Mount Pearl School of Martial Arts

Green Belt Testing Criteria

Striking Section

Techniques:

- Jab
- Hook
- Front Kick
- Punch
- Uppercut
- Side Kick
- Round 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
- Be able to answer questions about range and distance management

Sparring Rounds

- Show a proficiency in live sparring rounds and ability to adjust intensity of round
- Demonstrate the correct use of range while sparring and be proficient with basic striking combinations we drill
- Complete multiple rounds demonstrating striking techniques and endurance, showing good muscle control and balance with striking technique

Grappling Section

Positions:

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

Techniques:

- Cross Collar Choke
- Scissor Sweep / Push Sweep
- Kimura (side mount and guard)
- Head & Arm Choke (side mount)
- Armbar (mount and guard)

  - Show correct weight distribution in each position
  - Show an escape from each position

Multiple Attacker Rounds

- Complete multiple attacker rounds demonstrating ability to keep vital areas protected at all times. Start lining up attackers and creating angles with proper footwork

Complete 75 pushups at the end of the grading