Mount Pearl School of Martial Arts

Blue Belt Testing Criteria

Striking Section

Techniques:

- Jab
- Hook
- Front Kick
- Round Kick
- Punch
- Uppercut
- Side Kick

- Know how to demonstrate all these techniques
- Understand what part of the body to strike with and where to aim
- Be able to answer questions about pivoting and time on target
- Use these techniques in different combinations and footwork patterns

Stances / Footwork

- Orthodox vs Southpaw (left vs right side in front)
- Stance switching / Step-ups / Side steps
- Keep a similar fighting stance to start all techniques
- Show an understanding of range and how to use your attributes when fighting

Sparring Rounds

- Show a high level of competency in live sparring with multiple partners
- Demonstrating an understanding of range, offensive and defensive techniques, combination setups and advanced footwork
- Complete multiple rounds demonstrating striking techniques and endurance

Grappling Section

Positions:

- Mount
- Side Mount
- Rear Mount
- Scarf Hold
- Closed Guard

Techniques:

- Cross Collar Choke (mount / guard)
- Scissor Sweep / Push Sweep / Hip bump sweep
- Kimura (side mount / guard)
- Head & Arm Choke (side mount)
- Armbar (mount and guard)
- Rear Naked Choke

Multiple Attacker Rounds

Be able to complete multiple attacker rounds demonstrating skills lining up opponents, Protecting your back, picking proper strikes for the situation, and understanding the correct footwork when dealing with more than one attacker

Complete 100 pushups at the end of the grading