

White Birch Traditional Martial Arts

# Chin Na Fa Grappling Program

Rank Requirements

Larry Vincent  
10/16/2015

## Class Format

- 10 Warm-up exercises
- 15 Main Topic
- 10 Secondary Topic
- 10 Free Style Grappling
- 5 Cool-Down

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Clinches and Throws	Clinches and Throws	Clinches and Throws	Clinches and Throws
Standing Holds and Strikes and Ground Strikes	Ground Fighting Attacks	Standing Holds and Strikes and Ground Strikes	Ground Fighting Positionals

<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
Ground Fighting Attacks	Ground Fighting Attacks	Ground Fighting Attacks	Ground Fighting Attacks
Ground Fighting Positionals	Clinches and Throws	Ground Fighting Positionals	Standing Holds and Strikes and Ground Strikes

<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
Standing Holds and Strikes and Ground Strikes	Standing Holds and Strikes and Ground Strikes	Standing Holds and Strikes and Ground Strikes	Standing Holds and Strikes and Ground Strikes
Clinches and Throws	Ground Fighting Attacks	Clinches and Throws	Ground Fighting Positionals

<b>Week 13</b>	<b>Week 14</b>	<b>Week 15</b>	<b>Week 16</b>
Ground Fighting Positionals	Ground Fighting Positionals	Ground Fighting Positionals	Ground Fighting Positionals
Ground Fighting Attacks	Clinches and Throws	Ground Fighting Attacks	Standing Holds and Strikes and Ground Strikes

## **Beginner Rank Requirements**

At all beginner ranks, the average time in each rank is 24 classes.

### **Beginner Physical Development:**

Beginners are required to meet or exceed the Average category for strength and flexibility. At White and Yellow belts these are not firm requirements, simply suggested goals. At Gold belt, these are firm requirements to attain Green belt.

#### Men

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
Pushups	26	22	18	15	12
Sit-Ups	38	34	28	24	18
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	17"	13"	12"	11"	10"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

#### Women

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
Pushups (Knees)	17	16	14	12	10
Sit-Ups	29	25	19	15	11
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	19"	10"	9"	8"	7"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

#### Pushups Test

For men, the legs should be extended out. Women perform the pushups on their knees for this test. Perform as many pushups as you can to failure.

#### Sit-Ups Test

Having your legs anchored by a partner, perform as many sit-ups as you can in 1 minute.

#### Horse Stance Test

Stand in a horse stance with your thighs parallel to the ground. Your hands form a diamond in front of your face, arms straight, back straight up and down.

#### Flexibility Test

A measuring tape or 36 inch ruler is required for this test. It should be performed after a short warm-up for the lower back and hamstring muscles. Sit with shoes removed and with the legs outstretched and feet 10 inches apart. Insure that the legs are flat on the floor and not bent. The measuring tape is positioned with the 15-inch mark at the heels and the zero mark towards the body. With the hands crossed and fingers even, bend forward and hold momentarily while the measurement is taken. Record the highest of 3 attempts.

**Beginner Mental Development:**

History / Philosophy

The name of our style	Tien Shan Pai (Heaven Mountain System)
My Instructor's Name	Robert LaPointe
His Instructor's Name	Liu Chao Chi
5 categories that make up a system	Basics, Techniques, Form, Sparring, History and Philosophy
Chin Na	"Grab Take"
Kung Fu	Time and Effort, Skill beyond surface beauty

## 10 Long-Life Exercises

<b>Exercise One Part One (yī jiǎ)</b>	Arms start at your sides, raise them to the sides until they are overhead. Interlace your fingers, palms facing the ceiling and lower them along your body until your palms point to the floor. Keep your arms straight, raise them to the front and overhead towards the ceiling again. Separate your hands and lower your hands to the sides towards the ground.
<b>Exercise One Part Two (yī yǐ)</b>	Interlace your fingers and point your hands towards the ceiling. Keeping your arms straight, move in a clockwise circle, stretching as high as you can and bending at your waist to get as low as you can, make 5 complete circles. Reverse directions for 5 more circles.
<b>Two (èr)</b>	Right arm circles clockwise in front of the body until it points to the right. Then the left arm circles clockwise in front of the body behind it. Both arms cross in front of you. Set your right foot out to the side, heel down, toes up. Bend your right arm and bend at the waist to try to touch your toes with your elbow. Your left arm is straight and stretches behind you and up to the ceiling with a crane's beak. Hold the stretch for 5 or 6 seconds. Reverse direction for the other side.
<b>Three (sān)</b>	Hands on your knees, bend your left knee and go as low as you can with that base leg, keeping your heel on the floor. Point your right toes to the ceiling. Hold the stretch for 5 or 6 seconds. Move to the other leg to stretch the other side.
<b>Four (sì)</b>	Turn to the left so that your right leg is behind you. Bend your knees, almost touching your right knee to the floor, and rise again. Do this 10 times. Turn and repeat on the other side.
<b>Five Part One (wǔ jiǎ)</b>	Legs are wide apart. Slide your right arm down your right leg until it touches the floor, bending at the waist. Make an arc with your right hand, skimming the floor until you get to your left foot. Return with an arc back to your right foot, rise up bringing your hand up your leg. Switch to the other side repeatedly.
<b>Five Part Two (wǔ yǐ)</b>	Legs are wide apart, hands are on your hips. Bend backwards as far as you can and hold for 5 or 6 seconds. Bend forwards and hold for 5 or 6 seconds.
<b>Five Part Three (wǔ bǐng)</b>	Legs are wide apart. Your right hand grabs your left ankle, pulling your chest to your knee. Hold for 5 or 6 seconds, then switch sides.

<b>Six (liù)</b>	Feet are together, hands gently on your knees. Make a clockwise circle 5 times with your knees, then counter-clockwise 5 times. Put the ball of your foot on the floor and circle your ankle 5 times each direction.
<b>Seven Part One (qī jiǎ)</b>	Right leg is back, right hand points to the front, arm straight, hand in a fist. Circle your arm forward 10 times and then backwards 10 times. Switch feet and arms and repeat.
<b>Seven Part Two (qī yǐ)</b>	Feet are shoulder width apart. Circle both arms forward 3 times, then bend forward and extend your arms behind you towards the ceiling, both hands in a crane's beak. Hold for 5 or 6 seconds. Circle both arms backwards 3 times and bend backwards with your arms overhead, with fists.
<b>Eight (bā)</b>	Both arms are extended to the left side, standing in a left-bow stance. Circle both arms down in a big circle until they're back where they started. Bring your left fist to your hip. Arc your right swordhand across in front of you as you turn to face the other direction in a block, then put your right fist on your hip. Strike towards the right with your left swordhand, then your right swordhand, ending with both arms extended. Switch directions to move to the other side.
<b>Nine (jiǔ)</b>	Feet are shoulder width apart, hands are on your hips. Bend backwards and hold for 5 or 6 seconds. Circle both arms overhead, crossing your arms in front of your body. Bend forward with crossed arms and push your elbows towards the floor.
<b>Ten (shí)</b>	Sit down in an invisible chair, the tops of your thighs are parallel with the floor, hands are on the opposite knees. Bow your head forward and circle it towards your left shoulder, then back, right shoulder, front and finally left shoulder again. Look back over your shoulder to stretch. Change directions.

