

The Ludus Academy of Martial Arts Red Belt Test
 Name: _____ Date: _____

Martial Arts Knowledge:
 1. What style martial art do we practice and who founded this philosophy?
 2. Pick one style of martial art we do here at the Ludus, tell us about it and what country it is from.
 3. Explain who Dan Inosanto was and why he is important to Jeet Kune Do.

Fitness	Date	Kicks	Date	Trapping	Date
5 Minutes focus in seiza		Front		Pak da (slap)	
20 push ups		Side		Lop da (grab)	
30 crunches		Roundhouse		Tan da (plate)	
2 minute horse stance		Crescent (Inside & Outside)		All moves on wooden dummy	
2 three-minute rounds on heavy bag		Oblique (Descending & Straight)		Multiple Trapping with teacher	
proper use of jump rope		Spinning Side Kick			
		Foot Stomp (Inside & Outside)			
				Escrima	Date
Punches	Date	Jump Front Kick		Largo Mano	
Jab		Straight Knee		6 Count	
Cross		Crab Kick		Sombrada Drill	
Hook					
Uppercut					
Overhand		Takedowns	Date	Escape	Date
Palm Strike		Forward Leg Sweep		Single hand grab	
Backfist		Single Leg		double hand grab	
Straight Blast		Dumog (Rope Pull)		from behind	
Horizontal Elbow		Silat Sweeps (4 variations)			
Reverse Elbow		Backward Leg Sweep		Sparring	Date
Spinning Elbow		Hip Throw		Round 1: Focus Pads	
Hammerfist				Round 2: Intercepting	
Combinations		Hubud		Round 3: Free Sparring	
		Angle 1			
		Angle 2			
		Angle 5			
Grappling	Date				
10 Count Drill					
3 Chokes					
3 Arm locks					
1 round free grappling					