

Red Belt Requirements
(Requires green belt with four stripes)

Proper Attention: Kami stance with focus for 5 minutes

Fitness: 20 push-ups, 30 crunches, 20 squats, 2 minutes of horse stance, 2 three-minute rounds on heavy bag (with intensity), proper use of jump rope

Punches (with power and form): Jab, cross, overhand, uppercut, palm strike, backfist, straight blast, horizontal elbow, reverse elbow, spinning elbow, hammer fist, combinations

Kicks: Front kick, sidekick, inside & outside crescent kick, roundhouse kick, Thai kick, oblique kick, foot stomps, spinning side kick, jump front kick, knee strike, and crab kick

Takedowns: Forward and backward leg sweep, silat sweeps, single leg takedown, double leg takedown, dumog takedowns

Trapping: Trapping moves on the wooden dummy (slap hand, grab hand, plate hand, circle hand, brush-grab-strike), multiple trapping with teacher

Angles 1,2 & 5 hubud drill

Sticks: *Largo mano range, sombrada pattern, 6 count drill (siniwali)*

Sparring:

Round 1: focus pads (proper fighting stance for whole round; good distance kicks and punches along with basic trapping and straight blast)

Round 2: Teacher with leg pads and boxing gloves will attack student like a boxer. Student can use any techniques possible, including good slipping and interceptions.

Round 3: Free sparring round or Teacher will attempt to grab and drag student to “car.” Student must avoid being grabbed and if grabbed must avoid being taken to the “car.”

Grappling: 10 count drill with spider guard, skill in free grappling, rear choke, guillotine, paint brush, arm bar, genie choke.

Escapes from holds: Single hand grab, Double hand grab, Grab from the back, Headlock

Martial Arts Knowledge:

- Pick one style we do in the school: find the country of origin on a map, name the country, name the styles we do from that country
- Understand what we do at the school (Must understand the concept of Jeet Kune Do and mixed martial arts and who Bruce Lee was.)

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.