## Level 1 Requirements (White)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Jab</li> <li>• Cross</li> <li>• Back Leg Front Kick</li> <li>• Back Leg Roundhouse Kick</li> <li>• Side Kick</li> <li>• Slap Block</li> <li>• X-Block</li> <li>• Hook Block</li> <li>• Stomp Kick from Ground</li> <li>• Roundhouse Kick from Ground</li> <li>• Side Kick from Ground</li> <li>• Chin Na 1-6</li> <li>• Defending punches from the mount</li> <li>• Defending punches from the guard</li> <li>• Defending Knees and Elbows from the Side Mount</li> </ul>	<ul style="list-style-type: none"> <li>• Rear Breakfall</li> <li>• Side Breakfall</li> <li>• Front Breakfall</li> <li>• No-Arm Breakfall</li> <li>• Shoulder Roll</li> <li>• Back Roll</li> <li>• Over-Under Front Clinch</li> <li>• Over-Under Side Clinch</li> <li>• Leg-Blocking Throw</li> <li>• Tornado Throw</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Standing In Base</li> <li>• Mount, top and bottom</li> <li>• Side Mount, top and bottom</li> <li>• Guard, top and bottom</li> <li>• Back x2, top and bottom</li> <li>• Mount to Back (Roll)</li> <li>• Bridge and Roll</li> <li>• Bridge and Clinch</li> <li>• Elbow Escape</li> <li>• Bench Press Toss</li> <li>• Guard Traditional Pass</li> <li>• Guard Elevator</li> </ul>	<ul style="list-style-type: none"> <li>• Attacks             <ul style="list-style-type: none"> <li>○ Mount Americana</li> <li>○ Mount Straight Arm Bar</li> <li>○ Side Mount Far Side Arm Bar</li> <li>○ Side Mount Americana</li> <li>○ Guard Arm Bar</li> <li>○ Guard Sleeper Choke</li> </ul> </li> </ul>
<p><b>Form</b></p>	

**Sparring Requirements:**

Free-style grapple 3 opponents for 2 minutes each, starting from the knees, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other White Sash students.

**Competition Requirements:**

None.



## Level 2 Requirements (Yellow)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Hook</li> <li>• Uppercut</li> <li>• Front Leg Front Kick</li> <li>• Front Leg Roundhouse Kick</li> <li>• Roundhouse vs foot grab</li> <li>• Ax Kick vs foot grab</li> <li>• Hook Kick vs foot grab</li> <li>• Arm Block</li> <li>• Check Block</li> <li>• Chin Na 7-12</li> <li>• Headlock defense with punching</li> </ul>	<ul style="list-style-type: none"> <li>• Arm and Collar Clinch</li> <li>• Head Clinch (aka Thai Clinch)</li> <li>• Head and Arm Throw</li> <li>• Hip Throw</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Maintaining the Mount <ul style="list-style-type: none"> <li>○ Pushing the knee</li> <li>○ Pushing the hips</li> <li>○ Pushing the chest</li> <li>○ Throwing side-to-side</li> </ul> </li> <li>• Positionals <ul style="list-style-type: none"> <li>○ Half-Guard Lockdown</li> <li>○ Mount to Wrap-Around</li> <li>○ Heel Hook/Foot Lift Escape</li> <li>○ Side Mount to Mount</li> <li>○ Side Mount to Wrap-Around</li> <li>○ Headlock Escape #1-#4</li> <li>○ Guard Knee Pass x2</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Mount Wrap-Around Arm Bar</li> <li>• Mount Bull Horn Choke</li> <li>• Guard Kimura</li> <li>• Guard Guillotine</li> <li>• Rear Naked Choke</li> <li>• Back, Traditional Arm Bar</li> </ul>
<p><b>Form</b></p>	

**Sparring Requirements:**

Free-style grapple 3 opponents for 2 minutes each, starting from the knees, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Yellow Sash students.

**Competition Requirements:**

None.

## Level 3 Requirements (Gold)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Thai Kick</li> <li>• Up Knee</li> <li>• Round Knee</li> <li>• Knee Punch</li> <li>• Front Elbow</li> <li>• Side Elbow</li> <li>• Rear Elbow</li> <li>• Chin Na 13-18</li> <li>• Defense vs. Downward Club Strike</li> <li>• Defense vs. Baseball Bat Swing</li> </ul>	<ul style="list-style-type: none"> <li>• Double-Under Front Clinch</li> <li>• Double-Under Side Clinch</li> <li>• Double-Under Rear Clinch</li> <li>• Shoulder Throw</li> <li>• Outer Reaping</li> <li>• Goes Guard</li> <li>• De La Vega Guard</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Mount to Knee in the Belly</li> <li>• Side Mount to Scarf Hold</li> <li>• Side Mount to North-South</li> <li>• Side Mount Elbow Escape</li> <li>• Side Mount Hips Away</li> <li>• Guard Scissor</li> </ul>	<ul style="list-style-type: none"> <li>• Mount Baseball Bat Choke</li> <li>• Mount Head and Arm Triangle</li> <li>• Mount Anaconda Choke</li> <li>• Guard Can Opener</li> <li>• Guard Anaconda Choke</li> <li>• Guard Slip Side Arm Bar</li> </ul>
<p><b>Form</b></p>	
<ul style="list-style-type: none"> <li>• Creative Self Defense Techniques</li> </ul>	

**Sparring Requirements:**

Free-style grapple 3 opponents for 3 minutes each, starting from the knees, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Gold Sash students.

Develop Creative Self Defense Techniques:

5 self defense techniques, 1 against a punch, 1 against a kick, 1 against a grab, and 2 of the student's choice. 5 strikes should be utilized in the defense, the attacker striking the ground after a clean throw can be counted as 1 strike. The technique should end with the defender in a dominant position with the attacker incapacitated. The technique has controlled, but quick, powerful strikes.

**Competition Requirements:**

None.

## Intermediate Rank Requirements

At the Green Sash and Blue Sash ranks, the average time in each rank is 32 classes. At Purple Sash, the average time in rank is 64 classes.

### Intermediate Physical Development:

Intermediates are required to meet or exceed the Good category for strength and flexibility.

