

CLINCH FOR THE STREET TESTS

Level 1

Technical Precision

- 1 Explain and demonstrate various entries to the clinch against striking.
- 2 Explain the four elements we are always looking for while in the clinch.
- 3 Explain and demonstrate a pistol disarm from the clinch.
- 4 Explain and demonstrate a knife disarm from the clinch.
- 5 Explain and demonstrate a few offensive moves from the double biceps tie.

Performance Games

Perform a 1-minute round of moderate intensity sparring with you starting in the following clinch positions. Keep it safe! Be sure your partner is resisting, but keep the intensity moderate.

- 1 Start in double biceps tie position. Partner will pull a safe training pistol whenever he/she wants to. Recognize the draw and take appropriate action.
- 2 Start in double biceps tie position. Partner will pull a safe training knife whenever he/she wants to. Recognize the draw and take appropriate action.

Level 2

Technical Precision

- 1 Explain and demonstrate offense from the neck clinch position.
- 2 Explain and demonstrate offense and defense for the hair grab position. (If you and/or your partner do not have hair to grab, simulate the hair grab.)
- 3 Explain and demonstrate offense from the front body lock position.
- 4 Explain and demonstrate offense from the under hook position.

Performance Games

Perform a 30-second round of moderate intensity sparring with you starting in each of the following clinch positions. Keep it safe! Be sure your partner is resisting, but keep the intensity moderate. Your partner should have a safe TRAINING PISTOL stowed, and should draw it once during each round.

- 1 Neck clinch
- 2 Hair grab
- 3 Front body lock
- 4 Under hook

Level 3

Technical Precision

- 1 Explain and demonstrate counters to the under hook.
- 2 Explain and demonstrate offense from the over hook position.
- 3 Explain and demonstrate the rear body lock position.
- 4 Explain and demonstrate the front headlock position.

Performance Games

Perform a 30-second round of moderate intensity sparring with you starting in each of the following clinch positions. Keep it safe! Be sure your partner is resisting, but keep the intensity moderate. Your partner should have a safe TRAINING KNIFE stowed, and should draw it once during each round.

- 1 Your partner starts with a solid under hook
- 2 Over hook
- 3 Rear body lock
- 4 Front headlock

Level 4

Technical Precision

- 1 Explain and demonstrate the Vale Tudo clinch.
- 2 Explain and demonstrate the mechanics of the arm drag.
- 3 Explain and demonstrate arm drag set ups.
- 4 Explain and demonstrate several clinch blasts.

Performance Games

Perform a 1-MINUTE round of moderate intensity sparring with you starting in each of the following positions. You can transition and flow to any position you like. Keep it safe! Be sure your partner is resisting, but keep the intensity moderate. Your partner should have a safe TRAINING PISTOL OR TRAINING KNIFE stowed, and should draw it once during the round.

- 1 Vale Tudo clinch
- 2 Vale Tudo clinch, but both wearing helmets, gloves, and groin protection.

INSTRUCTOR TEST

Technical Precision

- 1- Now that you have gone through the program, why do you think learning Clinch For The Street is important for self-defense?
- 2- Talk about how you plan to make this method available to others.
- 3- Explain and demonstrate one of your favorite entries to the clinch.
- 4- Explain and demonstrate one of your favorite clinch positions.
- 5- Explain and demonstrate one of your favorite takedowns from clinch.
- 6- Explain and demonstrate a collar choke from the clinch.
- 7- Explain and demonstrate the importance of training with a resisting partner.

Performance Games

Perform four 1-MINUTE rounds of moderate intensity sparring as described. The first round will be no helmets or gloves with light open hand striking. The remaining three rounds will be with helmets and gloves, with light contact striking to all targets. Keep it safe! Be sure your partner is resisting, but keep the intensity moderate.

No helmets or gloves

- 1- Clinch including safely performed takedowns.

Helmets and gloves. LIGHT contact striking.

- 2- Entries to clinch against a striker. Partner throws light strikes to keep you away After a each successful entry
- 3- Clinching with all strikes included. Partner pulls training pistol at least once during the round.
- 4- Clinching with all strikes included. Partner pulls training knife at least once during the round.