

# Little Ninjas - Purple Belt Requirements

**STRIKING** - Students Will Require The Purchase of Boxing Gloves

1. Hook
2. Uppercut
3. Overhand (Punch / Slap / Hammerfist)

## Striking Requirements & Abbreviation Key

Performed From Fighting Stance (Left Lead)

Know The Combos & Their Names

**J** = Jab

**C** = Cross

**H** = Lead Hook

**S** = Lead Slap

**LU** = Lead Uppercut

**RU** = Rear Uppercut

**O** = Rear Overhand - can be a Punch, Slap, or Hammerfist

**LK** = Lead Leg Round Kick

**RK** = Rear Leg Round

**LN** = Lead Knee

**RN** = Rear Knee

**LE** = Lead Elbow

**RE** = Rear Elbow

## Stack Series:

1. SingleHook: LK - C - **H** - C - LK
2. Double Hook: LK - C - **Low Hook - High Hook** - C - LK
3. Single Cut: LK - C - **LU** - C - LK
4. Double Cut: LK - C - **LU - RU** - H - C - LK
5. Cut & Hook: LK - C - **LU - H** - C - LK
6. High Slap: LK - C - **High Slap** - C - LK
7. Low Slap: LK - C - **Low Slap** - C - LK
8. Overhand: LK- **O** - **LU/Upward Slap/Bolo Punch** - **O** - LK

## **CLINCHING**

1. Arm Drag
2. Single Neck Tie
3. Double Neck Tie
4. 50/50 Neck Tie
5. Centerline Entry (used to counter the Neck Ties)

## **MANIPULATION**

### Takedowns:

1. Diagonal Double Leg Takedown

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## **GRAPPLING**

### Defensive Concepts for Countering the positions of Octopus Drill #1:

1. Never lay flat on your back.
2. Turn to your side as soon as you feel your opponent move to a Side or Scarf Position.
3. Get your Elbow/Tricep to the floor so they can't grab it.
4. Shrimp and Frame to create space to get away.
5. Get back to your feet, or back to Guard Block Stage-1 (reference Orange Belt requirements)

### Transitions:

1. Transition to Backpack from Top Mount (*Opponent turns to their knees*)
2. Remount to counter their Scrape Off Escape

### Octopus Drill #2

1. Top Mount
2. (*Opponents turn to their Hands & Knees*) Transition to Backpack/Back Mount
3. (*Opponent falls to Overhook side of the Lasso and does the Scrape Off*) Recover Top Mount

### Escapes:

1. Frame Bridge & Shrimp to Guard
  - Use to Escape Side Mount
  - Use to Escape Scarf Hold
2. Scrape Off Escape
  - Use to Escape Back Mount

### Clinch, Takedown, Grappling Position & Escape Combination:

#### **Person-A:**

From free clinching, move to an Inside Body Hug > Outside Body Hug > Diagonal Double Leg Takedown > Side Mount Mount / Scarf Hold

#### **Person-B:**

Frame Bridge & Shrimp to open guard position

#### **Person-A**

Pass guard to Top Mount (could perform Octopus Drill #1 at this point)

#### **Person-B:**

Turn to your hands and knees. (Go into Octopus Drill # 2)

#### **Person-A**

Perform Octopus Drill # 2