#### Men

Test	Teens	20s	30s	40s	50s
Pushups	31	26	22	18	14
Sit-Ups	41	37	31	26	20
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	19"	16"	15"	14"	13"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

#### Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	21	19	18	15	12
Sit-Ups	32	28	22	18	14
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	21"	13"	12"	11"	10"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

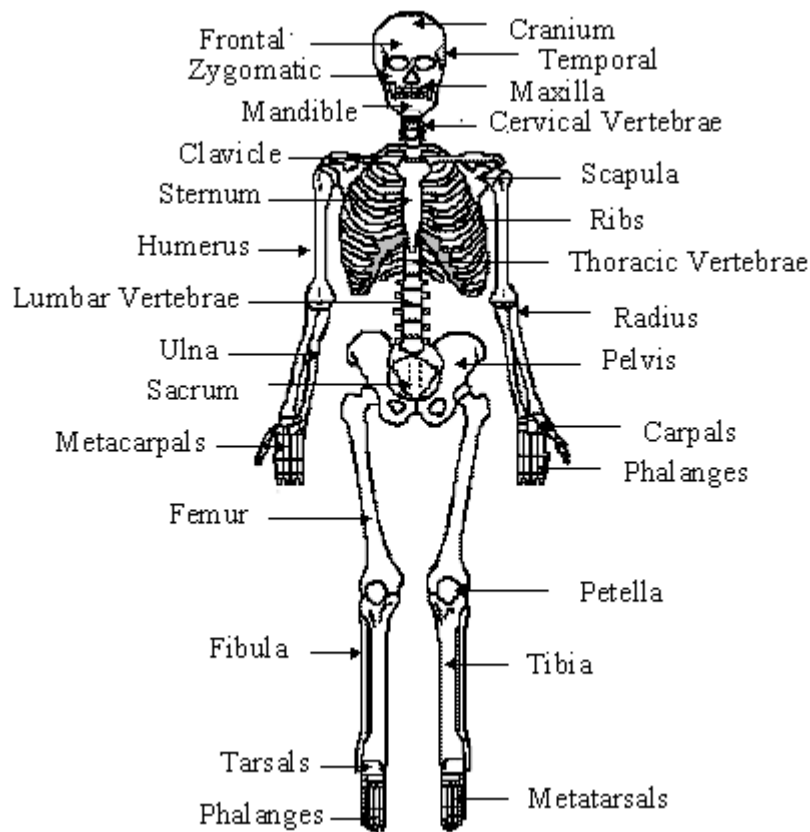
### Intermediate Mental Development:

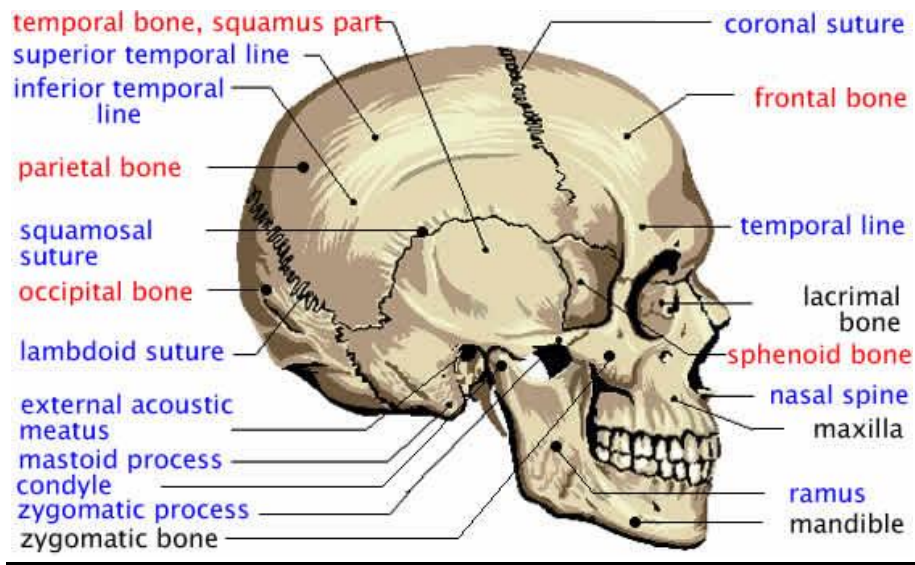
History / Philosophy

Chao Chi Liu's Instructor	Wang Chueh-Jen
Basics teach?	Power
Techniques teach?	Teach us to be resourceful
Forms teach?	Demonstration skills, concentration
Sparring teaches?	Spontaneity
History / Philosophy teaches?	Attitude, spirit, concentration, background

Anatomy: Bones (Required for Purple Sash)

1. Humerous	11. Tarsals	22. Vertebrae
2. Radius	12. Metatarsals	23. Cervical Vertebrae
3. Ulna	13. Phalanges (Toes)	24. Thoracic Vertebrae
4. Carpals	14. Mandible	25. Lumbar Vertebrae
5. Metacarpals	15. Maxilla	26. Ilium
6. Phalanges (Fingers)	16. Zygomatic	27. Sacrum
7. Femur	17. Temporal	28. Coccyx
8. Patella	18. Parietal	29. Clavicle
9. Tibia	19. Frontal	30. Scapula
10. Fibula	20. Nasal	31. Sternum
	21. Occipital	32. Ribs









## Level 4 Requirements (Green)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Chin Na 19-24</li> <li>• Bearhug free in front</li> <li>• Bearhug pinned in front</li> <li>• Bearhug free in rear</li> <li>• Bearhug pinned in rear</li> <li>• Headlock, front roll</li> <li>• Headlock, rear roll</li> <li>• Defense vs. Downward Knife</li> <li>• Defense vs. Upward Knife</li> <li>• Defense vs. Knife Stab (live side, dead side)</li> <li>• Defense vs. Forward slash knife</li> <li>• Defense vs. Backward slash knife</li> </ul>	<ul style="list-style-type: none"> <li>• Sacrifice Tornado</li> <li>• Sacrifice to the Mount</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Side Mount to Knee in the Belly</li> <li>• Guard Standing Pass</li> <li>• Guard Both Arms In</li> <li>• Guard Hip Out</li> <li>• Guard Sit Away</li> <li>• Back Straight Arm Turnover</li> </ul>	<ul style="list-style-type: none"> <li>• Mount Japanese Arm Bar</li> <li>• Side Mount Near Side Arm Bar</li> <li>• Side Mount Baseball Bat Choke</li> <li>• Side Mount Kimura</li> <li>• Side Mount Head and Arm Triangle</li> <li>• Side Mount Leg Americana</li> </ul>
<p><b>Form</b></p>	
<ul style="list-style-type: none"> <li>• Benny Briscoe</li> <li>• Sensitivity Drills: Chop, Punch, Elbow, Switches</li> </ul>	

**Sparring Requirements:**

Free-style grapple 3 opponents for 4 minutes each, starting from the feet, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Green Sash students.

**Competition Requirements:**

The student must compete in 1 grappling competition.

