

From: Clinch Academy

To: You!

“What to Expect in our Youth MMA Program”



Clinch Academy's Youth Mixed Martial Arts Program

Thank you for your interest in our Youth MMA Program. We have put together some information to help you know what to expect. Please read over it carefully and let us know if you have any more questions.

The 3 Pillars of our Youth MMA Class are the arts of:

- * Kickboxing
- * Wrestling
- * Jiu-Jitsu

Students of the class will learn to excel in all three art forms and combine them together to have a well rounded Mixed Martial Arts foundation. The reason why we offer MMA for the youth is because we feel it gives the Children a well rounded skill set in different martial arts which allow them to defend themselves fully. It will also help the children to decide in the future whether they would want to continue training in MMA or possibly focus in on one of the 3 Pillars of MMA when they move up into the Adult Programs. Here is a look at what the different focus is of each art.

Kickboxing

Kickboxing is used to learn how to effectively stand, strike, and defend while on your feet. Students will be learning how to execute and defend hand, elbow, knee and leg strikes.

Wrestling

Wrestling is used to gain the advantage on the feet by closing the distance and clinching with your partner. The clinch can then be used to control the fight against a wall or cage (in MMA) and to take the fight to the ground using various takedowns.

Jiu-jitsu

90% of all real altercations end up on the ground. Jiu-Jitsu gives it's practitioner a clear advantage using positional control and submissions to win the fight. Due to its technical dominance, Jiu-Jitsu also teaches you that you can effectively win a fight without ever having to hurt anyone.

Mixed Martial Arts

Mixed Martial Arts is the combination of all the most effective martial arts in one. The 3 arts listed above have proven themselves and are considered to be the most effective arts in hand to hand combat. Although Mixed Martial Arts is one of the fastest growing sports in the world right now it also offers a very practical form of self-defense.

Here are answers to some common questions you may have:

1. Is MMA safe for my child?

Yes. I will agree that the sport itself can be quite violent at times but I can assure you that we do not practice violence in our youth MMA program. We look out for the safety of every child who trains here. Proper protective gear is a requirement to help keep your child safe. The youth also have more rules in place to help keep them safe. Just as in any sport, your child will get there bumps and bruises but our coaches are here to make sure they are practicing safely. We do not teach our children to be bullies with Martial Arts but practice and encourage humble and non-violent attitudes. Our youth MMA program is not about making each kid the next best MMA fighter in the world but about teaching kids through the practice of MMA, self-defense, how to compete in a healthy way, and how to apply the virtues learned to everyday life.

2. What do they wear?

Although Gi's or uniforms are not worn in MMA the Children in this class will be required to purchase a Gi to wear in the class. We believe that it is beneficial for the children to wear a Gi and go through a belt ranking system to help set goals and achieve them. It also helps keep order and a synchronized look to the class which develops a sense of unity. Mouth guards are also required.

3. Do they have belts?

Yes. Our Youth MMA program does offer a ranking system. The belt colors are as follows:

White, White Stripe, Yellow, Orange, Green, Blue, Purple, Brown, Red, Black

Rank promotions are based on 3 criteria:

1. Time training = How long have they trained and have they had good attendance.
2. Skill set = Have they learned the skills necessary for promotion and can they perform them well.
3. Attitude = Students must display and excel in character such as, Honor, Respect, Kindness, Patience...

Time training is different from belt to belt. Here is a basic chart:

White to White Stripe = 3 months

White Stripe to Yellow = 3 months

Yellow to Orange = 6 months

Orange to Green = 6 months

Green to Blue = 9 months

Blue to Purple = 9 months

Purple to Brown = 12 months

Brown to Red = 12 months

Red to Black = 12 months

Total time to Black = 6 years

Students learn at different paces. The time frame above does not guarantee that your child will test when they meet their time goal. There are 3 criteria that need to be met and we reserve the right to withhold a belt if a child is not focused and prepared to be promoted. On the flip side, a child may be

promoted before they meet their time requirement if their skills and attitude indicate that they should be. Ultimately it is up to the coaches as to who test and who doesn't. These belts are our YOUTH MMA rankings only. When your child moves up into one of our Adult Brazilian Jiu-Jitsu, MMA, kickboxing or Grappling programs they will be starting a separate belt or ranking system.

4. Is there a testing fee?

Yes we do have a small testing fee of \$10 which includes a belt and certificate.

