

Little Ninjas - Blue Belt Requirements

STRIKING

1. Rear Knee
2. Lead Knee
3. Lead Elbow
4. Rear Elbow
5. Teep Kick (Push Kick - off Lead & Rear Leg)

Striking Requirements & Abbreviation Key

* Performed From Fighting Stance (Left Lead)

* Know The Combos & Their Names

LN = LeadKnee

RN = RearKnee

LE = Lead Elbow

RE = Rear Elbow

Thai-4 Series #2: (Elbows & Knees)

1. Thai-4: LN - RE - LE - RN
2. Reverse Thai-4: RN - LE - RE - LN
3. Lead Thai-4: LN - RE - LE - LN
4. Rear Thai-4: RN - LE - RE - RN
5. Thai-7: LN - RE - LE - RN - LE - RE - LN
6. Reverse Thai-7: RN - LE - RE - LN - RE - LE - RN

CLINCHING

Wrist & Arm Games:

1. Up & Grab
2. Down & Grab
3. Circle Over
4. Mixing them all together as you play the "Wrist Game"

Body Hugs:

1. Inside Body Hug
2. Outside Body Hug
3. Transition from Inside to Outside Body Hug using a Duck Under
4. Rear Body Hug

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MANIPULATION

Takedowns:

1. Side Double Leg Takedown

Takedown Defense:

1. Forearm Wall

GRAPPLING

Positions:

1. Side Mount (arm over the head)
2. Mobile Side
3. Crushing Side
4. Scarf Hold
5. Reverse Scarf

Transitions:

1. Kickstand Remount
2. Knee Pinch Remount

Octopus Drill #1

1. Top Mount
2. Side Mount (arm under neck)
3. Mobile Side
4. Crushing Side
5. Scarf Hold
6. Side Mount (arm under neck)
7. Kickstand Remount
8. Side Mount (arm over the head)
9. Reverse Scarf
10. Knee Pinch Remount