**Benny Briscoe (10 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Left High Block Head, Upper Cut	Right Hook Head, Stomach Block
2. Left Hook Head	Hold for Left Hook Head
3. Cross Head	Hold for Cross Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hook Head	Hold for Left Hook Head
7. Cross Head	Hold for Cross Head
8. Left Hook Liver	Hold for Left Hook Liver
9. Left Hook Head	Hold for Left Hook Head
10. Right Roundhouse Kick	Hold for finishing kick

## Level 5 Requirements (Blue)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Chin Na 25-32</li> <li>• Defense vs. Gun, high front</li> <li>• Defense vs. Gun, side of head</li> <li>• Defense vs. Gun, side, behind arm</li> <li>• Defense vs. Gun, side, in front of arm</li> <li>• Defense vs. Gun, low front</li> <li>• Defense vs. Gun, rear, touching</li> </ul>	<ul style="list-style-type: none"> <li>• Single Uproot</li> <li>• Single-Leg Takedown</li> <li>• Double Uproot</li> <li>• Double-Leg Takedown</li> <li>• Lift and Spill</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Guard Superman</li> <li>• Guard Taking the Back</li> <li>• Guard Standing Trip</li> <li>• Back, Back to Floor</li> </ul>	<ul style="list-style-type: none"> <li>• Top Guard Knee Bar</li> <li>• Guard Ankle Lock</li> <li>• Guard Heel Hook</li> <li>• Guard Triangle</li> <li>• Guard Omoplata</li> <li>• Guard Superman Armbar</li> <li>• Bottom Guard Knee Bar</li> </ul>
<p><b>Form</b></p>	
<ul style="list-style-type: none"> <li>• The 38</li> <li>• Sensitivity Drills: Ridgehand, Slice, Uppercut, Switches</li> </ul>	

**Sparring Requirements:**

Free-style grapple 3 opponents for 6 minutes each, starting from the feet, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Blue Sash students.

**Competition Requirements:**

The student must compete in 1 grappling competition.

**Form:**

**The 38 (13 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Deep Slip Left	Jab
3. Deep Slip Right	Jab
4. Right Hook under heart	Hold for Low Right Hook
5. Left Hook Liver	Hold for Low Left Hook
6. Left Hook Head	Hold for Left Hook Head
7. Bob and Weave under Right Hook	Right Hook Head
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Slip Right	Jab
11. Right Cross	Hold for Cross
12. Left Hook Head	Hold for Left Hook Head
13. Right Roundhouse Kick	Hold for kick

## Level 6 Requirements (Purple)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Chin Na 33-44</li> </ul>	
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Rubber Guard – Lockdown             <ul style="list-style-type: none"> <li>○ Escape from Alcatraz</li> <li>○ Guantanamo</li> <li>○ The Whip Up</li> <li>○ Old School</li> <li>○ Electric Chair</li> <li>○ Stoner Control</li> <li>○ Twist Back and Plan B Combo</li> <li>○ Half Guard to Closed Guard</li> </ul> </li> <li>• Rubber Guard – Mission Control             <ul style="list-style-type: none"> <li>○ The Zombie (to New York)</li> <li>○ Night of the Living Dead (to New York)</li> <li>○ Mission Pump (to Spider Web)</li> <li>○ Mission Control To Pyramid</li> <li>○ New York to Chill Dog</li> <li>○ Chill Dog</li> <li>○ Kung Fu Move to Jiu Claw</li> </ul> </li> <li>• Rubber Guard – Jiu Claw             <ul style="list-style-type: none"> <li>○ The Ice Pick</li> <li>○ DA</li> <li>○ The Unwinder</li> <li>○ The Snitch</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Rubber Guard – Lockdown             <ul style="list-style-type: none"> <li>○ Electric Chair</li> <li>○ Head and Arm Triangle</li> <li>○ Calf Crank</li> </ul> </li> <li>• Rubber Guard – Mission Control             <ul style="list-style-type: none"> <li>○ Meat Hook to Triangle</li> <li>○ Duda</li> <li>○ Crocodile</li> <li>○ New York                 <ul style="list-style-type: none"> <li>▪ East Coast Croc</li> </ul> </li> <li>○ Chill Dog                 <ul style="list-style-type: none"> <li>▪ Arm Bar</li> <li>▪ Carni</li> </ul> </li> </ul> </li> <li>• Rubber Guard – Jiu Claw             <ul style="list-style-type: none"> <li>○ Omaplata</li> <li>○ Inverted Arm Bar</li> <li>○ Arm Bar</li> <li>○ Triangle</li> <li>○ FM Ankle Lock (near/far)</li> </ul> </li> </ul>
<p><b>Form</b></p>	
<ul style="list-style-type: none"> <li>• Creative Self Defense Techniques</li> <li>• The Matador</li> <li>• Sensitivity Drills: Pushes, Pulls</li> </ul>	



**Sparring Requirements:**

Free-style grapple 3 opponents for 7 minutes each, starting from the feet, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Purple Sash students.

**Competition Requirements:**

The student must compete in 2 grappling competitions.

**Form:**

**Develop Creative Self Defense Techniques:**

5 self defense techniques, 1 against a punch, 1 against a kick, 1 against a grab, and 2 of the student’s choice. 5 strikes should be utilized in the defense, the attacker striking the ground after a clean throw can be counted as 1 strike. The technique should end with the defender in a dominant position with the attacker incapacitated. The technique has controlled, but quick, powerful strikes.

**The Matador (19 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Cross	Hold for Cross
3. Left Hook Head	Hold for Left Hook
4. Left Body Block	Right Low Hook
5. Right Body Block	Left Low Hook
6. Right Uppercut	Hold for uppercut
7. Left Hook Head	Hold for Left Hook Head
8. Right Cross	Hold for Cross
9. Shoulder Roll	Cross to shoulder
10. Right Head Block	Left Hook Head
11. Bob and Weave against a right hook	Right Hook Head
12. Left Hook Head	Hold for Left Hook Head
13. Right Cross	Hold for Cross
14. Slip Right	Jab
15. Slip Left	Jab
16. Duck Left Hook and pivot 90 degrees	Left Hook Head then turn
17. Right Cross	Hold for Cross
18. Left Hook Head	Hold for Left Hook Head
19. Right Roundhouse Kick	Hold for kick

## Advanced Rank Requirements

At Brown Sash the average time in each rank is 48 classes. At Red Sash, the average time in rank is 64 classes.

### Advanced Technique Training:

Chin Na Lock Flow:

- Chin Na Lock Flow #1
  - Inverted Wrist Grab – Wrist Lock
  - Arm Lock
  - Metacarpal Throw
- Chin Na Lock Flow #2
  - Straight-across Wrist Grab – Metacarpal Lock
  - Straight-arm wrist lock
  - Chicken Wing
- Chin Na Lock Flow #3
  - Side shoulder grab – Shoulder Lock
  - Straight Arm Lock
  - Figure Four Lock

Creative Chin Na Lock Flow

The student creates 3 Chin Na Lock Flow of his own creation, each containing a minimum of 3 Chin Na or throws. They can be against a punch, kick, grab, or weapon. Each individual Chin Na should be effective on its own, in pain compliance or restraint. Setup strikes can be used but do not count towards the requirement.

