

Marietta Martial Arts



To become a Blue Belt

STRIKES

- | | | |
|------------------|-----------------|-------------------|
| 6. Inside elbow | 8. Upward elbow | 9. Downward elbow |
| 7. Outward elbow | | 10. Back elbow |

SAME SIDE WRIST

16 Thumb up pickoff inside 'S' –

17 Over arm wrist elbow lock –

18 Thumbs up hammer lock –

19 Pickoff elbow to elbow finger lock –

20 Elbow flip –

SIDE WRIST

3. Strike ribs armbar from neck TD –

4. Elbow flip –

5. Flair out finger wrist twist –

2 ON 1

1. Run-run pull belt –

2. Outside lead –

3. Hand over wrist –

TWO ON TWO (Front)

1. Hand against hand elbow to face –

2. Back wrist pushdown palm heel to face –

TWO ON TWO (Rear)

1. Center lock –
2. Knee trap drop –

PUNCH DEFENSE

3. Throat cut TD – pirie block
4. Knife hand to bicep TD –

CANE HOOK & PULL

1. Ankle –
2. Ribs –
3. Groin –
4. Head –
5. Chin –
6. Shoulder –
7. Neck strike to Face –
8. Reverse Neck Forearm to Face –

CANE: GRAB DEFENSE

1. Groin Strike, Head Strike –
2. Head or Arm Strike –
3. Groin Strike, Cane Twist TD –
4. Head Strike, Groin Strike –
5. Triple Cane Strikes –

CANE THRUSTING POKES

1. Front Offensive, Defensive –
2. Left Offensive, Defensive –
3. Right Offensive, Defensive –
4. Rear Offensive, Defensive –