

Ludus Academy of Martial Arts - Black Belt Check List

Name:		Date:	
Attributes:		Other Techniques:	
50 push-ups		Vertical Elbow	<i>Escrima</i>
50 crunches		Horizontal Elbow	Siniwali Drill
3 minute round of jump rope		Descend Elbow	Snake Disarm
6 3-minute rounds on the heavy bag		Spinning Elbow	Quick Release Disarm
5 minutes horse stance		Backward Elbow	Sombrada Flow
5 minutes sitting on the wall		Ascending Knee	Sombrada With Disarms
		Thai Knee	<i>Knife</i>
Sparring:		Hooking Knee	Disarm Flow Drill
Spar two on one demonstrating use of position and technique		Headbutt	Sombrada
3 rounds of sparring with various partners w/ grappling		Forearm Strike	Numerata
Demonstrating proper slipping		Backwards Hip Thrust	<i>Nunchucks</i>
Demonstrate ability to intercept and destroy attacks			Proficiency
		Hand Techniques:	
Self-Defense:		Jab	<i>Quarterstaff</i>
Demonstrate proper escapes and strikes from various positions		Cross	Staff Kata
Teachers as strangers will try to drag student to a location in gym		Upper Cut	Sombrada
		Overhand	
Kicks:		Shovel Hook	Takedowns:
Front		Palm Strikes	Single Leg
Side		Inside Chop	Double Leg
Oblique		Outside Chop	Leg Sweep
Inside crescent		Backfist	Hip Throw
Outside crescent		Hammer Fist	Kaki Kenjit
Thai		Ridge Hand	Puter Kapala
Axe		Finger Jab	Dumog
Spinning Side		Combinations	Leg Catch
Spinning Crescent			Plum
Back		Hubud:	
Scoop		Angle 1 - 6	Arm Bar
Behind the knee		Elbow	Ankle Pick
Foot Stomp		Silat Sweep/ Foot Sector	Behind the Back Hip Grab
Jumping Kicks		Dumog Drill	
Outside Hook		Takedowns	Trapping:
Crab		Tai Chi Sail	116 Wing Chun Dummy
Bear		Pananjakman	Pok Da
Prone to Standing		Lop Sao	Lop Da
		Locks	Tan Da
		Chi Sao	Bong Sao
Grappling:			Jao Sao
Escapes from 5 Main Positions			Jut Sao
10 Submissions: at least 1 lock per joint and 1 choke			Straight Blast
Instructing			
Teach one class with a teacher provided lesson plan			
Teach one class with a lesson plan developed by the student			