### Advanced Physical Development:

Advanced are required to meet or exceed the Excellent category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	45	39	33	27	21
Sit-Ups	50	47	40	35	30
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	21"	22"	21"	20"	19"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds



Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	31	30	29	24	19
Sit-Ups	42	37	30	26	21
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	24"	19"	18"	17"	16"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

**Advanced Mental Development:**

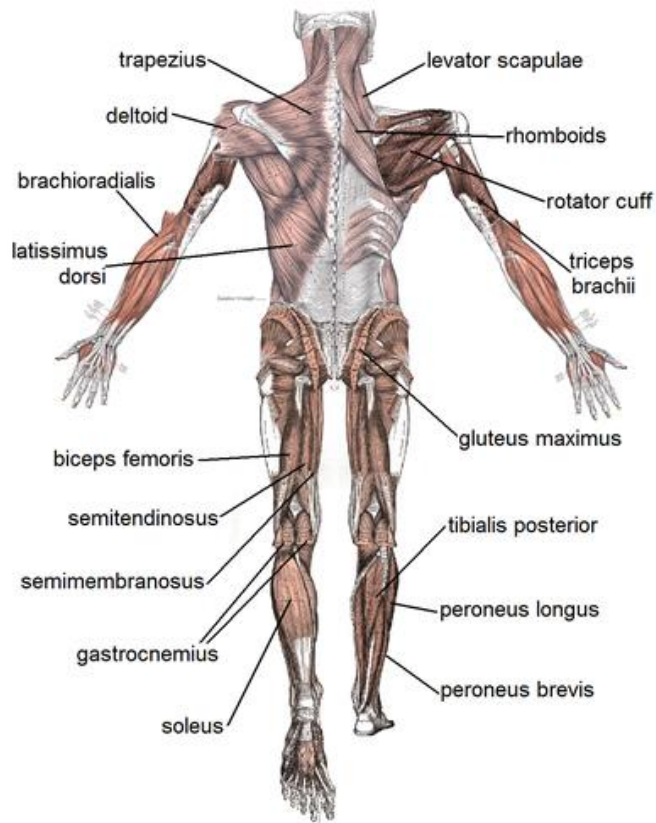
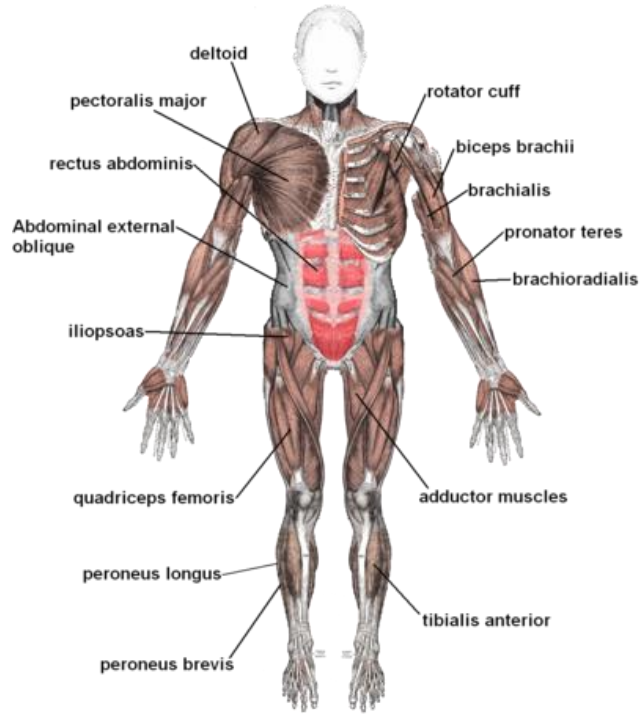
History / Philosophy


Muscles (Required for Brown Sash)

1. Triceps Brachii	15. Semimembranosus
2. Biceps Brachii	16. Semitendinosus
3. Deltoideus	17. Biceps Femoris
4. Brachialis	18. Gluteus Maximus
5. Brachioradialis	19. Gluteus Medius
6. Sartorius	20. Latissimus Dorsi
7. Rectus Femoris	21. External Oblique
8. Vastus Lateralis	22. Internal Oblique
9. Vastus Medialis	23. Rectus Abdominis
10. Vastus Intermedius	24. Pectoralis Major
11. Gastrocnemius	25. Trapezius
12. Soleus	26. Rhomboids
13. Tibialis Anterior	27. Serratus Anterior
14. Iliopsoas	28. Sternocleidomastoideus

Vocabulary (Required for Brown Sash)

1. Flexion	4. Supination
2. Extension	5. Adduction
3. Pronation	6. Abduction





## Level 7 Requirements (Brown)

<p><b>Standing Holds, Standing Strikes, Ground Strikes</b></p>	<p><b>Clinches and Throws</b></p>
<ul style="list-style-type: none"> <li>• Chin Na Lock Flow #1-3</li> <li>• Corey Wiscomb #1-#2</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p><b>Ground Positionals</b></p>	<p><b>Ground Attacks</b></p>
<ul style="list-style-type: none"> <li>• Rubber Guard – Dog Fight             <ul style="list-style-type: none"> <li>○ Half and Half</li> <li>○ Half and Half Variation</li> <li>○ Plan B</li> <li>○ Guard to Dogfight</li> </ul> </li> <li>• Rubber Guard – Cocoon             <ul style="list-style-type: none"> <li>○ Stomp</li> <li>○ Super Stomp</li> <li>○ New Stomp</li> <li>○ Jean Jacques Sweep</li> <li>○ Jean Jacques 2</li> <li>○ Stick Shift</li> <li>○ Cocoon to Dogfight</li> <li>○ Cocoon to Pyramid</li> </ul> </li> <li>• Rubber Guard – Pyramid             <ul style="list-style-type: none"> <li>○ Kung Fu Move to Jiu Claw</li> </ul> </li> <li>• Rubber Guard – Spider Web             <ul style="list-style-type: none"> <li>○ The Slide</li> <li>○ X-Break</li> <li>○ The Filho</li> <li>○ Chamber Lock</li> <li>○ The Silverado</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Rubber Guard – Pyramid             <ul style="list-style-type: none"> <li>○ Pyramid to Triangle</li> <li>○ Pyramid to Teepee</li> <li>○ Pyramid to Inverted Arm Bar</li> </ul> </li> <li>• Rubber Guard – Spider Web             <ul style="list-style-type: none"> <li>○ Arm Crush</li> <li>○ Triangle Arm Bar</li> <li>○ The Slide</li> <li>○ The Filho</li> <li>○ Chamber Lock</li> <li>○ The Silverado</li> </ul> </li> </ul>
<p><b>Form</b></p>	
<ul style="list-style-type: none"> <li>• Chu Chi Chen</li> <li>• Sensitivity Drills: Chin Na, Clinch, Throws</li> <li>• Sensitivity Drills: Lock Flow</li> <li>• Shotgun</li> </ul>	



**Sparring Requirements:**

Free-style grapple 3 opponents for 7 minutes each, starting from the feet, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Brown Sash students.

**Competition Requirements:**

None.

