The Ludus Acadei Name:	my of Martial A	Arts Blue Belt Test			
Martial Arts Knowledge: 1. What style martial art do 2. Pick two styles of martial 3. What is our lineage to Br	art we do here at the	Ludus, tell us about it and what c	ountry it is fro	m.	
Fitness	Date	Kicks	Date	Trapping	Date
5 Minutes focus in seiza		Front		Pak da (slap)	
25 push ups		Side		Lop da (grab)	
40 crunches		Roundhouse		Tan da (plate)	
3 minute horse stance		Cresent (Inside & Outside)		Jao Sao (circle)	
3 three-minute rounds on heavy bag		Oblique (Descending & Straight)		Multiple Trapping with teacher	
2 minutes of jump rope		Spinning Cresent Kick		All moves on wooden dummy	
		Foot Stomp (Inside & Outside)			
Punches*	Date	Jump Front Kick		Escrima	Date
Combination 1		Flying Knee		Largo Mano	
Combination 2		Crab Roundhouse Kick		6 Count	
Combination 3				Sombrada Drill with snake disarms	
Combination 4				Hubud with stick angle 1	
Combination 5		Takedowns	Date		
Combination 6		Forward & Backward Leg Sweep		Escape	Date
Combination 7		Single Leg		Single hand grab	
Combination 8		Dumog (Rope Pull)		double hand grab	
*Random combinations will be presented at the test date. Student must execute each properly with power and form.		Silat Sweeps (4 variations) Clinch Takedown		from behind Headlock	
Grappling	Date	Hip Throw		Treadlock	
10 Count Drill adding	Date	The Thow			
locks, chokes and strikes		Puter Kapala			
Rear Choke		Behind Back Hip Grab		Sparring	Date
Americana				Round 1: Focus Pads (focus and destory all attacks)	
Kimura		Energy Drills		Round 2: Intercepting vs. Kickboxer with leg kicks	
Arm Bar		Hubud Angles 1, 2, 3, 5		Round 3: Free Sparring (with at least 3 takedowns)	
Single Ankle Lock		Dumog Drill			
		Lop Sao Drill			
		Add takedowns to hubud			