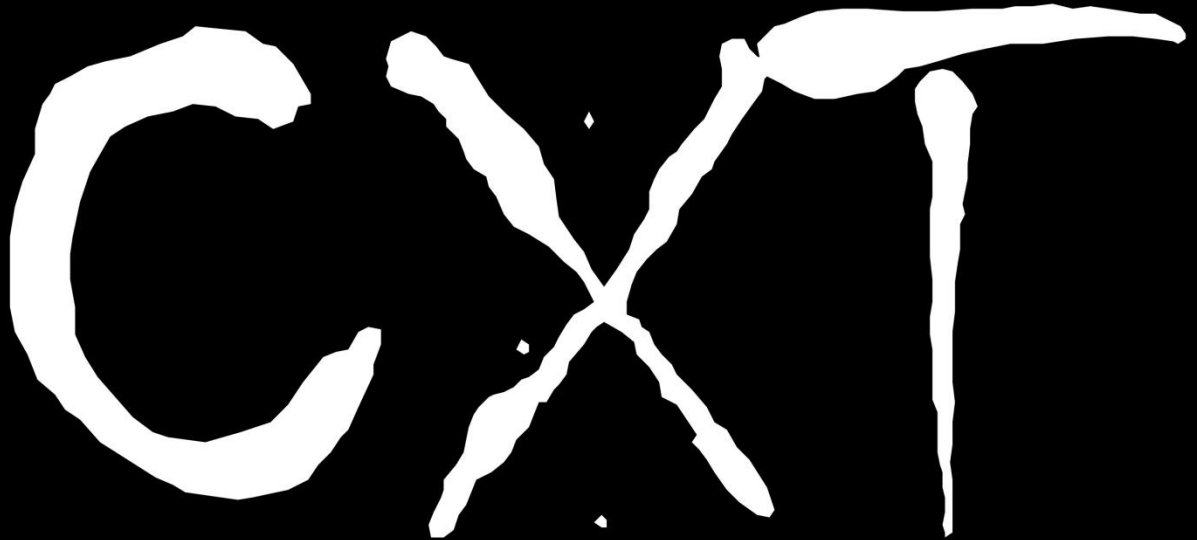


MOMENTUM MARTIAL ARTS



COMBAT X-TRAINING

IT'S NOT A SPORT, IT'S SURVIVAL!

GRADING

SYLLABUS

TIME BETWEEN GRADINGS

3 months



Yellow



3 months



Orange



3 months



Green

(ADVANCED CLASS)



3 months



Purple



6 months



Blue



6 months



Brown



6 months



Brown/Black



12 months



Black

YELLOW:

Jab

cross

Hook (fist and palm)

bolo uppercut

Footwork

(forward, back, side to side, circular)

Crazy monkey head defence

Double leg takedown (3 variations)

Sprawl

Cross pin plus 1 sub

guard plus 1 sub and standing up

Breakfalls and rolling breakfalls

Fitness: 5 or bust

ORANGE:

Tight uppercut

Overhand

Body jab

Body cross

Body hook

Shin kick

Stomp Front kick

Crazy monkey body defence

Wild hook basic defence

Front headlock application and escapes

Single leg takedown

Matador takedown defence

Scarf hold 1 sub and escapes

Mount 1 sub and escapes.

Fitness: 6 or bust

GREEN:

Thai elbow
Power elbow
Rising elbow
Drop elbow

Quick knee
Power knee
Knee defence (4 variations)

3 Stage Initial Attack

Escape, wrench and lock:
Wrist grab & Collar grab (single & double)

Thai lock up

Cave man dump
Prone bodylock sprawl
Shin kick catch to sweep

2 subs from 4 positions plus transitions,
Turnovers and Escapes

Fitness: 7 or bust.

PURPLE:

Mexican hook

Demonstrate punch combos

Ball front kick

Teep kick

Round house

Lay back

Leg sweeps (front and rear)

Pummeling

Thai Lock up, movement and striking

Takedown from behind

a. Lift and twist (nearside)

b. Spin and trip (offside)

Body collapse

3 subs from 4 positions plus transitions

Knee on stomach plus striking and armbar

Fitness: 8 or bust

Sparring: 2 x 3 mins Shoot Boxing

2 x 3 mins Amateur MMA

BLUE:

Spinning hammer fist
Palm boxing

Switch kicks and knees
Pendulum kick

Slipping, bob and weave

Rear Headlocks application and escapes

Rear bear hug defence

Headlock lunge
Suicide headlock roll

4 subs from 4 positions
Striking on the ground
(offence and defence, top and bottom)

Fitness: 9 or bust

Sparring: 3 x 3 mins Shoot Boxing
 3 x 3 mins Amateur MMA

BROWN:

Lead front punch

Spin back kick

Jump back kick

Guard crush to straight punch

Destructions

Armbar takedown

Hip throw

Spin and bow

Knee on stomach submission series
(left & right)

Turtle position attack and turnovers

Anaconda submission

Bumping and nerve grinding

Fitness: 10 or bust

Sparring: 4 x 3 mins Shoot Boxing
 4 x 3 mins Amateur MMA

BROWN/BLACK:

Superman punch

Penetrating turning kick

Jab side kick

Corkscrew punch defence

Glove grab

Elbow pull to body hook

Inner leg sweep

Body slam

Twister

Upper body Lock flow (left & right)

Takedown to leg locks (left & right)

Fitness: 11 or bust

Sparring: 5 x 3 mins Shoot Boxing

5 x 3 mins Amateur MMA

Knee on Stomach Submission Series:

Double leg takedown,
Shuck,
Knee on stomach

1. Striking,
2. Armbar,
3. Neck crank,
4. Neck crank escape to Armbar,
5. Spin Armbar,
6. Helicopter to kneebar,
7. Knee on head to:
 - a. clock head scissors
 - b. side figure 4,
 - c. Including wrist lock.

Upper Body Lock Flow

Scarf hold:

1. Forearm choke,
2. Branch up keylock,
3. Straight Armbar,
4. telephone lock separate,
5. Arm triangle,

Cross pin:

6. Fig 4 down,
7. Fig 4 straight,
8. Fig 4 up,
9. Arm triangle,
10. Forearm choke,
11. Re-Enforced Forearm Choke

Mount:

12. Melon squeezer,

Opp. Turnover

Guard:

13. Triangle,
14. Armbar,
15. Hammer lock,
16. Oma plata.

Takedown to Leg Locks

Takedown to leg locks:

1. Shin kick catch, sweep to:
 - a. Nerve attack
 - b. Nerve attack defence to heel hook
 - c. Standing Achilles crush,
 - d. Seated Achilles Crush,
 - e. Seated Lion killer,
 - f. Seated heel hook.
2. Double leg hug:
 - a. X shin leg lock
3. Single leg shoot, stand in guard:
 - a. Strike,
 - b. Ankle crank
 - c. Ankle crank to roll,
 - d. Knee bar.