



RANKING SYSTEM

"Learn to Fight Like a Marine!"

LEVEL #3 Examination!

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

TIME IN GRADE: _____

JOURNAL KEPT: _____
Yes No

Volume #5 Surviving on the Ground - Blue - Green Belt Program

Minimum TIG (Time in Grade) 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Posturing & Positioning - Avoid becoming a victim - PASS FAIL
2. Blocking a Surprise attack - PASS FAIL
3. Attacking from the Mount Position- PASS FAIL
4. Surviving on the Ground- Person on Top - PASS FAIL
5. Passing the Guard on Ground - PASS FAIL
6. Judo Hip Throw - PASS FAIL
7. Hip Throw when attacked from Behind - PASS FAIL
8. Shoulder Throw - PASS FAIL
9. Neck Throw - Body Drop Throw- PASS FAIL
10. Cartwheel Throw - PASS FAIL
11. Judo Back Fall - PASS FAIL
12. Judo Side Fall - PASS FAIL
13. Judo Forward Roll - PASS FAIL
14. Judo - Outside Major Sweep - PASS FAIL
15. Judo - Outside Minor Sweep - PASS FAIL

**Volume #6 Surviving a Street Fighter - Boxing & Kickboxing
Green - Brown Belt Program**

Minimum TIG (Time in Grade) 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Danny Lane on Kick Boxing & Street Fighting - PASS FAIL
2. Boxing Jab - Speed & Power - PASS FAIL
3. Boxing Cross Punch- PASS FAIL
4. Left Hook - PASS FAIL
5. Jab - Cross - Hook Combination with Pads
6. Upper Cuts - PASS FAIL
7. 6 count combination on pads - PASS FAIL
8. Overhand Right- 4 Count Knockout Drill - PASS FAIL
9. Spinning Back-Fist - PASS FAIL
10. Spinning Back- Fist with Pad - PASS FAIL
11. Blocking a power kick with counter - PASS FAIL
12. Round Kick - Cut Kick - Round Knee - PASS FAIL
13. Defending the Leg Cut Kick - PASS FAIL
14. Defending a Rear Leg Kick - PASS FAIL
15. Maximizing Power & Cutting the Angle - PASS FAIL
16. Blocking & Trapping a Side Kick - PASS FAIL
17. Switch Step Front Kick with Combo - PASS FAIL
18. Defending the Clinch with Leg Sweep - PASS FAIL
19. Inside Cut Kick - with Combos - PASS FAIL
20. Training at Home with Equipment - PASS FAIL
21. Ground & Pound with Training Bag- PASS FAIL
22. Rapid Fire Combinations Street Combat - PASS FAIL

Note: Upon completion of both Volumes #5 and #6 the student will receive a Level #3 Certified Instructor status with their Brown Belt Ranking.

Instructors Notes:

Comments:
