

Introduction

The concept of a person holding a grade in MMA has been discussed around the world with no real conclusion because, after all, MMA is by definition a combination of various arts and does not normally include belt gradings.

However many practitioners are now beginning to ask to be graded in some way.

The most acceptable way to grade in MMA is to be judged fight per fight in competition, however some MMA clubs are not as competitive as others so how can they be graded? The same applies to accomplished fighters with nothing to show, grade wise, who then turn to teaching rather than fighting themselves and as such require a syllabus to work from offering recognised grades.

The answer to this problem is Kick-Jitsu, which is a combination of the throws, locks, groundwork from Ju-Jitsu and the kicks and strikes from Kickboxing.

Andrew Morrell, President of the CMAA has put together a syllabus for clubs to use. Andrew himself holds senior level Black Belts in both Kickboxing and Ju-Jitsu and it is this background on which the Cobra Kick-Jitsu syllabus has been based.

It should be noted, however, that a person graded in Kick-Jitsu can't claim to hold a grade in MMA and all

grading certificates must be supplied by the CMAA only.

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Throws List
Arm & Leg Lock Bunkai (Available on You Tube)

Yellow Belt

Break falls: side, forward, back rolling, front. PASS.....

Arm locks (1st 5 from bunkai)
PASS.....

Leg locks (1st 5 from bunkai)
PASS.....

Shoulder lock

Upper cut punch. Slide back and cover punch, strike to the carotid artery, place blocking arm under armpit and bring down with both hands on the back of the head.
PASS.....

Recumbent ankle throw

Face punch. Drop to side break fall. Place lowest foot around furthest ankle; strike the knee with your other.
PASS.....

Scarf hold

Lie on your side and place your arm around the neck. Lean into it and pull you forearm against the back of the neck.
PASS.....

Pad work

- Jab to the head &. Reverse cross to head.
PASS.....
- Reverse hook to body.
PASS.....
- Long knee.
PASS.....
- Reverse parry & jab.
PASS.....
- Lead push front kick.
PASS.....
- Low round kick.
PASS.....

- Reverse thrust side kick to body.
PASS.....
- Jab & reverse hook to head.
PASS.....
- Lead jab to head & reverse round kick to the thigh. .
PASS.....
- Lead push front kick, jab & cross. PASS.....

GRADE PASSED.....

DATE.....

Orange Belt

Hip throw with straight arm lock.
PASS.....

Hip throw with cross over arm.
PASS.....

Arm locks (1st 10 from bunkai).
PASS.....

Leg locks (1st 10 from bunkai).
PASS.....

Reclining leg throw with lock x 2.
PASS.....

Floor defence against kick & stamp to
head x 3. PASS.....

Floor defence against strangle.
PASS.....

Scarf hold & broken scarf hold.
PASS.....

Triangle choke. PASS.....

Pad work

- Lead & reverse uppercut.
PASS.....
- Lead hook into spinning backfist.
PASS.....
- Lead & reverse round elbow.
PASS.....
- Lead cross shin block into side kick.
PASS.....
- Lead parry & cross.
PASS.....
- Lead jab & hook to head, reverse
hook to body. PASS.....
- Lead uppercut, reverse cross to
body. PASS.....

➤ Spinning back kick.
PASS.....

➤ Jumping front kick & reverse cross.
PASS.....

➤ Jab, cross, round elbow to head.
PASS.....

➤ Jab, reverse hook to body, spinning
back fist. PASS.....

GRADE PASSED.....

DATE.....

Green

Body drop from face punch.
PASS.....

Half shoulder throw.
PASS.....

Arm locks (1st 15 from bunkai).
PASS.....

Leg locks (1st 15 from bunkai).
PASS.....

Dropping version of shoulder throw from a
back grab around throat.
PASS.....

Back hammer lock.
PASS.....

Scissor sweep, 3 variations.
PASS.....

Sweeping loin. PASS.....

Outside hock. PASS.....

Inside hock. PASS.....

Stamp throw. PASS.....

Drawing ankle throw.
PASS.....

Pad work

- Lead & reverse hook to body.
PASS.....
- Jab & lead hook to head, reverse
hook to body, uppercut to head.
PASS.....
- Lead & reverse hook to body,
double handed push off, jab &
cross. PASS.....
- Jab & cross, lead & reverse round
kick to body. .
PASS.....

➤ Lead front kick, double jab & cross.
PASS.....

➤ Lead foot sweep, jab & cross,
reverse front kick.
PASS.....

➤ Skip lead thrust side kick.
PASS.....

➤ Lead & reverse axe kick.
PASS.....