**Form Requirements**

Chu Chi Chen (Primary Fist)

**Shotgun (19 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Slip Left	Jab
3. Slip Right	Jab
4. Double Jab	Hold Right for Double Jab
5. Cross	Hold Right for Cross
6. Slip Right	Jab
7. Slip Left	Jab
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Deep Slip Right	Jab
11. Deep Slip Left	Jab
12. Left step 11 o'clock, Left Hook Liver	Hold for Low Left Hook
13. Slide right foot leftwards to turn opponent	Turn
14. Left Hook Head	Hold for Left Hook Head
15. Right Cross	Hold for Cross
16. Slip Right	Jab
17. Slip Left	Jab
18. Jab moving back	Hold for Jab
19. Right Roundhouse Kick	Hold for kick

## **Level 8 Requirements (Red)**

<b>Standing Holds, Standing Strikes, Ground Strikes</b>	<b>Clinches and Throws</b>
<ul style="list-style-type: none"> <li>• Creative Chin Na Lock Flow</li> <li>• Corey Wiscomb #3-#7</li> </ul>	•
<b>Ground Positionals</b>	<b>Ground Attacks</b>
•	•
<b>Form</b>	
<ul style="list-style-type: none"> <li>• Pan Lung Bien Gan</li> <li>• Short Staff Two Person Training Set</li> <li>• Machine Gun</li> </ul>	

### **Sparring Requirements:**

Free-style grapple 3 opponents for 7 minutes each, starting from the feet, with a rest period of 1 minute between each match. The student must demonstrate the ability to beat most other Red Sash students.

### **Creative Chin Na Lock Flow**

The student creates 3 Chin Na Lock Flow of his own creation, each containing a minimum of 3 Chin Na or throws. They can be against a punch, kick, grab, or weapon. Each individual Chin Na should be effective on its own, in pain compliance or restraint. Setup strikes can be used but do not count towards the requirement.

### **Competition Requirements:**

The student must compete in 2 grappling competitions.

### **Form Requirements**

Pan Lung Bien Gan (Coiling Dragon Whip Short Staff)

### The Machine Gun (20 Counts)

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Slip Right	Jab
3. Slip Left	Jab
4. Jab	Hold for Jab
5. Cross	Hold for Cross
6. Slip right while short right slide-step to 2 o'clock	Left Jab
7. Left Hook Head	Right Pad Held at chest for Hook
8. Right Uppercut	Hold for uppercut
9. Bob and Weave Right	Left Hook
10. Bob and Weave Left	Right Hook
11. Left Hook Head	Hold for Left Hook Head
12. Right Cross	Hold for Cross
13. Left Body Block	Right Low Hook
14. Right Body Block	Left Low Hook
15. Right Uppercut	Hold for Uppercut
16. Left Hook Head	Hold for Left Hook Head
17. Right Cross	Hold for Cross
18. Left Hook Liver	Hold for Left Low Hook
19. Left Hook Head	Hold for Left Hook Head
20. Right Roundhouse Kick	Hold for kick
<b>21. Stomp Catch Cut</b>	<b>Right Stomp Kick</b>

### Student Thesis

- Minimum of 15 pages, typed, 12-point font, double-spaced
- Research paper on any martial arts topic (cleared by the instructor)
- Include references
- Minimize graphs, charts, and pictures





# Grappling Chin Na

<p style="text-align: center;"><b><u>White Belt</u></b></p> <ol style="list-style-type: none"> <li>1. Straight Wrist Grab, Armlock</li> <li>2. Straight Wrist Grab, Hammerlock</li> <li>3. Diagonal Wrist Grab, Wrist Lock</li> <li>4. Diagonal Wrist Grab, Step Under</li> <li>5. Double Wrist Grab, Front</li> <li>6. Double Wrist Grab, Rear</li> </ol>	<p style="text-align: center;"><b><u>Yellow Belt</u></b></p> <ol style="list-style-type: none"> <li>7. Raised Hand Grab</li> <li>8. Inverted Wrist Grab</li> <li>9. Shoulder Grab, Side</li> <li>10. Shoulder Grab, Front</li> <li>11. Double Front Shoulder Grab</li> <li>12. Double Rear Shoulder Grab, Bridge</li> </ol>
<p style="text-align: center;"><b><u>Gold Belt</u></b></p> <ol style="list-style-type: none"> <li>13. Double Rear Shoulder Grab, Armbar</li> <li>14. Anticipate the Choke</li> <li>15. Two Hand Front Choke, Attack One</li> <li>16. Two Hand Front Choke, Attack Both</li> <li>17. Two Hand Rear Choke</li> <li>18. Push</li> </ol>	<p style="text-align: center;"><b><u>Green Belt</u></b></p> <ol style="list-style-type: none"> <li>19. One Arm Rear Choke, Step Around</li> <li>20. One Arm Rear Choke, Throw</li> <li>21. One Arm Rear Choke, Gwa Tai</li> <li>22. Hammerlock</li> <li>23. Haymaker Punch</li> <li>24. Jab</li> </ol>
<p style="text-align: center;"><b><u>Blue Belt</u></b></p> <ol style="list-style-type: none"> <li>25. Front Kick</li> <li>26. Roundhouse Kick</li> <li>27. Crescent Kick</li> <li>28. Hair Grab, Front</li> <li>29. Hair Grab, Rear</li> <li>30. Tackle</li> <li>31. Headlock</li> <li>32. Full Nelson</li> </ol>	<p style="text-align: center;"><b><u>Purple Belt</u></b></p> <ol style="list-style-type: none"> <li>33. Chicken Wing</li> <li>34. Bear Hug, Free In Front</li> <li>35. Bear Hug, Pinned In Front</li> <li>36. Bear Hug, Free In Rear</li> <li>37. Bear Hug, Pinned In Rear</li> <li>38. Club Overhead</li> <li>39. Club Diagonal</li> <li>40. Knife, Stabbing Inward</li> <li>41. Knife, Stabbing Downward</li> <li>42. Knife, Slicing</li> <li>43. Gun, Front High</li> <li>44. Gun, Front Low</li> </ol>
<p style="text-align: center;"><b><u>Brown Belt</u></b></p> <p>Chin Na Lock Flow #1-#3 Corey Wiscomb #1-#2</p>	<p style="text-align: center;"><b><u>Red Belt</u></b></p> <p>Corey Wiscomb #3-#7 Creative Chin Na Lock Flow</p>



