

MMA White to Yellow Belt Adults		MMA White to Yellow Belt Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill full – Start from knees in sequence		1 Repts	Break fall Break fall Drill – Start from knees in sequence
Escape Drill On back bridge and roll with partner in mount		5 Repts	Escape Drill On back bridge and roll with partner in mount
Exercises (shrimping)		5 repts	Exercises (shrimping)
Shield Work / Impacting on Ground - Top mount punches/elbows/knees		1 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees
Guard Pass Drill Level 1 guard pass drill		1 x 2 min	Guard Pass Drill 3 Positions. Guard, Side Control, Mount Demonstrated on Shield or Partner
Take Downs Standing - Left Jab & Leg reap	Submissions Top Mount / Ground & Pound	5 Rep Each	Take Downs Standing - Right Hook, Leg Drag
			Submissions Top Mount / Ground & Pound
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		2 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Yellow to Orange Belt Adults		MMA Yellow to Orange Belt Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Reps Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill – Start from knees in sequence		1 Reps	Break fall Break fall Drill – Start from knees in sequence
Exercises (shrimping)		5 Reps	Exercises (shrimping)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1		5 Reps	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee		2 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee
Guard Pass Drill Level 1 guard pass drill		2 x 2 min	Guard Pass Drill Level 1 guard pass drill
Take Downs Standing - Left Jab & Leg reap Standing - R/H kick & leg reap	Submissions Top Mount - Ground & Pound In Guard - Ground & Pound	5 Rep Each	Take Downs Standing - Right Hook Leg Drag Standing - R/H kick & leg reap
			Submissions Top Mount - Ground & Pound In Guard - Ground & Pound
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		2 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Orange to Blue Belt Adults		MMA Orange to Blue Belt Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill – Start from knees in sequence		1 Rep	Break fall Break fall Drill – Start from knees in sequence
Exercises (shrimping) (Holding Mount)		5 Repts	Exercises (shrimping) (Holding Mount)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1		5 Repts	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield punch, knee, elbow		3 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield punch, knee, elbow
Guard Pass Drill Level 1 guard pass drill		2 x 2 min	Guard Pass Drill Level 1 guard pass drill
Take Downs Standing - Left Jab & Leg reap Standing - R/H kick & leg reap Standing - Top Grapple & Sweep	Submissions Top Mount - Ground & Pound In Guard - Ground & Pound Side Control–Ground& Pound	5 Rep Each	Take Downs Standing - Right Hook Leg Drag Standing - R/H kick & leg reap Standing - Top Grapple & Sweep
Submissions Top Mount - Ground & Pound In Guard - Ground & Pound Side Control – Ground & Pound		5 Rep Each	
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		3 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Blue to Green Belt Adults		MMA Blue to Green Belt Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill – Start from knees		1 Rep	Break fall Break fall Drill – Start from knees
Exercises (shrimping) (Holding Mount) (Arm Bar Drill)		5 Repts	Exercises (shrimping) (Holding Mount) (Arm Bar Drill)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back from arm bar escape by turning away		5 Repts	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back from arm bar escape by turning away
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back		4 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back
Guard Pass Drill Level 2 guard pass drill		2 x 2 min	Guard Pass Drill Level 2 guard pass drill
Take Downs Standing -Left Jab & Leg reap Standing -R/H kick & leg reap Standing -Top Grapple & Sweep Rear Bear Hugs Under arms - Dump	Submissions Top Mount - Ground & Pound In Guard - Ground & Pound Side Control - Ground & Pound Top Mount - Ground & Pound	5 Rep Each	Take Downs Standing - Right Hook Leg Drag Standing -R/H kick & leg reap Standing -Top Grapple & Sweep Rear Bear Hugs Under arm - Dump
Submissions Top Mount - Ground & Pound In Guard - Ground & Pound Side Control -Ground & Pound Top Mount - Ground & Pound		5 Rep Each	
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		3 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Green Belt to Green 1 Bar		MMA Green Belt to Green 1 Bar	
Adults		Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill – Start from knees		1 Rep	Break fall Break fall Drill – Start from knees
Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling)		5 Repts	Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away		5 Repts	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position		5 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position
Guard Pass Drill Level 1 & 2 guard pass drill		2 x 2 min	Guard Pass Drill Level 1 & 2 guard pass drill
Take Downs Right Hook Punch – Leg Drag Right Knee – Leg Reap	Submissions Triangle Choke – Side Control Ankle Lock – Lay Back	5 Rep Each	Take Downs Right Punch – Leg Drag Right Knee – Leg Reap
			Submissions Triangle Choke – Side Control Ankle Lock – Lay Back
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		4 x 3min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Green 1 Bar to Brown Belt Adults		MMA Green 1 Bar to Brown Belt Child	
Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Teens Demonstrate the following -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill – Start from knees		1 Rep	Break fall Break fall Drill – Start from knees
Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling)		5 Repts	Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away		5 Repts	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount		6 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount
Guard Pass Drill Level 1 & 2 guard pass drill		2 x 2 min	Guard Pass Drill Level 1 & 2 guard pass drill
Take Downs Right Hook Punch – Leg Drag Right Knee – Leg Reap Front Bear Hug – Sprawl Rear Single Arm - Choke	Submissions Triangle Choke – Side Control Ankle Lock – Lay Back Guillotine – Face Plant Down Arm Bar, Fig 4 – side control	5 Rep Each	Take Downs Right Punch – Leg Drag Right Knee – Leg Reap Front Bear Hug – Sprawl Rear Single Arm - Choke
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		4 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out
			5 Rep Each
			4 x 2 min