➤ Full turning reverse round kick to
head

GRADE PASSED.....

DATE.....

Blue

Knee wheel throw.

PASS.....

Hip throw into hold down double arm lock. .

PASS.....

Arm locks (All 21 from bunkai).

PASS.....

Leg locks (All 18 from bunkai).

PASS.....

Rice bale throw, 2 variations.

PASS.....

Variations on shoulder throws x 5

- 1. PASS.....
- 2. PASS.....
- 3. PASS.....
- 4. PASS.....
- 5. PASS.....

Guillotine choke. PASS.....

Full & half nelson. PASS.....

Bar choke. PASS.....

Scarf hold, broken scarf, upper four quarters, side four quarters.

PASS.....

Pad work

- Double jab, lead uppercut, reverse cross. PASS.....
- Lead push kick, double handed push off, jab & cross, reverse low round kick. PASS.....
- Round knee lead & reverse, grab side of neck and reverse knee. PASS.....
- Lead shoulder strike, reverse hook to body & head, reverse thrust side kick. PASS.....

➤ Same leg reverse push front kick & step up side kick, spin back kick. PASS.....

➤ Lead round elbow, reverse cross, lead hook to body & head, spin back fist. PASS.....

➤ Reverse roundkick to thigh, grab spin machine gun knee (4 strikes), double handed push off, lead uppercut, reverse cross. PASS.....

➤ Lead push kick, spin crescent kick, same hand jab & uppercut, reverse hook to the head. PASS.....

GRADE PASSED.....

DATE.....

COBRA KICK JITSU GRADING SYLLABUS

Purple

Hip wheel x 2. PASS.....

Dropping version of body drop.
PASS.....

Arm locks (All 21 from bunkai).
PASS.....

Leg locks (All 18 from bunkai).
PASS.....

Scissors and naked choke.
PASS.....

Spring hip throw. PASS.....

Front & rear scoop.
PASS.....

Sleeper hold. PASS.....

Padwork

- Lead side kick, lead back elbow,
jump spin back kick.
PASS.....
- Lead and reverse skip round kick.
PASS.....
- Reverse heel thrust kick, spin back
fist (with shin block).
PASS.....
- Wing chun, lead round kick to head.
PASS.....
- Over hand bowling punch.
PASS.....
- Double spin back fist (with shin
block). PASS.....
- Jump forward reverse cross.
PASS.....

➤ Forearm strike to shoulder, grab &
round knee.
PASS.....

➤ Palm strike, reverse uppercut, grab
spin machine gun knee (4 strikes)
muay thai neck throw.
PASS.....

GRADE PASSED.....

DATE.....

COBRA KICK JITSU GRADING SYLLABUS

Red

Valley drop throw. PASS.....

Full shoulder. PASS.....

Arm locks (All 21 from bunkai).
PASS.....

Leg locks (All 18 from bunkai).
PASS.....

Inside leg sweep. PASS.....

Head hip & knee. PASS.....

Shoulder wheel. PASS.....

Dropping shin sweep.
PASS.....

Dropping hook sweep.
PASS.....

Revision
5 random techniques from all previous
grades

- 1. PASS.....
- 2. PASS.....
- 3. PASS.....
- 4. PASS.....
- 5. PASS.....

Pad work

- Jab, reverse hook, lead hook,
reverse outside crescent kick.
PASS.....
- Alternate spin back fist (with shin
block). PASS.....
- Hold pad uppercut elbow both
hands. PASS.....
- Lead push kick, reverse push kick,
round elbow both arms, double
push off back kick.
PASS.....

➤ Double jab & cross, jump knee.
PASS.....

➤ Lead uppercut elbow into back
elbow, reverse uppercut, lead hook,
reverse cross.
PASS.....

➤ Double handed push off, long
reverse punch to body, jump lead
down elbow.
PASS.....

GRADE PASSED.....

DATE.....

Brown

2. PASS.....

3. PASS.....

Outside winding throw.
PASS.....

Padwork

5 random combinations

1. PASS.....

2. PASS.....

3. PASS.....

4. PASS.....

5. PASS.....

Inside winding throw.
PASS.....

Arm locks (All 21 from bunkai).
PASS.....

Leg locks (All 18 from bunkai)

GRADE PASSED.....

Variations on sweeping throws x 3

DATE.....

1. PASS.....

2. PASS.....

3. PASS.....

Rear throw variations x 3

1. PASS.....

2. PASS.....

3. PASS.....

Corner throw. PASS.....

Leg wheel. PASS.....

Outer wheel. PASS.....