5. Do we have to sign a Contract?

No. We offer 3 different memberships.

1. One no-contract membership
2. One 6 month contract
3. One 12 month contract

You do not need to sign a contract but can save up to \$20 a month by signing a contract if you plan to commit to it.

6. What if we can come only one day a week?

Just as in anything else, your child will certainly gain more and excel faster by attending at least 2 days a week. We highly encourage you to try to make this possible for the benefit of your child. If it is impossible for your child to do so, one day a week is always better than zero.

7. How long do they remain in the youth class?

Our Youth MMA class runs from age 6-14. In some cases your child may be invited up into the Adult MMA class before age 14. Our Adult Brazilian Jiu-Jitsu class starts at age 12 so your child may be eligible to train in our Adult Brazilian Jiu-Jitsu program and our Youth MMA program when they turn 12.

8. What happens when they move up into the Adult programs?

We offer Adult programs for Brazilian Jiu-Jitsu, MMA, Kickboxing, Wrestling and Submission Grappling. Our Brazilian Jiu-Jitsu Program starts at age 12 while the remaining Adult programs start at age 14 or 15 depending on the child size and maturity. Brazilian Jiu-jitsu and Submission Grappling have a belt ranking system and if your child has trained in our Youth MMA program for a few years and decides to move to our Adult Brazilian Jiu-Jitsu programs when eligible they will be given a new ranking according to the Brazilian Jiu-Jitsu ranking system. Our Adult MMA and Kickboxing programs use a Shirt Ranking System. If your child decides to pursue one of these Adult programs when eligible they will be given a ranking shirt according to their skill level.

Thank You for your interest in our Youth MMA Program. We look forward to helping your children grow and mature into confident, respectful and healthy adults!

We also have a Rank Syllabus so that your children can know what they are working toward every step of the way!...

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA White Stripe

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch

Must Be Able To Execute:

1 Take down
1 Guard pass
1 Guard Sweep
1 Mount escape
1 Cross Body Escape
The Basic Positional Map

Ground Position:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount

Body Mechanics:

Shoulder Walk
Reverse Shoulder walk
Shrimp
Butt Scoots
Hip Escapes
Sprawl
Shot

Minimum Months Required = 3

Youth MMA Yellow Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)

Must Be Able To Execute:

2 -Four Strike Boxing Combos
1- Four Strike Kickboxing Combo
2 Take downs
2 Guard passes
2 Guard Sweeps
2 Mount Escapes
1 Cross Body Escape
1 Scarf Escape

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf

Body Mechanics:

Forward and Backward Safety Roll

Minimum Months Required = 6

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Orange Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee

Submissions:

Rear Naked Choke
Key Lock
Kimura

**Minimum Months Required =
12 months or 1 year**

Must Be Able To Execute:

3 Solid Boxing Combos up to 4 each
2 Solid Kickboxing Combos of 5 each
Escape Double Under Hooks
Escape Bear Hug
3 Takedowns
3 Guard Passes
3 Guard Sweeps
2 Mount Escapes
2 Cross Body Escapes
2 Scarf Escapes
1 Escape from knee in belly

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South

Back Ride Position

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Green Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow

Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar

Must Be Able To Execute:

3 Solid Boxing Combos up to 4 each
3 Solid Kick Boxing Combos of 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
4 Take Downs
4 Guard Passes
4 Guard Sweeps
1 Half Guard Sweep
1 Half Guard Pass
3 Mount Escapes
3 Cross Body Escapes
2 Scarf Escapes
1 Escape from knee in belly

**Minimum Months Required =
18 months or 1.5 years**

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Blue Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow
Rear Elbow
Back kick
Sliding Side Kick

Must Be Able To Execute:

3 Solid Boxing Combos up to 5
3 Solid Kick Boxing Combos up to 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
5 Take Downs
5 Guard Passes
5 Guard Sweeps
1 Half Guard Sweep
1 Half Guard Pass
3 Mount Escapes
3 Cross Body Escapes
2 Scarf Escapes
2 Escapes from knee in belly

Ground Positions:

Guard
Cross body
Knee on Belly

Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard
Spider Guard

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar
Spin Around Arm Bar
Brabo Choke

**Minimum Training Required =
2 years and 3 months**

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Purple Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow
Rear Elbow
Back kick
Sliding Side Kick
Jump Front Kick
Jump Round Kick

Must Be Able To Execute:

3 Solid Boxing Combos up to 5
3 Solid Kick Boxing Combos up to 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
5 Takedowns
6 Guard Passes
6 Guard Sweeps
2 Half Guard Sweep
2 Half Guard Pass
4 Mount Escapes
4 Cross Body Escapes
2 Scarf Escapes
2 Escapes from knee in belly
1 North South Escape
Arm Bar Escape
Guillotine Escape

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard
Spider Guard
Rubber Guard

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar
Spin Around Arm Bar
Brabo Choke
Ankle Lock
X Choke

**Minimum Training Requirement =
3 years**

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Brown Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow
Back kick
Sliding Side Kick
Jump Front Kick
Jump Round Kick
Jump Spinning Round Kick

Triangle Escape
Kimura Escape

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard
Spider Guard
Rubber Guard
Cross Guard

Must Be Able To Execute:

4 Solid Boxing Combos up to 5
4 Solid Kick Boxing Combos up to 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
6 Takedowns
7 Guard Passes
7 Guard Sweeps
3 Half Guard Sweep
3 Half Guard Pass
4 Mount Escapes
4 Cross Body Escapes
2 Scarf Escapes
2 Escapes from knee in belly
2 North South Escapes
Arm Bar Escape
Guillotine Escape

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar
Spin Around Arm Bar
Brabo Choke
Ankle Lock
X Choke
1 Submission Combo
1 Sweep/Submission Combo

**Time Training Requirement =
4 years (Could Be More Or Less)**

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Red Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow
Back kick
Sliding Side Kick
Jump Front Kick
Jump Round Kick
Jump Spinning Round Kick

Must Be Able To Execute:

4 Solid Boxing Combos up to 5
5 Solid Kick Boxing Combos up to 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
7 Takedowns
8 Guard Passes
8 Guard Sweeps
4 Half Guard Sweep
4 Half Guard Pass
5 Mount Escapes
4 Cross Body Escapes
3 Scarf Escapes
3 Escapes from knee in belly
3 North South Escapes
Arm Bar Escape
Guillotine Escape
Triangle Escape

Kimura Escape
Leg Lock Escape

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard
Spider Guard
Rubber Guard
Cross Guard
X Guard

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar
Spin Around Arm Bar
Brabo Choke
Ankle Lock
X Choke
Arm Triangle
2 Submission Combo's
2 Sweep/Submission Combo's

**Time Training Requirement =
5 years (Could Be More Or Less)**

Clinch Academy Youth MMA Class Rank Syllabus

*These are the technical qualifications for advancing
In our Youth MMA Program.*

Youth MMA Black Belt

Stand Up Techniques:

Fighting Stance
Jab, Punch, Hook, Uppercut
Knee, Round Kick, Push Kick
Shield, Cover Up
50/50 Clinch
Double Under hooks
Thai Clinch
Side Kick
Rear Clinch (Bear Hug)
Superman Punch
Flying Knee
Over Hand
Side Elbow
Back kick
Sliding Side Kick
Jump Front Kick
Jump Round Kick
Jump Spinning Round Kick
Jump Front/Round Combo

Must Be Able To Execute:

5 Solid Boxing Combos up to 5
5 Solid Kick Boxing Combos up to 5
Escape Double Under Hooks
Escape Bear Hug
Escape Standing Guillotine
8 Takedowns
9 Guard Passes
9 Guard Sweeps
5 Half Guard Sweep
5 Half Guard Pass
5 Mount Escapes
5 Cross Body Escapes
3 Scarf Escapes
3 Escapes from knee in belly
3 North South Escapes
Arm Bar Escape
Guillotine Escape
Triangle Escape

Kimura Escape
Rear Naked Choke Escape
Leg Lock Escape

Ground Positions:

Guard
Cross body
Knee on Belly
Mount
Side Mount
Back Mount
Half Guard
Bottom Scarf
Top Scarf
North -South
Back Ride Position
Butterfly Guard
Spider Guard
Rubber Guard
Cross Guard
X Guard
De La Riva Guard

Submissions:

Rear Naked Choke
Key Lock
Kimura
Triangle Choke
Guillotine
Arm Bar
Spin Around Arm Bar
Brabo Choke
Ankle Lock
X Choke
Arm Triangle
Omo-plata
3 Submission Combos
3 Sweep/Submission Combo's

**Time Training Requirement =
6 years (Could Be More Or Less)**