The Ludus Academy of Martial Arts Blue Belt Test

Name: Date:

Martial Arts Knowledge:
1. What style martial art do we practice and who founded this philosophy?
2. Pick two styles of martial art we do here at the Ludus, tell us about it and what country it is from.
3. What is our lineage to Bruce Lee in Jeet Kune Do.

Fitness	**Date**
5 Minutes focus in seiza	
25 push ups	
40 crunches	
3 minute horse stance	
3 three-minute rounds on heavy bag	
2 minutes of jump rope	

Punches*	**Date**
Combination 1	
Combination 2	
Combination 3	
Combination 4	
Combination 5	
Combination 6	
Combination 7	
Combination 8	
*Random combinations will be presented at the test date. Student must execute each properly with power and form.	

Grappling	**Date**
10 Count Drill adding locks, chokes and strikes	
Rear Choke	
Americana	
Kimura	
Arm Bar	
Single Ankle Lock	

Kicks	**Date**
Front	
Side	
Roundhouse	
Cresent (Inside & Outside)	
Oblique (Descending & Straight)	
Spinning Cresent Kick	
Foot Stomp (Inside & Outside)	
Jump Front Kick	
Flying Knee	
Crab Roundhouse Kick	

Takedowns	**Date**
Forward & Backward Leg Sweep	
Single Leg	
Dumog (Rope Pull)	
Silat Sweeps (4 variations)	
Clinch Takedown	
Hip Throw	
Puter Kapala	
Behind Back Hip Grab	

Energy Drills	
Hubud Angles 1, 2, 3, 5	
Dumog Drill	
Lop Sao Drill	
Add takedowns to hubud	

Trapping	**Date**
Pak da (slap)	
Lop da (grab)	
Tan da (plate)	
Jao Sao (circle)	
Multiple Trapping with teacher	
All moves on wooden dummy	

Escrima	**Date**
Largo Mano	
6 Count	
Sombrada Drill with snake disarms	
Hubud with stick angle 1	

Escape	**Date**
Single hand grab	
double hand grab	
from behind	
Headlock	

Sparring	**Date**
Round 1: Focus Pads (focus and destory all attacks)	
Round 2: Intercepting vs. Kickboxer with leg kicks	
Round 3: Free Sparring (with at least 3 takedowns)	