

Little Ninjas - Red Belt Requirements

STRIKING

Knee Strikes:

1. Skip Knees
2. Curve Knees

13-Count Combination:

* Performed From Fighting Stance (Left Lead)

LK - C - Low Hook - High Hook - C -

LU - RU - LE - RE -

RN (set leg down in front so you are now in a Right Lead) -

RN (set leg down in front so you now return to Left Lead) -

RK (set leg down in front so you are now in a Right Lead) -

RK (set leg down in front so you are now in a Left Lead)

CLINCHING

1. Chest Pummel (Incorporate Duck Under, Arm Drag, Inside Body Hug)
2. Underhook
3. Overhook
4. T-Position

MANIPULATION

Takedowns:

1. Single-Double Leg Takedown

Little Ninjas - Red Belt Requirements

GRAPPLING

Positions:

1. Scarf Hold (Headlock Variation)
2. Half Mount
3. Gift Wrap
4. Knee Mount

Octopus Drill #3:

1. Top Mount
2. (Opponents turn to their side) Transition to Half Mount
3. (Opponent does a reverse shrimp to return to their back) Transition back to Top Mount
4. Transition to Side Mount, with your arm under their neck.
5. (Opponent begins his Frame Bridge & Shrimp) Transition to Gift Wrap position.
6. (Opponent does a reverse shrimp to return to their back) Transition to Knee Mount.
7. Transition to Top Mount

Escapes:

1. Leg over Head Escape
 - Use to escape Scarf Hold (Headlock Variation)

Sweeps From Guard Position:

1. Scissor Sweep
2. Table Leg Sweep

Combining Sweeps, Positions & Transitions:

1. Scissor Sweep > Top Mount
2. Table Leg Sweep > Top Mount
3. Scissor Sweep / Table Leg Sweep > Top Mount > High Mount / Tarantula Mount
4. Scissor Sweep / Table Leg Sweep > Top Mount > Side Mount
5. Top Mount (your partner does TBR) > Scissor Sweep / Table Leg Sweep

Little Ninjas - Red Belt Requirements

Grappling Flow Drills:

SIDE MOUNT & SCARF HOLD DRILLS

Person-A: SET UP

Chest Pummel > Duck Under to Outside Body Hug > Single-Double Leg Takedown > Side Mount (> Scarf Hold)

Person-B: RECYCLE POINT

Escape with Frame Bridge & Shrimp to Guard >

- **Breaks the Flow:** Frame and get back to their feet > Fighting stance and/or striking combo.
- **Breaks the Flow:** Scissor Sweep / Table Leg Sweep > Top Mount > High Mount / Tarantula Mount.
- Scissor Sweep / Table Leg Sweep > Top Mount > Side Mount (> Scarf Hold) > Person-A now turns into Person-B and the drill recycles.y

TOP MOUNT DRILL

Person-A: SET UP:

Chest Pummel > Duck Under to Outside Body Hug > Single-Double Leg Takedown > Top Mount

Person-B: RECYCLE POINT

Trap Bridge & Roll

Person-A

Scissor Sweep / Table Leg Sweep > Top Mount

Person-B:

Trap Bridge & Roll > Pass Guard to Top Mount > Person-A now turns into Person-B and the drill recycles.