

# MID-AMERICA MARTIAL ARTS

## Youth Curriculum

**1 December 2008**

Stripes are awarded based on a student's progress toward the goals of each belt rank. Each list of techniques signifies what the student will need to know for progression to that rank. Time/progression varies based upon attendance, knowledge and attitude. (Timeline attached)

### **White Belt**

- Good Attitude
- Willingness to Learn
- Discipline to Pay Attention

### **Yellow Belt**

Basic fighting stance

Strikes:

Jab (1), Cross (2), Hook (3,4) Uppercut (5,6), Overhand (7,8)

Hammer Fist

Front kick

Round Kick

Rising Kick

Crescent Kick

Side Kick

Long knee

Defense/Positioning:

Step & Slide: Front, back, side to side

Cover

Grappling:

Positions:

Mount

Guard

Side Body

Cross Body

Smother

Basic Shrimping

Basic Bridging

Basic Roll (forward & back)

## **Orange Belt**

### Strikes:

- Back Fist
- Ax Kick
- Switch Kick
- Back Kick
- Double Round kick
- Skipping Knee
- Elbow (windshield wiper)

### Combinations:

- Basic 4 counts

### Grappling:

#### Mount

- Bridge & Roll Escape
- Bridge & Shrimp Escape
- Straight Arm Bar
- Bent Arm Bar

#### Guard

- Over leg Escape
- Under leg Escape
- Scissors Sweep
- Straight Armbar (upside-down armbar)

Concept of Position-before-submission

Concepts of Base (standing, sitting, etc.): 3 Points

2 Leg Tackle

1 Leg Tackle

Basic Sprawl

### Defense/Positioning:

- Ducking

- Slip

- Bob & Weave

### Weapons:

- Single Stick: Angles 1-5

## **Blue Belt**

### Strikes:

- Foot Jab
- Hook kick
- Shuffle kick
- Curve Knee
- Elbows: Straight, Upward, Down

### Combinations:

- 11 Count Drill
- Basic 4 counts w/ double kicks
- Basic 4 counts w/ knees & elbows

### Grappling:

- Mount
  - Bent armbar to straight bar combination
  - Rolling armbar escape
  - Basic Collar Choke
- Cross Body
  - Bridge & Shrimp Escape
  - Bent Arm Bar
- Side Body
  - Bridge & Shrimp Escape to Guard
  - Leg Escape
- Smother
  - Bridge & Shrimp Escape to Guard
  - Straight Arm Bar
- Guard
  - Hip Heist Sweep
  - Bent Armbar – Kimura
  - Triangle
  - Basic Collar Choke
- Back w/ Hooks
  - Rear Naked Choke
- Reverse Side Body

### Defense/Positioning:

- Perry
- Pivoting
- Scoop

### Weapons:

- Single Stick –Angles 1-15
- Double Stick – Heaven 6 series (high, high/low, low)

## Purple Belt

### Strikes:

Curve knee  
Stomp Kick

### Combinations:

15 Count Drill  
Kickboxing Combinations:  
1-2-3-Rt Kick  
2-3-2-Lft Kick  
Rt Kick-3-2-3  
Lft Kick-2-3-2  
1-2 (pause) 2-3-2-Lft kick  
1-2-5-Rt Elbow-Lft Knee  
1-Shuffle Kick- 2-3-2-Lft Kick

### Grappling:

Knee Mount  
Shrimp Escape  
Straight Arm Bar (near)

### Guard

Guillotine  
Flower Sweep

### Cross Body

Straight Armbar – Figure 4  
Straight Armbar - spinning

### Side Body

Straight Arm Bar across leg  
Bent Arm Bar across leg

### Rear Mount (Back w/ hooks)

Straight arm bar  
Slide Escape

### Clinch (plumb)

Swimming

### Submission Combinations

1. Guard – Straight Arm Bar to Triangle
2. Guard – Hip Heist to Guillotine and/or Kimura
3. Cross Body – Bent Arm Bar to Straight Arm Bar
4. Mount – Bent Arm bar to Straight Arm Bar

### Weapons:

Single Stick –Angles 1-25  
Double Stick – Odd 6, Reverse Odd 6, Umbrella 6, Umbrella 8

## Green Belt

### Strikes:

Spinning back kick  
Spinning crescent  
Spinning elbow  
Spinning hook kick  
Spinning back fist

### Combinations:

6 Count Knee Drill  
Shuffle kick, Spinning Kick  
Round kick, Spinning Kick  
Crescent Kick, Spinning Kick  
1-2-Spinning Backfist  
1-2 Spinning Elbow

### Grappling:

#### Guard

Helicopter Sweep  
Ball Sweep  
Straight arm bar escape

#### ½ Guard

Shrimp Escape  
(from Bottom)  
Knee Escape (from Top)

#### Knee Mount

Near Arm Bar  
Spinning Arm Bar (far)

Rear Mount (Back with hooks)  
Choke & Defense

#### Butterfly Guard

Butterfly Sweep

#### Smother

Straight Armbar  
Bent Armbar

#### Clinch Defense

1 - Over Under  
2 - Under Over  
3- Wedge Body Lock  
4 -Swim

### Submission Combinations

1- Guard – Straight Arm Bar to Flower Sweep  
2- Guard – Straight Arm Bar to Kimura  
3- Back – Rear Naked Choke to Straight Armbar

### Weapons:

Defense of Angles 1-5  
1-Inside Deflect  
2-Outside Deflect  
3-Low Shield  
4-Drop Stick  
5-Perry or Oboniquo  
Double Stick: Weave

## **Brown Belt**

### Strikes:

- Jumping Spinning back
- Jumping Spinning crescent
- Jumping Spinning hook
- Jumping Spinning Round

### Combinations

- 1-2 Series
- 2-3 Series

### Weapons:

#### Single Stick:

- Angle for Angle Flow
- Single Stick Box Patterns:
  - High Box 15-1-2
  - Short Box 15-1-4
  - Long Box 15-1-4-3-2
  - Low Box 3-4-4

### Grappling

- Helicopter Mount
- Guard

- Omaplata
- Ankle Lock
- Knee Bar

#### Top Quarter

- Head & arm triangles
- Anaconda
- Darce

#### All Submission Combinations

1. Guard – Straight Arm Bar to Omaplata

## **Red Belt**

### Strikes:

Running Jumping Spinning Kicks

### Grappling:

All positions, techniques and combinations

All Submission Combinations

### Trapping:

Pak Sao Da (slapping hand)

Lop Sao Da (pulling hand)

Jao Sao Da (circling hand)

Tan Sao (palm up block)

Bong Sao (elbow block)

Hu-Bud Flow Drill

### MMA Combinations:

1-2-3-double leg takedown to cross body

1-2-3-single leg takedown to cross body

Any 1-2 Series with takedown to cross body

Any 2-3 Series with takedown to cross body

### Weapons:

Battle Strokes

Double Stick Box Patterns

Saint Drills

Must attend at least one Sifu McFann OR Sensei Paulson Seminar

Demonstrate thorough knowledge of all techniques and principles

Demonstrate ability to teach techniques and principles

## **Black Belt**

Demonstrate ability to teach ALL techniques and principles

Demonstrate ability to conduct/lead an entire class

Demonstrate ability to set the proper example for lower ranking students

Must attend at least one Sifu McFann AND Sensei Paulson Seminar

Given at Discretion of Sifu Aaron Cerrone w/ consent of Sifu Marc McFann

# MID-AMERICA MARTIAL ARTS

## Youth Promotion Timeline

(Times are estimations and should be considered as minimums)

### **White Belt** – 2-3 months

Level 1 (one stripe) – 1 month

Level 2 (two stripes) – 1 month

Level 3 (three stripes) – 1 month

### **Yellow Belt** – 2-3 months

Level 1 (one stripe) – 1 month

Level 2 (two stripes) – 1 month

Level 3 (three stripes) – 1 month

### **Orange Belt** – 4-6 months

Level 1 (one stripe) – 2 months

Level 2 (two stripes) – 2 months

Level 3 (three stripes) – 2 months

### **Blue Belt** – 4-6 months

Level 1 (one stripe) – 2 months

Level 2 (two stripes) – 2 months

Level 3 (three stripes) – 2 months

### **Purple Belt** – 4-6 months

Level 1 (one stripe) – 2 months

Level 2 (two stripes) – 2 months

Level 3 (three stripes) – 2 months

### **Green Belt** – 6-9 months

Level 1 (one stripe) – 3 months

Level 2 (two stripes) – 3 months

Level 3 (three stripes) – 3 months

### **Brown Belt** – 6-9 months

Level 1 (one stripe) – 3 months

Level 2 (two stripes) – 3 months

Level 3 (three stripes) – 3 months

### **Red Belt** – 9-12 months

Level 1 (one stripe) – 4 months

Level 2 (two stripes) – 4 months

Level 3 (three stripes) – 4 months

### **Black Belt**