

## **Blue Belt Requirements**

Requires red belt with four stripes

**Proper Focus:** Kami stance with focus for 5 minutes

**Fitness:** 25 push-ups, 40 crunches, 20 squats, 3 minutes of horse stance, 3 three-minute rounds on heavy bag (with focus and proper fighting stance), 2 minutes of jump rope

**Punches (with power and form):** Ability to use proper punches in combinations with power and good form

**Kicks:** Front kick, sidekick, roundhouse kick, Thai kick, hook kick, oblique kick, foot stomps, spinning crescent kick, knee strikes, jump roundhouse kick, pendulum roundhouse kick, flying knee and crab roundhouse kick

**Takedowns:** Forward and backward leg sweep, silat sweeps, single leg takedown, double leg takedown, clinch takedown (plum), dumog takedowns, heel hook takedown

**Escrima:** *largo mano* range, *sombrada* pattern, *hubud*, snake disarm (from single attack)

**Trapping:** Trapping moves on the wooden dummy, multiple trapping with teacher, *chi sao*

**Angles 1,2, 3 & 5 hubud drill; dumog drill & lop sao drill; Tai chi sail; Locks**

### **Sparring:**

*Round 1:* focus pads (intercept and destroy all attacks)

*Round 2:* Teacher with leg pads and boxing gloves will attack student like a kickboxer. Student must intercept and destroy incoming attacks and incorporate the straight blast.

*Round 3:* Free sparring versus instructor as a kickboxer (must perform at least 3 takedowns [all different] during round)

### **Grappling:**

Grappling sombrero pattern

10 Count Drill with locks and chokes

Free sparring round without being submitted

Rear choke, guillotine, paint brush, arm bar, genie choke, triangle choke, single ankle lock

### **Escapes from holds**

Single hand grab

Double hand grab

Grab from the back

Headlock

**Martial Arts Knowledge:**

- Pick two styles we do in class: find the countries of origin on a map, name the countries, name the styles we do from those countries
- Understand what we do at the school (Must understand the concept of Jeet Kune Do and mixed martial arts and who Dan Inosanto is.)
- Knowledge of our lineage to Bruce Lee

**NOTE:** If you miss a stripe day while waiting to take your belt test you will receive that stripe **IF** you pass your test on the first attempt.