

## The Ludus Academy of Martial Arts Purple Belt Test

Name:

Date:

- Pick four styles we do in class: find their countries on a map, name the countries, name the styles we do from those countries
- What is zoning
- What is the "alive hand"
- Understand what we do at the school (Must understand the concept of Jeet Kune Do and mixed martial arts and who Dan Inosanto is.)
- Who were the main teachers of Mr. TJ
- What are the four ranges of open-handed combat

<b>Fitness</b>	<b>Date</b>	<b>Kicks</b>	<b>Date</b>	<b>Trapping</b>	<b>Date</b>
5 Minutes focus in seiza		Front		Pak da (slap)	
30 push ups		Side		Lop da (grab)	
45 crunches		Roundhouse		Tan da (plate)	
3 minute horse stance		Crescent (Inside & Outside)		Jao Sao (circle)	
4 three-minute rounds on heavy bag		Oblique (Descending & Straight)		Multiple Trapping with teacher	
		Spinning Crescent Kick		moves 1-56 on wooden dummy	
		Foot Stomp (Inside & Outside)			
<b>Punches*</b>	<b>Date</b>			<b>Escrima/FMA</b>	<b>Date</b>
Combination 1		Jump Front Kick		Largo Mano	
Combination 2		Flying Knee		6 Count	
Combination 3		Crab Roundhouse Kick		Sombrada Drill with snake disarms	
Combination 4				Hubud with stick angle 1 & 2	
Combination 5		<b>Takedowns</b>	<b>Date</b>	Knife Sombrada	
Combination 6		Forward & Backward Sweeps		Angles 1-15	
*Student will be required to create combinations and perform them on the spot on the day of the test, these should include defense and kicks		Single Leg			
		Clinch Takedown		<b>Escape</b>	<b>Date</b>
		Dumog (Rope Pull)		Single hand grab	
		Silat Sweeps (4 variations)		Headlock	
		Behind Back Hip Grab (Valley Drop)		double hand grab	
<b>Grappling</b>	<b>Date</b>	Hip Throw		from behind	
10 Count Drill adding locks, chokes and strikes		Puter Kapala			
Rear Choke				<b>Sparring</b>	<b>Date</b>
Americana		<b>Energy Drills</b>		Round 1: Focus Pads (focus and destory all attacks)	
Kimura		Hubud Angles 1-5 (add locks & takedowns)		Round 2: Intercepting vs. Kickboxer with leg kicks	
Arm Bar		Dumog Drill		Round 3: Free Sparring (with at least 3 takedowns)	
Single Ankle Lock		Lop Sao Drill		Round 4: 2-on-1 Sparring with good positioning	
		Tai Chi Sail			
<b>Notes:</b>					