MMA Brown Belt to Brown 1 Bar Adults		MMA Brown Belt to Brown 1 Bar Child	
Demonstrate the following 1 year duration -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Teens Demonstrate the following 1-year duration -Uniform is on correctly -Basic understanding of personal warm up & stretch
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /
Break fall Break fall Drill- Start from standing each time		1 Rep	Break fall Break fall Drill- Start from standing each time
Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling) (Shoot Takedown Drill)		5 Repts	Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumbling) (Shoot Takedown Drill)
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away On back from under side control <i>switch to back control V1</i>		5 Repts	Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away On back from under side control <i>switch to back control V1</i>
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount - in pairs – punch up into pads from guard		7 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount - in pairs – punch up into pads from guard
Guard Pass Drill Level 1 & 2 guard pass drill		2 x 2 min	Guard Pass Drill Level 1 & 2 guard pass drill
Take Downs Right Hook Punch – Leg Drag Right Leg Front Kick - Leg Reap	Submissions Standard Arm Bar Lay Back Fig 4 leg lock	5 Rep Each	Take Downs Left Jab – Leg Drag Right Leg Front Kick - Leg Reap
Submissions Standard Arm Bar Fig 4 leg lock rear		5 Rep Each	
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		5 x 3 min	Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out

MMA Brown 1 Bar to Black

Adults

MMA Brown 1 Bar to Black

Child

Medical Certificate no older than 7 days.			Medical Certificate no older than 7 days.		
Demonstrate the following 1 year duration -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min	Demonstrate the following 1 year duration -Uniform is on correctly -Basic understanding of personal warm up & stretch		1 x 1 min
Adults 20 reps Burpees / Knee Tucks / Planking / Leap Frogs /		10 min	Child 10 Repts Burpees / Knee Tucks / Planking / Leap Frogs /		8 min
Break fall Break fall Drill- Start from standing each time		1 Rep	Break fall Break fall Drill- Start from standing each time		1 Rep
Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumpling) (Shoot Takedown Drill) (Crab Walk Drill)		5 Repts	Exercises (shrimping) (Holding Mount) (Arm Bar Drill) (Pumpling) (Shoot Takedown Drill) (Crab Walk Drill)		3 Repts
Escape Drill On back bridge and roll with partner in mount On Back from guard sweep an roll escape from guard V1 On Back shrimp to guard control On Back from arm bar escape by turning away On back from under side control <i>switch to back control V1</i>		5 Repts	Escape Drill On Back from guard sweep an roll Escape from back V1 On Back from under mount Bridge an roll Escape from back V2 On back from under side control <i>switch to back control V1</i> On back from under side control <i>switch to guard control V2</i> <i>On back in arm bar turn away escape</i>		3 Repts
Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount - in pairs – punch up into pads from guard - in pairs - lay on back kicking out to shield moving around circle		8 x 2 min	Shield Work / Impacting on Ground - Top mount punches/elbows/knees - Side control punch, elbow knee - lay on shield and punch , knee , elbow helicopter position - knee ride punch, elbow back - lay on shield and punch , knee , elbow helicopter position - in pairs – punch down into pads from mount - in pairs – punch up into pads from guard - in pairs - lay on back kicking out to shield moving around circle		8 x 1 min
Guard Pass Drill Level 1 guard pass drill Level 2 guard pass drill		2 x 3 min	Guard Pass Drill Level 1 guard pass drill Level 2 guard pass drill		2 x 1 min
Take Downs Right Hook Punch – Leg Drag Right Front Kick-Leg Reap Front Clinch-Sweep Rear Bear Hug Over arms-Dump	Submissions Arm Bar – Lay Back Figure 4-Leg Lock Figure 4 – Neck Lock Figure 4 – Neck Crunch	5 Rep Each	Take Downs Left Jab – Leg Drag Right Front Kick-Leg Reap Front Clinch-Sweep Rear Bear Hug Over arms-Dump	Submissions Arm Bar – Lay Back Figure 4-Leg Lock Figure 4 – Neck Lock Figure 4 – Neck Crunch	5 Rep Each
Grappling From standing- striking and takedown using above strategies each round, and grappling till tap out		5 x 3 min	Grappling Free from standing and takedown grappling till tap out each round		5 x 2 min

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