

## GROUNDPLAY

MOUNT SUBMISSION SERIES	X-Choke	_____
	Armbar	_____
	Americana	_____
SIDE SUBMISSION SERIES	Kimura	_____
	Breadcutter	_____
	Walkaround	_____
GUARD SUBMISSION SERIES	Armbar	_____
	Triangle	_____
	Arm Triangle	_____

## STRESS TRAINING

Fight Now! \_\_\_\_\_ Tackle! \_\_\_\_\_

## PRINCIPLES OF SELF DEFENSE

- Penetration:** involves depth of focus. It is the extension of power beyond the selected target to ensure the desired force and to compensate for distance.
- Transition:** these are moves within moves, or stages between moves which gap defense and offense.
- Distance:** is a crucial factor second only to environment. Critical Distance is the distance that enables you or your opponent to effectively initiate or defend an attack.
- Cover:** a transition that leads you back to a position of combat readiness.

## FITNESS

PUSHUPS X 35 \_\_\_\_\_ AIR SQUATS X 45 \_\_\_\_\_  
SIT UP REACH X 35 \_\_\_\_\_ SQUAT THRUST X 35 \_\_\_\_\_

## SPARRING

GRAPPLING X 3 mins (2) \_\_\_\_\_ BOXING X 3 mins (2) \_\_\_\_\_  
SPARRING X 3 mins (TD) \_\_\_\_\_

## BLUE BELT TEST

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
DATE: \_\_\_\_\_

# REQUIREMENTS FOR BLUE BELT

VERSION 5.0 4-14-11



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