Stomach throw variations x 2

1. PASS.....

2. PASS.....

Outer hook throw from a lead jab.
PASS.....

Ways of throwing from behind x 2

1. PASS.....

2. PASS.....

Dropping body drop front and rear.
PASS.....

Three blocking with the same hand.
PASS.....

Arm & shoulder throw and lock.
PASS.....

One handed throws x 3

1. PASS.....

Dan Grades (Black belts)

Black belt gradings are done in front of the CMAA National Black Belt grading panel.

1st Dan Black Belt

25 throws from throws list

Counter throws

➤ Hip Throw:

As you are thrown reach over and grab the belt, pull the head down tight and throw them over you as you hit the ground.

➤ Body Drop:

As they step in to throw twist your arm place your leg behind both of theirs and drop them onto their back.

➤ Half Shoulder Throw:

As they step in to throw reach over grab the nose and pull them backwards and to the floor

➤ Shoulder Wheel:

As they lean over to throw place one hand on the shoulder blade to stop the throw and pull back the hand they are grabbing your hand with. Walk back taking them over and to the floor. Cover the legs preventing them from kicking up at you.

➤ Outer Hock

As they step instep back out of the hock, now carry out outside hock.

Combination throws

- Outside winding into Rice Bail
- Drawing Ankle into Sweeping Loin
- Inside Hock into Arm and Collar
- Outside Hock into Stomach Throw

Arm locks (All 21 from bunkai)

Leg locks (All 18 from bunkai)

Random chokes x 3

Scarf hold, broken scarf, upper four quarters, side four quarters

Revision

5 random techniques selected from all previous grades

Pad work

10 random combinations

2nd Dan Black Belt (2 years after 1st)

Repeat 1st Dan

3rd Dan Black Belt (3 years after 2nd)

Repeat 1st Dan

Throws List

Throws involving dropping to the ground

Hip throws

Hip throw
Stamp throw
Spring hip throw.
Head hip & knee
Hip wheel x 2 (using head and under arm)

Sweeping throws

Inside leg sweep
Sweeping shoulder
Sweeping ankle
Sweeping knee
Sweeping loin

Shoulder throws / throws using attacking arm

Half shoulder throw
Full shoulder
Double shoulder
Floating shoulder
Dropping shoulder
Arm & shoulder throw and lock
Outside winding throw
Inside winding throw
Wrist throw and lock
Figure 4 arm throw (around the neck)

Hooking throws

Outside hock
Inside hock
Outer hook

Wheel throws

Outer wheel
Leg wheel
Shoulder wheel
Knee wheel

Leg throws

Reclining leg throw
Leg throw
Drawing ankle throw

Recumbent ankle throw
Crab claw scissors
Rice bale throw x 2 (using head and under arm)
Front scissors
Valley drop throw
Rear throw
Monkey climb
Snow over the mountain
Corner throw
Rear head swing and drop

Body drop throws

Body drop
Dropping version from front
Dropping from rear attack

Scoops

Front rear

Cobra Arm Lock Bunkai

1. Standing block punch, rotate arm lock fist against stomach and lock elbow.
2. Figure 4 inside
3. Figure 4 outside
4. Place elbow on shoulder and "snap"
5. Half shoulder throw
6. Straight arm lock
7. Prayers lock
8. Arm bar left
9. Arm bar right
10. Chicken wing
11. Calf and thigh neck crush
12. Sit down, lie back arm bar
13. Cross over arm bar
14. Foot behind head, neck crank and slam
15. Turn back over and double arm lock
16. Stand up, cricket bat & wing chun
17. Step over shoulder knee smash
18. Foot next to head, sit down, bent arm lock
19. Reach over double arm lock
20. Stand up, ski lock left & right
21. Double back hammer

Cobra Leg Lock Bunkai

1. Leg throw & stamp
2. Kneel on thigh apply figure four
3. Kick to groin, sweep around other foot sit down and apply figure four
4. Stand and kneel on inside of thighs
5. Step over hip and shin calf lock
6. Lock other leg behind knee
7. Release, kneel to the side and strike groin
8. Indian death lock
9. Turn over and lift with lock still on
10. Release and apply crossed leg lock with your foot on the outside, reach forward and pull head
11. Apply crossed leg lock with your foot against the groin
12. Heal kick to groin and apply crossed leg lock
13. Sit on base of spine and lift knee
14. Repeat with both legs
15. Place foot on base of spine and lift foot
16. Apply kneeling leg twist outside
17. Apply kneeling leg twist inside
18. Stand on back of calf, wrap the foot around your shin and step over