



RANKING SYSTEM

THE FUTURE OF SELF DEFENSE IS HERE!

"Learn to Fight Like a Marine!"

LEVEL #2 Examination!

NAME: _____
ADDRESS: _____
EMAIL: _____
PHONE: _____
TIME IN GRADE: _____
JOURNAL KEPT: _____
 Yes No

Testing Fees: \$50 for a review of the online video submission for Volumes #1 & #2. \$100 if student requests a private review on the telephone to go over the test and techniques.

NOTE: Upon completion of both Volumes #3 and #4 the student will receive a Level #2 Certified Instructor status with their Blue Belt Ranking.

Volume #3 - 2 Second Defense - 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Palm Heel to chin takedown. - PASS FAIL
2. Palm Heel to jaw into a standing triangle. - PASS FAIL
3. Palm Heel to nose. - PASS FAIL
4. Bull Dog take down. - PASS FAIL
5. Defend Hooking Punch counters. - PASS FAIL
6. Defend Knife Slash. - PASS FAIL
7. Knife Hand Chop combinations. - PASS FAIL

8. 2 SECOND DEFENSE - PASS FAIL
9. Bear Hug Front arms outside. - PASS FAIL
10. Bear Hug Rear arms outside. - PASS FAIL
11. Bear Hug Front arms trapped. - PASS FAIL
12. Bear Hug Rear with arms trapped. - PASS FAIL
13. Two Hand Chokes to Neck. - PASS FAIL
14. Two Hand Choke from behind. - PASS FAIL
15. Clothes Grab with applications. - PASS FAIL
16. Cross Wrist Grab - PASS FAIL
17. Straight Wrist Grab - PASS FAIL
18. Double Wrist Grab - PASS FAIL
19. Wrist Grab from Behind - PASS FAIL
20. Wrist Grab Reviews - PASS FAIL

Volume #4 - Close Quarter Combat - 3 months and 60 hours training based on 5 hours per week training. Student to keep a training journal of hours.

1. Outward Wrist Throw and Lock - PASS FAIL
2. Inside Wrist Lock and Shoulder Lock - PASS FAIL
3. Upward Wrist Lock - PASS FAIL
4. Downward Wrist Lock - PASS FAIL
5. Quick Review of 4 Wrist Locks - PASS FAIL
6. Windmill Block with 3 Count Counter - PASS FAIL
7. Defense against Hair Grabs - PASS FAIL
8. Defense against Side Head Lock - PASS FAIL
9. Front Choke Guillotine - PASS FAIL
10. Chokes Rear Naked - Standing Arm Bar- Sleeper - PASS FAIL
11. Defense against a Full Nelson - PASS FAIL
12. Side Blade Kick - Chop - Ridge Hand - Downward Elbow - PASS FAIL
13. Evade - Kick Groin - Double Elbow - Step Behind- Stomp Kick PASS FAIL
14. Cross Elbow - Spin Elbow Kidney - Chop Neck - Stomp Kick - PASS FAIL
15. Standing Triangle Submission - PASS FAIL
16. Rapid Fire Hand Attack 3 Count - PASS FAIL
17. Rapid Fire 8 Count Open Hand Drill - PASS FAIL
18. Two Hand Grab from behind - Double Leg Takedown - PASS FAIL
19. Judo Back Fall - PASS FAIL
21. Judo Side Fall - PASS FAIL
22. Judo Forward Roll PASS FAIL
23. Judo - Outside Major Sweep - PASS FAIL
24. Judo - Outside Minor Sweep - PASS FAIL
25. Defend Against the Shoot Take Down - PASS FAIL
26. Defense against a Street Puncher - PASS FAIL

Note: Upon completion of both Volumes #3 and #4 the student will qualify to test for a Level #2 Certified Instructor status and Blue Belt.

Instructors Notes:

Comments:
