

Little Ninjas - Green Belt Requirements

SOLO EXERCISES

1. Sprawl
2. Sprawl & Spin
3. Back Breakfall
4. Pop-Up back up to your feet.

STRIKING

Fighting Stance (Left Lead... all kicks from the Lead Leg):

1. Step-Behind Side Kick
2. Lead Round Kick

Striking Requirements & Abbreviation Key

Performed From Fighting Stance (Left Lead)

Know The Combos & Their Names

J = Jab

C = Cross

H/S = Hook or Slap (Slap is encourage at this level)

LK = Lead Leg Round Kick

RK = Rear Leg Round

3-Count & 4-Count Combinations:

- A. 3-Count: J - C - H/S
- B. 3-Count Kick: J - C - H/S + RK
- C. 4-Count: J - C - H/S - C
- D. 4-Count Kick: J - C - H/S - C + LK

Thai-4 Series #1: (Punches & Kicks)

1. Thai-4: LK - C - H/S - RK
2. Reverse Thai-4: RK - H/S - C - LK
3. Lead Thai-4: LK - C - H/S - LK (All kicks are done with the Lead Leg)
4. Rear Thai-4: RK - H/S - C - RK (All kicks are done with the Rear Leg)
5. Thai-7: LK - C - H/S - RK - H/S - C - LK
6. Reverse Thai-7: RK - H/S - C - LK - C - H/S - RK

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GRAPPLING

Positions:

1. Top Mount
2. High Mount
3. Tarantula Mount
4. Side Mount (arm under the neck)
5. Back Mount... aka "The Back Pack"
6. Open Guard (Ankles uncrossed)
7. Closed Guard (Guard Block Stage-1: Ankles crossed, hold their head, hold their tricep)
8. Preying Mantis (From inside opponents Guard Position)

Position Combinations & Transitions:

1. Top Mount > High Mount
3. Tarantula Mount (Transition from side to side)
3. Tarantula Mount > Side Mount
4. Side Mount > Top Mount / Tarantula Mount > High Mount
5. Top Mount > Log Roll > Back Mount... aka "The Back Pack"

Escapes & Escape Combinations:

1. Trap Bridge & Roll (Top Mount Escape)
2. Trap Bridge & Roll > Preying Mantis & Pop Back To Your Feet
3. Trap Bridge & Roll > Pass Guard (Open Guard) To Top Mount > High Mount

MANIPULATION

Takedowns & Takedown Combinations:

1. Lasso Takedown
2. Forward Double Leg Takedown
3. Lasso > Top or Side Mount
4. Double Leg > Top or Side Mount
5. Double Leg > (you fall into their Open Guard by accident) > Preying Mantis & Pop Back To Your Feet
6. Double Leg > (you fall into their Open Guard by accident) > Pass Guard To Top Mount > High Mount / Tarantula Mount

Takedown Defense & Combinations:

1. Sprawl
2. Sprawl & Spin The Back > Disengage
3. Sprawl & Spin The Back > (if they come up) Lasso Takedown
4. Sprawl & Spin The Back > (if they come up) Lasso Takedown > Side Mount / Top Mount / High Mount / Tarantula Mount