# Ground Fighting Techniques

## Mount

<p><b>Top Mount Controls</b></p> <ol style="list-style-type: none"> <li>1. Maintaining The Mount             <ol style="list-style-type: none"> <li>a. Chest Push</li> <li>b. Hip Push</li> <li>c. Knee Push</li> <li>d. Rolling</li> </ol> </li> </ol>	<p><b>Top Mount Positionals</b></p> <ol style="list-style-type: none"> <li>1. Mount to Back (Roll)</li> <li>2. Mount to Wrap-Around</li> <li>3. Mount to Knee in the Belly</li> </ol>	<p><b>Top Mount Attacks</b></p> <ol style="list-style-type: none"> <li>1. Mount Americana</li> <li>2. Mount Straight Arm Bar</li> <li>3. Mount Wrap-Around Arm Bar</li> <li>4. Mount Baseball Bat Choke</li> <li>5. Mount Bull Horn Choke</li> <li>6. Mount Head and Arm Triangle</li> <li>7. Mount Anaconda Choke</li> <li>8. Mount Japanese Arm Bar</li> <li>9. Mount Attacking Americana Defenses</li> <li>10. Mount Triangle</li> </ol>
<p><b>Bottom Mount Controls</b></p> <ol style="list-style-type: none"> <li>1. Bridge and Clinch</li> <li>2. Defense Against Americana</li> </ol>	<p><b>Bottom Mount Positionals</b></p> <ol style="list-style-type: none"> <li>1. Bridge and Roll</li> <li>2. Elbow Escape</li> <li>3. Heel Hook/Foot Lift Escape</li> <li>4. Pin and Push</li> <li>5. Bench Press Toss</li> </ol>	<p><b>Bottom Mount Attacks</b></p>

## Back

<p><b>Top Back Controls</b></p>	<p><b>Top Back Positionals</b></p>	<p><b>Top Back Attacks</b></p> <ol style="list-style-type: none"> <li>1. Rear Naked Choke</li> <li>2. Back, Traditional Arm Bar</li> </ol>
<p><b>Bottom Back Controls</b></p>	<p><b>Bottom Back Positionals</b></p> <ol style="list-style-type: none"> <li>1. Back Straight Arm Turnover</li> <li>2. Back, Back to Floor</li> </ol>	<p><b>Bottom Back Attacks</b></p>

## Side Mount

<b>Top Side Mount Controls</b>	<b>Top Side Mount Positionals</b> <ol style="list-style-type: none"> <li>Side Mount to Scarf Hold</li> <li>Side Mount to North-South</li> <li>Side Mount to Knee in the Belly</li> <li>Side Mount to Mount</li> <li>Side Mount to Wrap-Around</li> </ol>	<b>Top Side Mount Attacks</b> <ol style="list-style-type: none"> <li>Side Mount Far Side Arm Bar</li> <li>Side Mount Near Side Arm Bar (lay back)</li> <li><u>Side Mount Near Side Arm Bar (leg over)</u></li> <li>Side Mount Americana</li> <li>Side Mount Baseball Bat Choke</li> <li>Side Mount Kimura</li> <li>Side Mount Head and Arm Triangle</li> <li>Side Mount Leg Americana</li> <li>Side Mount Attacking Americana Defenses</li> </ol>
<b>Bottom Side Mount Controls</b> <ol style="list-style-type: none"> <li><u>Defense Against Americana</u></li> </ol>	<b>Bottom Side Mount Positionals</b> <ol style="list-style-type: none"> <li>Side Mount Elbow Escape</li> <li>Side Mount Hips Away</li> <li>Headlock Escape #1-#4</li> </ol>	<b>Bottom Side Mount Attacks</b> <ol style="list-style-type: none"> <li><u>Kimura</u></li> <li><u>Arm bar</u></li> </ol>

## Guard

<b>Top Guard Controls</b>	<b>Top Guard Positionals</b> <ol style="list-style-type: none"> <li>Guard Traditional Pass</li> <li>Guard Knee Pass x2</li> <li>Guard Standing Pass</li> <li>Guard Both Arms In</li> <li>Half Guard Pass</li> </ol>	<b>Top Guard Attacks</b> <ol style="list-style-type: none"> <li>Top Guard Knee Bar</li> <li>Guard Ankle Lock</li> <li>Guard Can Opener</li> <li>Guard Heel Hook</li> </ol>
<b>Bottom Guard Controls</b> <ol style="list-style-type: none"> <li>Lockdown</li> </ol>	<b>Bottom Guard Positionals</b> <ol style="list-style-type: none"> <li>Guard Elevator</li> <li>Guard Scissor</li> <li>Guard Hip Out</li> <li>Guard Superman</li> <li>Guard Taking the Back</li> <li>Guard Sit Away</li> <li>Guard Standing Trip</li> </ol>	<b>Bottom Guard Attacks</b> <ol style="list-style-type: none"> <li>Guard Arm Bar</li> <li>Guard Triangle</li> <li>Guard Sleeper Choke</li> <li>Guard Anaconda Choke</li> <li>Guard Omoplata</li> <li>Guard Kimura</li> <li>Guard Guillotine</li> <li>Guard Slip Side Arm Bar</li> <li>Guard Superman Armbar</li> <li>Bottom Guard Knee Bar</li> </ol>

# Self Defense Techniques

<p><b>Breakfalls</b></p> <ul style="list-style-type: none"> <li>• Rear Breakfall</li> <li>• Side Breakfall</li> <li>• Front Breakfall</li> <li>• No-Arm Breakfall</li> <li>• Shoulder Roll</li> <li>• Back Roll</li> <li>• Standing In Base</li> </ul>	<p><b>Clinches</b></p> <ul style="list-style-type: none"> <li>• Over-Under Front Clinch</li> <li>• Over-Under Side Clinch</li> <li>• Arm and Collar Clinch</li> <li>• Head Clinch</li> <li>• Double-Under Front Clinch</li> <li>• Double-Under Side Clinch</li> <li>• Double-Under Rear Clinch</li> <li>• Goes Guard</li> <li>• De La Vega Guard</li> </ul>	<p><b>Takedowns</b></p> <ul style="list-style-type: none"> <li>• Leg-Blocking Throw</li> <li>• Tornado</li> <li>• Head and Arm Throw</li> <li>• Hip Throw</li> <li>• Shoulder Throw</li> <li>• Outer Reaping</li> <li>• Sacrifice Tornado</li> <li>• Sacrifice to the Mount</li> <li>• Single Uproot</li> <li>• Single-Leg Takedown</li> <li>• Double Uproot</li> <li>• Double-Leg Takedown</li> <li>• Lift and Spill</li> </ul>
<p><b>Standing Holds and Strikes</b></p> <ul style="list-style-type: none"> <li>• Jab</li> <li>• Cross</li> <li>• Hook</li> <li>• Uppercut</li> <li>• Front Kick</li> <li>• Roundhouse Kick</li> <li>• Thai Kick</li> <li>• Front Elbow</li> <li>• Side Elbow</li> <li>• Rear Elbow</li> <li>• Up Knee</li> <li>• Round Knee</li> <li>• Knee Punch</li> <li>• Chin Na 1-44</li> <li>• Bearhug free in front</li> <li>• Bearhug pinned in front</li> <li>• Bearhug free in rear</li> <li>• Bearhug pinned in rear</li> <li>• Headlock, front roll</li> <li>• Headlock, rear roll</li> </ul>	<p><b>Ground Strikes</b></p> <ul style="list-style-type: none"> <li>• Defending punches from the mount</li> <li>• Defending punches from the guard</li> <li>• Defending Knees and Elbows from the Side Mount</li> <li>• Headlocks with punching</li> <li>• Stomp Kick from Ground</li> <li>• Roundhouse from Ground</li> <li>• Side Kick from Ground</li> <li>• Roundhouse vs foot grab</li> <li>• Ax Kick vs foot grab</li> <li>• Hook Kick vs foot grab</li> </ul>	<p><b>Knife Defenses</b></p> <ul style="list-style-type: none"> <li>• Defense vs. Downward Knife</li> <li>• Defense vs. Upward Knife</li> <li>• Defense vs. Knife Stab</li> <li>• Defense vs. Forward slash knife</li> <li>• Defense vs. Backward slash knife</li> </ul>

