

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

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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

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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

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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

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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**

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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
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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

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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)**