

MMA FTS INSTRUCTOR LEVEL 1 TEST

The entire test should take no more than TEN MINUTES.

TEACHING SECTION

Pick one technique from any range then explain and demonstrate, paying strict attention to detail, in one minute or less.

PERFORMANCE GAMES

Perform a ONE MINUTE AND TWENTY second round of each of the following Performance Games at moderate intensity, wearing proper protective equipment

- 1 KNIFE SPARRING GAME (Knife against knife for first minute, then person testing drops his knife and partner attacks to demonstrate empty hand versus knife skill for last twenty seconds. Partner should attack aggressively, not just stay outside.)
- 2 STICK SPARRING GAME (Stick versus stick for first minute, then person testing drops his stick and partner attacks to demonstrate empty hand versus stick skill for last twenty seconds. Partner should attack aggressively, not just stay outside.)
- 3 KICKBOXING WITH CLINCH GAME (Start Kickboxing. Move into and out of the clinch, as you wish.)
- 4 CLINCH WITH TAKEDOWNS GAME (Start in the Clinch with strikes. Try to avoid the takedown while going for the takedown when you want to.)
- 5 COMPLETE GROUND GAME - TOP (Start in opponent's guard, go from there. If a submission occurs, start again.)
- 6 COMPLETE GROUND GAME – BOTTOM (Start with opponent in your guard, go from there. If a submission occurs, start again.)
- 7 COMPLETE INTERVIEW GAME (Start in interview position with passive hands up, then partner attacks with anything, including drawing a weapon. Go wherever it goes. After about twenty seconds, start again. If there is an immediate submission, start again. Test administrator can have you start again at any time. Do 3 encounters.)