<p><b>Gun Defenses</b></p> <ul style="list-style-type: none"> <li>• Defense vs. Gun, high front</li> <li>• Defense vs. Gun, side of head</li> <li>• Defense vs. Gun, side, behind arm</li> <li>• Defense vs. Gun, side, in front of arm</li> <li>• Defense vs. Gun, low front</li> <li>• Defense vs. Gun, rear, touching</li> </ul>	<p><b>Club Defenses</b></p> <ul style="list-style-type: none"> <li>• Defense vs. Downward Club Strike</li> <li>• Defense vs. Baseball Bat Swing</li> </ul>	
---	--	--

# Typical Grappling Rules

## Scoring System:

- 4 points – mount, back grab
- 3 points – passing the guard
- 2 points – take downs, sweeps and knee on the belly
- -1, -2... - penalties
- 1, 2, 3... – advantages

The athlete cannot have score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position. For example: for a knee on the belly and then switching sides, there will be no new points awarded.

No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. For example, when one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

There are no points for reversals. It is a person's obligation to escape a bad position (mount, rear mount, or side control). No points are awarded for these escapes.

**A) TAKE DOWNS:** Any kind of knocking down the opponent or being taken down on his back side, **2 POINTS**. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

Observation 1: the take-down that lands outside of the fighting area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the fighting area while making the take down.

Observation 2: If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage.

Observation 3: When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.

Observation 4: When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.

**B) PASSING THE GUARD:** Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even on his side or back. **3 POINTS**. NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.



**C) KNEE ON THE BELLY:** When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head: **2 POINTS**. Observation: if the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

**D) THE MOUNT:** is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground, **4 POINTS**.

Observation: no points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount. (See the Guard)

**E) THE BACK GRAB:** Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. **4 POINTS**. NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. Also it is considered a back grab if the athlete has the leg over one arm of the opponent but never over grab both arms, in this case no points will be awarded.

**F) THE SWEEP:** is when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. **2 POINTS**.

Observation 1: it will not be considered a sweep if the move does not begin from inside the guard or half guard.

Observation 2: When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

Observation 3: If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.

#### **PENALTIES:**

- On the first offence the offender will be given a verbal warning.
- On the second offence the offender's opponent will be given an advantage.
- On the third offence the offender's opponent will be given two points.
- After the third offence the referee may disqualify the athlete for any further fouls.

When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

When the athlete inserts his fingers inside the sleeves or pants, or holds his opponent's belt with both his hands.

When the athlete stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom.

Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked and say "LUTE", making the gesture. At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "LUTE" and make the same gesture, penalizing the athlete and giving an advantage for the other, if he continues stalling the referee will stop the fight saying "PAROU", and he will penalize the same, giving 2 points for the other, and both athletes will return to their feet at neutral positions. With the possibility of disqualification on the next offence

NOTE: A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed and not engaging in the match.

#### 2-POINT FOULS:

These are penalties given to the athlete after committing a third offence .i.e. avoiding engaging, staling or not seeking ways to finalize the fight.

Stalling: In case the athlete makes the classic stalling on the cross-side or North South position without seeking ways to submit

Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked and say "LUTE", making the gesture. At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "LUTE" and make the same gesture, penalizing the athlete and giving an advantage for the other, if he continues stalling the referee will stop the fight saying "PAROU", and he will penalize the same, giving 2 points for the other, and both athletes will return to their feet at neutral positions. With the possibility of disqualification on the next offence

#### ADVANTAGES:

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission etc.;

- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- During closed guard (when the athlete on the bottom has his legs wrapped around his opponent's waist):

The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend.

NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

- Advantages will be awarded during standing fights or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns, other finalizing moves during the fight. Or showing that he dominated the fight most of the time by putting the opponent on the defensive
- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive.

### **Match Duration:**

JUVENILE (13, 14 and 15 years old) – 4 MIN

JUVENILE (16 and 17 years old) – 5 MIN

ADULT: (18 – 29)

- WHITE- 5 MIN
- BLUE- 6 MIN
- PURPLE -7 MIN
- BROWN- 8 MIN
- BLACK- 10 MIN

MASTER: (30-35)

- WHITE- 5 MIN
- BLUE -5 MIN
- PURPLE -6 MIN
- BROWN- 6 MIN
- BLACK- 6 MIN

SENIOR: (over 35)

- WHITE- 5 MIN
- BLUE – 5 MIN
- PURPLE- 5 MIN
- BROWN- 5 MIN
- BLACK- 5 MIN

## Illegal Techniques in all divisions

- NO heel hooks or twisting knee locks of any kind
- NO striking of any kind
- NO biting, hair pulling or eye-gouging
- NO slamming of any kind
- NO cervical neck cranks of any kind

### Comprehensive List of Legal and Illegal Techniques by Age and Belt Level

#### JUNIORS, INCLUDING WHITE AND BLUE BELTS (AGES 16 TO 17) AND ADULT THROUGH SENIOR WHITE BELTS

Straight Ankle Locks are legal in these divisions

- NO SLAMMING FROM THE GUARD
- NO CERVICAL NECK CRANKS
- NO SCISSOR TAKEDOWNS
- NO HEEL HOOKS OR OTHER TWISTING KNEE LOCKS
- NO BICEPS LOCKS (i.e., BICEP SLICERS)
- NO CALF LOCKS (i.e., KNEE SPREADERS)
- NO KNEE BARS
- NO MATA LEAO WITH FOOT (i.e., FIGURE-FOUR TOE-HOLDS)
- NO WRIST LOCKS

#### ADULT THROUGH SENIOR BLUE & PURPLE BELTS

Wrist locks are legal in these divisions

- NO SLAMMING FROM THE GUARD
- NO CERVICAL NECK CRANKS
- NO SCISSOR TAKEDOWNS
- NO HEEL HOOKS OR OTHER TWISTING KNEE LOCKS
- NO BICEPS LOCKS (i.e., BICEP SLICERS)
- NO CALF LOCKS (i.e., KNEE SPREADERS)
- NO KNEE BARS
- NO MATA LEAO WITH FOOT (i.e., FIGURE-FOUR TOE-HOLDS)

#### ADULT THROUGH SENIOR BROWN AND BLACK BELTS

Knee locks, Biceps Locks, Calf Locks, Knee Bars, and Mata Leao with the Foot are legal in these divisions.

- NO SLAMMING FROM THE GUARD
- NO CERVICAL NECK CRANKS
- NO SCISSOR TAKEDOWNS
- NO HEEL HOOKS