THE LUDUS Academy of Martial Arts - Orange Belt Checklist

Requires Yellow Belt with 4 stripes

Name: _____ Date: _____

	Attributes:		**Punches & Arm Attacks (with power & form):**
☐	3 Minutes Focus Seiza	☐	Jab
☐	15 Push Ups	☐	Cross
☐	15 Crunches or Sit Ups	☐	Hook
☐	15 Squats	☐	Upper Cut
☐	30 second plank	☐	Horizontal Elbow
	Protocol:		**Kicks**
☐	Attention Position	☐	Front Kick
☐	Fighting Stance	☐	Side Kick
☐	Bow	☐	Roundhouse Kick
☐	Seiza Position	☐	Oblique Kick
		☐	Thai Roundhouse Kick
	Grappling	☐	Thai Knee
☐	Mount		
☐	Guard		**Footwork:**
☐	Scarf Hold	☐	Movements 1-4 with jab
☐	Side Control	☐	Pendulum forward (with kick) and back
☐	North/South	☐	Switch Feet (as defense)
☐	Escape from Mount & Guard	☐	Pass Forward & Back
☐	Demonstrat one lock and one choke		
			Defense
	Self-Defense:	☐	Parry
☐	Escape from wrist grab, loosener and release	☐	Tight and Wide Cover
☐	Escape from double wrist grab and looseners	☐	Slipping
		☐	Ducking
	Takedowns	☐	Avoiding Body Shot
☐	Forward Leg Sweep	☐	Sparring Round of just defense
☐	Backward Leg Sweep		
☐	Single Leg Takedown		**Focus Pads:**
☐	Dumog (Rope Pull) Takedown	☐	3 Minute Round with teacher
		☐	Show ability to slip and duck standing still
☐	**Demonstrate Angles 1-6 Escrima Stick**		

Notes: