



# CLINCH ACADEMY YOUTH LEVELS OF SUCCESS

	Level 1	Level 2	Level 3	Level 4	Level 5
<b>Fitness</b>	10 Push Ups 10 Jump Squats 10 Burpees 10 Sit Ups	20 Push Ups 20 Jump Squats 20 Burpees 20 Sit Ups	30 Push Ups 30 Jump Squats 30 Sit Ups 30 Burpees 2 Pull Ups or Chin Ups	40 Push Ups 40 Jump Squats 40 Sit Ups 40 Burpees 4 Pull Ups or Chin Ups	50 Push Ups 50 Jump Squats 50 Burpees 50 Sit Ups 6 Pull Ups or Chin Ups
<b>Acrobatics</b>	Somersault, Forward Diagonal Roll, Shot, Hip Escape	Tri-Pod, Backward Diagonal Roll,	Cartwheel, 5 Second Headstand	Granby Roll, Round Off	10 Second Headstand, 5 Second Handstand in place!
<b>Skill</b>	<p><b>BJJ Students</b> 20 Double Legs 20 Scissor Sweeps 20 Knee Cut Pass 20 Hip Escapes Good Standard Belt Tie</p> <p><b>Kickboxing Students</b> 20 - Jab, Punch Combo 20 - 2,3,2 Combo 20 - 1,4,3,2,5 Combo 20 - Push Kicks Each 20 - Round Kicks Each 20 - Hip Escapes 20 - Thai Knees</p>	<p><b>BJJ Students</b> +20 Double Legs +20 Scissor Sweeps +20 Knee Cut Pass +20 Hip Escapes 20 Arm Drags each 20 Sprawl Backspins 20 Single Legs</p> <p><b>Kickboxing Students</b> +40 - Jab, Punch +40 - 2,3,2 Combo +40 - 1,4,3,2,5 Combo +40 - Push Kicks Each +40 - Round Kicks Each +20 - Hip Escapes +40 - Thai Knees</p>	<p><b>BJJ Students</b> +20 Arm Drags Each +20 Sprawl Backspins +20 Single Legs 20 Mount Armbars 20 Guard Armbars 20 Guard Kimuras 20 Guard Triangles</p> <p><b>Kickboxing Students</b> +60 - Jab, Punch +60 - 2,3,2 Combo +60 - 1,4,3,2,5 Combo +60 - Push Kicks Each +60 - Round Kicks Each +60 - Thai Knees</p>	<p><b>BJJ Students</b> +20 Mount Armbars +20 Guard Armbars +20 Guard Kimuras +20 Guard Triangles 20 Back Takes from Guard Super Knot Belt Tie 20 Overhead Kimuras</p> <p><b>Kickboxing Students</b> +80 - Jab, Punch 20 - Jump Front Kicks Each 20 - Jump Round Kicks Each 20 - 1-cover-3-2 20 - 1-2-cover-2-3 20 - 1-2-3-weave-3-2 20 - 1-2-weave-2-3</p>	<p><b>BJJ Students</b> +20 Back Takes from Guard +20 Overhead Kimuras 20 Windmill Sweeps from Guard 20 Bow and Arrow Chokes 20 Brabo Chokes</p> <p><b>Kickboxing Students</b> +100 Jab, Punch +20 Jump Front Kicks +20 Jump Round Kicks +20 - 1-cover-3-2 +20 - 1-2-cover-2-3 +20 - 1-2-3-weave-3-2 +20 - 1-2-weave-2-3</p>
<b>Character</b>	<p><b>Respect</b> - Puts Shoes in Caddy, Uses Sir &amp; Ma'am, Please, &amp; Thank You, Shows Good Eye Contact and attention. <b>Self-Control</b> - sits still during instruction and demonstrates 3 L's</p>	<p><b>Courtesy</b> - Shows acts of kindness. Opens and holds doors for others. Smiles at and greets others. Compliments others.</p>	<p><b>Gratitude</b> - Shows thankfulness for toward parents, coaches &amp; training partners <b>Humility</b> - Puts others interest above their own</p>	<p><b>Courage</b> - Competes in an In-House Tournament <b>Confidence</b> - Leads warm-ups in class or demonstrates techniques, speaks up during conversations <b>Trustworthiness</b> - Demonstrates responsibility &amp; Honesty</p>	<p><b>Patience</b> - Doesn't interrupt conversation (hand on shoulder), waits quietly for their turn, <b>Self-Discipline</b> - Understands how all areas of life are part of training and acts accordingly.</p>
<b>Leadership</b>	Understands & Follows the rules in class.	Helps others in need	Encourages others in class Works well with others (Good Partner) Connects with others	Demonstrates initiative. Helps Keep Kids on task before class. Does more than what's expected.	Accomplishment - Made it to level 5! Reproduction - Helps others reach their goals

## Belt Stripe System For Displaying Levels of Success

	Level 5		Level 4		Level 3		Level 2		Level 1
	STORM Team Sword Level		STORM Team Arrow 1st Class		STORM Team Arrow 2nd Class		STORM Team Dagger Level		

In order to earn Levels of Success Belt Stripes students must successfully complete all the requirements listed on the chart for the desired Level of Success.

Character and leadership categories can take time. We need to see that students are consistent with these virtues in class and at home.

Parents must sign off on their child character and leadership qualities in the home. If kids are able to complete every task successfully but do not get a good report from their parents, then they will not earn their stripe until the parents agree.

Once students have achieved the proper Levels of Success Stripe (Orange), they will be eligible for S.T.O.R.M. Team! In order to become an official S.T.O.R.M. Team Member, students will have to meet all other STORM Team Requirements and complete try outs. Try outs will be announced by Instructors.

# Requirements:

## FITNESS

Students can perform their fitness requirements at home with a parent. All fitness requirements must be performed in 1 set. So when a student is doing 20 pushups, they must do all 20 push-ups without a rest. Students must also demonstrate good form. So again with the push-up they must keep a straight body and move all the way down and up. This applies to all the fitness exercises.

## ACROBATICS

Students can practice their acrobatics at home but they must be properly performed in front of one of their COACHES at the Academy to pass.

## SKILL

Skills must be performed in front of a coach or Level 5 STORM Team Member at the Academy. The coach will make sure the skill is being performed properly. The goal is not to slop through the repetitions to get them done, but to help perfect the technique.

## CHARACTER & LEADERSHIP

Students must excel in character and leadership values as listed both in class and the home. Both the coaches and the parents have to agree this to be the case in order for a student to pass. All values must keep in practice even as the students are moving up and introduced to new values at the higher levels.

**BJJ L.O.S. Fitness Requirements will be practiced & evaluated during all classes at different times. Acrobatic & Skills requirements will be practiced & evaluated during Friday and Saturday sessions. Kickboxing requirements are practiced & evaluated on set announced days after kickboxing class.**