - Rear Naked Choke
7. Arm Drag - Two on One - Bizet
8. Arm Drag - Two on One - Reverse Bizet

Grip Defense & Pommeling

1. Wrist Grip
 - a. Roll
 - b. Release
2. Two on One Wrist Grip
 - a. Grab Fist & Pull Up
 - b. Roll - Two on One - Elbow Wrench to Ground
3. Body Pommeling (Over Under Clinch)
 - a. Pommeling
4. Bicep Pommeling
 - a. Weave Under
5. Neck Pommeling
 - a. Weave
 - b. Crossface - Weave
6. Flow
 - a. Wrist - Bicep - Neck - Body

SINGLE STICK A - ANGLES, DEFENSE & DISARMS

Basic Strikes & Defense

1. Angles 1-8 (MKG CLE Youth System)
2. Evade Angles 1-6 - Parry angle 7 - Roof block angle 8
3. Meet the Force vs. Angles 1-6 - Parry and Hit angle 7 - Roof Block angle 8 and Hit
4. Inosanto 1-12
5. Inside Deflection - Outside Deflection - Low Wing - Drop Stick - Evade & Hit - Evade & Hit - Low Wing - Roof Block

Stick vs. Stick Disarms

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



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3. Low Wing - Strip vs. Angle 3
4. Drop Stick - Snake vs. Angle 4
5. Roof Block - Strip & BH Eject Disarms vs. Angle 8

SINGLE STICK B - AMERRA DRILLS

Amerra Drills

1. Downward X
2. Upward X
3. Flat X Mid
4. Adlaw
5. Bulan
6. Flat Redondo High
7. Flat Redondo Low
8. Flat Redondo High-Low-High
9. Abanico High
10. Abanico Low
11. Abanico High-Low-High

SINGLE STICK C - COMBINATIONS & SUMBRADA

Combinations / Coordination Drills

1. 1212
2. 1121
3. 1221
4. 1211
5. 1A12
6. 1A21
7. 12B2
8. 12B1
9. 1 - Ab x1 - 2
10. 1 - Ab x2 - 1
11. 1 - Ab x3 - 2
12. 1 - Ab x2 - 1 - Ab x1 - 2

Sumbrada

1. 3 Count
2. 5 Count
3. 5 Count + Disarm Angle 1
4. 5 Count + Disarm Angle 4
5. 5 Count + Disarm Angle 8



DOUBLE STICK - ABECEDARIO & SINIWALLI

Abecedario Drills

1. X - HL - HLH - Kob Kob / Stationary
2. X - HL - HLH - Heaven 3 / Stationary
3. #2 w/ Female Triangle Footwork
4. #2 w/ Male Triangle Footwork
5. #2 w/ Lateral Triangle Footwork
6. #2 w/ Diamond Footwork

Siniwalli

1. Double Kara
2. 4 Count
3. 6 Count Heaven
4. 6 Count Heaven - Standard - Earth
5. 6 Count Heaven - Standard - Earth with Female Triangle
6. 6 Count Heaven - Standard - Earth with Escalla
7. 6 Count Redondo
8. 4 Count + 3 Count Heaven Switch
9. 6 Count Heaven Defundo
10. 8 Count w/ Baklaw
11. 8 Count w/ X
12. 8 Count w/ HL
13. 8 Count - Villibrille (R&L)
14. 10 Count Open (I-I-I-B-B)
15. 10 Count Stacked (I-B-I-B-B)
16. 10 Count Standard (I-B-B-B-B)

SELF DEFENSE

Defense vs Push

1. Backwards Breakfall - Seated Base - Oblique Kick - Get up in Base
2. Backwards Roll to Standing
3. Parry & Pivot Step

Ground Defense vs Standing

1. Seated base movement - Get up in base
2. Seated base movement - Oblique Kick - Get up in base
3. Seated base movement - Lay back to open guard - Up Kick - Get up in base
4. Seated base movement - Lay back to open guard - Sweep - Get up in base

Empty Hand vs. Stick

1. Evade Angle 1 - Two on One - Elbow Wrench to Ground
2. Evade Angle 1 - Right Snake Angle 2
3. Evade Angle 1 - Left Snake Angle 2
4. Evade Angle 1 - Backhand Eject Angle 2
5. Evade Angle 1 - Strip Angle 2

Tackle Defense

1. Hop back and forearm stop - Pivot & steer with forearm
2. Sprawl - Spin on chest to back - Rear Naked Choke

Ground Headlock Defense

1. Hip Scoop
2. Leg Hook & Climb to Back
3. Leg Hook over Face

SPARRING

Mixed Martial Arts Sparring

1. Basic Proficiency (kickboxing)
2. Intermediate Proficiency (kickboxing)
3. Advanced Proficiency (kickboxing & clinch)

Single Stick Sparring

1. Basic Proficiency
2. Intermediate Proficiency
3. Advanced Proficiency