

The Ludus Academy of Martial Arts Green Belt Test

Name:

Date:

What style martial art do we practice and who founded this philosophy?

Fitness	Date	Footwork	Date	Takedowns	Date
5 Minutes focus in seiza		Movement 1-6		Forward Leg Sweep	
15 push ups		Movement A-D		Single Leg	
20 crunches		pendulum forward		Dumog (Rope Pull)	
1 minute horse stance		pendulum back		Silat Sweep	
1 three-minute round heavy bag		Pass forward & back		Backward Leg Sweep	
50 jumping jacks					

Punches	Date	Kicks	Date	Trapping	Date
Jab		Front		Pak da (slap)	
Cross		Side		Lop da (grab)	
Hook		Roundhouse		Tan da (plate)	
Uppercut		Cresent (Inside & Outside)			
Horizontal Elbow		Oblique		Escrima	Date
Straight Blast		Spinning Side Kick		Largo Mano	
Spinning Elbow		Thai Knee		6 Count (Siniwali)	
				Angles 1-8	

Grappling	Date	Sparring	Date	Escape	Date
10 Count Drill		Round 1: Focus Pads			
Escape Mount		Round 2: Defense (Demonstrate Evasion and Covering)		Single hand grab	
Escape Side Control		Round 3: Intercepting		double hand grab	
Escape Guard				from behind	
Lock 1:		Defense	Date		
Lock 2:		Parry			
Choke 1:		Cover (Tight and Wide)			
Choke 2:		Slip, Duck and body evasion			
		Cover Body Shot			
		Leg Shield			

Notes:
