

PRESENTED BY WILLIE "THE BAM" JOHNSON WARRIOR MINDSET ENTERPRISES

NO TAP OUT. NO KNOCKOUT. THE ULTIMATE WORKOUT!



CERTIFICATION – LEVEL 2

**FEATURED ON
ABC'S SHARK TANK AND
FITNESS PROJECT**

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POINT MMA KRAZY ATHLETIC LEVEL 2 CERTIFICATION

INTERMEDIATE LEVEL #1

Warm Up	Instructor's Notes
<ul style="list-style-type: none"> • 10MAD 1 	
Offensive On-Line Basics	Instructor's Notes
<ul style="list-style-type: none"> • Jab, jab (H), same jab (L), overhand right, lead hook (L) • Fake cross (L), lunge jab (H), cross (H) lead hook (L) into single leg take down • Fake back fist (H), over the top ridge hand, lead hand ridge hand (H) • Hip Throw 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Lead leg hook kick, rear leg sweep, spin hook kick • Slide up ax kick, lunge front kick (L), jab shoot with double leg take down • Rear leg Thai kick, spin hook kick (H), back fist (H), reverse punch (L), back fist • Hook ankle with shoulder inside leg forward roll 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Spin hook kick (H) also with jump • Spin back kick (H) also with jump • Spin hook kick drop into cartwheel kick "The Billy Blank" 	
On-Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Jab, cross solution check, check double leg take down. • Lead leg round kick (H) Solution: you lead hand checks into spin back fist, • Jab, cross Solution: jump spin back kick (L) Guard into sweep 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Front rear leg thrust kick, same axe kick, jab spin back fist, reverse punch sheet with a take down. 	

Self-Defense	Instructor's Notes
<ul style="list-style-type: none"> • Take Downs/Throws: <ul style="list-style-type: none"> – Front sweep same into hook kick – Iron Broom – Back Sweep into an axe kick with other leg as he's falling – Jump up Triangle into arm bar from clinch • Ground Drills: <ul style="list-style-type: none"> – Single leg take down with ankle lock – Single leg take down into full mount or side mount – Double leg tackle roll and spin into full mount 	
Sparring	Instructor's Notes
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – Fake axe kick into cartwheel kick – Rear leg Thai kick, spin hook kick butter fly kick • Defensive Sparring: <ul style="list-style-type: none"> – Axe kick Solution: you axe kick over top of opponent – Axe Kick with lunge over top back fist, rear hand ridge hand, front beer hug with a foot sweep to lead leg – Rear leg Thai kick solution lead leg check jab cross, lead leg Thai kick to inside of leg 	

Free Style Sparring or Pads

Compete in 5 tournaments..... Life Skill: Open Mindedness Life Skill: Open Mindedness

LIFE SKILL: OPEN MINDEDNESS

Receptive to arguments or ideas as a tool to help you see things from a different perspective. Your ability to make better decisions from the inside out.

INTERMEDIATE LEVEL #2

Warm Ups	Instructor's Notes
<ul style="list-style-type: none"> • 10MAD 2 	
Offensive On-Line Basics	Instructor's Notes
<ul style="list-style-type: none"> • Jab, cross, lead hook, rear upper cut, spin back fist, spin back fist, rear ridge hand, lead hand, push back jump reverse punch • Shoulder Throw 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Forward Jam Solution: jump backward jump side kick • Forward Jam Solution: step to and angle with jump side kick • Lead axe kick forward roll heel kick • Lead leg axe kick shoot into double leg take down • Forward shoot, step behind into bear hug with back roll mount 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Lead leg Axe Kick • Lead leg jab round kick • Lead leg angle round kick 	
On-Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Lead hook Solution: wear outside – lead uppercut, rear hook (H), lead Hook (L) • Jab Solution: lean inside with lead jab (H), cross (H), lead hook (H), rear upper cut • Lead leg chamber Solution rear leg cross kick, back fist, reverse punch, fall backward lead ridge hand • Triangle choke 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • 45 degree lead leg Axe Kick, same side kick (H), Lead back fist (H), reverse punch (L), lead back fist, single leg take down 	

Self-Defense	Instructor's Notes
<ul style="list-style-type: none"> • Take Down/Throws/Ground: (from clinch) <ul style="list-style-type: none"> – Lead leg foot sweep by sweeping the back of his lead leg with the back of your lead leg into a knee to belly – Hip throw into a full mount spin side mount – Hook his lead foot with your rear foot inside of your to the outside of his sweeping him backwards into a mount. 	
Sparring	
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – Lead hook kick same round kick same axe kick, lead back fist (H), reverse punch (H), lead ridge hand (L) and step behind with lead should hold or grab into a rear leg foot sweep – Lead leg lunge side kick (L), same hook kick, lead back fist, lead hand, lead should grab into a lead foot inside foot sweep, double leg take down. • Defensive Sparring: <ul style="list-style-type: none"> – Single leg take down Solution: angle and side foot work steps with jab, cross, jab, cross – Single leg take down and leg is grabbed Solution: you grab head and push the leg down the floor – Lead leg or rear leg round kick (L)/ Opponent Catches leg Solution: you turn and snatch leg away same with back kick (L) 	

Free Style Sparring or Pads
Compete in 6 tournaments.....

CHARACTER OF AN ALL-AROUND CHAMPION

Life *Acceptance – Everything is the way it is supposed to be at any time and you must flow with it even if you don't like it.*

Martial Arts *Self-Evaluation – You must work on your faults to become a better person.*

Business *Change – The economy is always changing and so is customers' taste, so you must be in front of it. There is no such thing as standing still, You are either changing and moving ahead, or falling behind.*

INTERMEDIATE LEVEL #3

Warm Ups	Instructor's Notes
<ul style="list-style-type: none"> • 10MAD 3 	
Offensive On-Line Basics	Instructor's Notes
<ul style="list-style-type: none"> • Lunge jab (H), into double leg take down • Jab (L), rear leg step through with cross into jump reverse punch with other hand • Head Throw 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Jab, rear leg step through with cross into jump reverse punch with other hand • Lead lunge hook kick, rear front sweep, spin hook kick drop same cartwheel kick, jab, cross, hip throw • Shoot locking lead leg behind take down into Mat ????? 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Lead leg axe kick, rear jump front kick • Spink hook kick same round Thai kick to leg or body • Spin axe kick same lead front snap kick (H) 	
On-Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Reverse hook Solution: weave outside with rear hook (L), same hook (H) jab • Jab (H) Solution: lead hand perry smack into pack fist, rear over the top ridge hand, back leg side step with back fist, reverse punch • Take back with head lock, swing leg around into arm bar 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Jab, rear leg step through cross, into jumper reverse punch with other hand, jump backward side kick (L), spin back kick same axe kick 	
Self-Defense	Instructor's Notes

<ul style="list-style-type: none"> • Take Down/Throws/Ground: (from clinch) <ul style="list-style-type: none"> – Front bear hug – you step behind him with a rear leg foot sweep into side mount arm bar – Front head lock – you step throw turn into a bear hug roll back mount with arm bar... or a head lock from behind. – Double leg take down – you sprawl back with a spin to his back hooking feet over body with forward roll arm lock. 	
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Sparring	
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – Face back fist (H), lunge lead leg side kick (L), jab, jab same hook (L), jump reverse punch – Face reverse punch (L) lunge back fist (H), spinning back fist, reverse punch (L) – Lunge jab (H), reverse punch, jump backward with a back fist to jump back fist. • Defensive Sparring: <ul style="list-style-type: none"> – Double leg attempt take down Solution: push them backward solution lead front snap kick (L), same side kick (H) – Front head lock Solution: you step through into a back head lock 8 seconds – Back fist (H) Solution: you high block, grab “Joe Lewis” lead leg side kick (L), reverse punch (L) 	

Free Style Sparring or Pads
Compete in 7 tournaments.....

PERSONAL SAFETY COMMANDMENTS

Walk you post in a perfect manner.

Be alert.

*Stay conscious of your body language, your attitude
and your spirit.*

INTERMEDIATE LEVEL #4

Warm Ups	Instructor's Notes
<ul style="list-style-type: none"> • 10MAD 4 	
Offensive On-Line Basics	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
On-Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
Self-Defense	Instructor's Notes
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	
Sparring	
<ul style="list-style-type: none"> • Review and Sharpen All Intermediate Level Skills 	

Free Style Sparring or Pads
 Compete in 7 tournaments.....

NUTRITIONAL TIPS



SPORTS KARATE LEGACY LEAGUE (SKLL)

Learn... Witness... Make...

We are here to tell the true history of sports karate on the American soil by carrying on the timeless efforts of the Sports Karate Legends. These artists have innovated mainstream trends on global stages that have transcended the world's popular culture with no direct avenue to share the true traditional value of this sport.

Through our innovative approach, we will carry on the rich history of this sport through our Point MMA, Fitness Challenge, The Martial Fusion Forms, FuYah Magazine, League, DVDs, fashion, books, TV, films, schools, community and so much more. These predecessors that have paved the way for this American sport have humbly stepped aside to allow the next generation to embrace and create a lifestyle brand from this sport.

SKLL will reintroduce specific innovations back into the sport by providing everyone a chance to learn, witness and be part of making history. To pay respect to these legends will carry on the sports karate legacy through our events with this movement. Our campaign will provide a universal format in the areas of:

- Community development in order to improve the quality of training and professional schools, gyms and clubs.
- Seminars and camps to empower sports karate athletes to improve their overall skills as complete sports karate champion brands.
- Teachers and coaches and parents – to invite them as a team of mentors and leaders to propel them as world champions for life.
- World Champions to redefine the true meaning of world champions like other sports – that shows the proper graduation from youth world champion to adult world champion.
- Team to help provide a successful blueprint for team competition that helps build brands, not destroy them.
- Promoters who are true champions and contributors of this rich sport from the inside out as a competitor who has grown through trenches of defeat to winning.
- Referees who are passionate about the growth of the sport and intend to improve the brand by improving their own brand of the sports karate lifestyle.
- Competitors who are inspired to evolve the sport through examples of a true lifestyle brand that transcends our industry.

Sharing the roots of the Sports Karate Legacy League will help our sport continue to change the world through these ancient traditional values with a modern, innovative approach. On our quest to combat all things negative and unhealthy, like obesity, bad character abuses and so much more.

POINT MMA FUNCTIONAL FITNESS COMPETITION

The Crazy Fit Challenge (AKA Point MMA Competition)

Competition is good for the human spirit and it truly develops our character from the inside out. It controls the competitive fire that allows us to use our positive and negative emotions as fuel to overcome adversity and control our emotions.

During the 90's, when martial arts schools were really thriving with hundreds of students, school owners held their own competitions which were not on the same level of competitiveness that open competitions were. So this produced a generation of black belts that didn't know how to use their defeats to grow. They didn't know what the inner fire, the chi, is truly capable of achieving. You see, competition teaches us all to be great because greatness lives within us. While the martial arts industry continued to come up with reasons for why these students did not have to compete, the UFC emerged, then CrossFit, Urbanathlon, Mud Runs and other fitness challenges that fed that human competitive fire.

These schools and the martial arts industry as a whole is still racing to keep up with what today's consume wants. Meanwhile the rules which govern sports karate are geared toward enhancing each participant, in an effort to find the next Chuck Norris, Bruce Lee, Anderson Silva, Billy Blank, etc. Sports Karate has always been about producing the Complete Martial Artist – one that was in kata, weapons, sparring, self-defense, breaking, teaching, leading and performing.

As they move into the adult world, they were able to transfer these skills into professions in film, writing, producing, entrepreneurship, politics, law enforcement and many others. Point MMA competitions are for athletes and non-athletes alike – who are seeking the thrills of victory and the strength of character through defeats and setbacks. We offer level of competition for beginners, intermediate, advanced and elite black belts. When it is all said and done, the ultimate opponent and challenge is self. It's all about personal mastery and learning to genuinely express one self's wellbeing true to your own strengths and weaknesses. This has always been the true goal of the martial arts.

We must focus on our kid's generation to help combat this current obesity epidemic. Entering our Point MMA Challenges, enrolling in classes, and supporting our Stronger Than Drugs Foundation will continue to fight this battle and give back to the community.

Competition in a Sports Kartate League is a requirement as a SKLL Point MMA Facility and at least two qualifiers and the World Championships. Competition is where the real lessons are learned. For years, I tried to shield my students from the “poli-tricks” of competition. But I realized that with the state of society today, with the increasing bullying and peer pressure, that competition helped me and my wife and so many others learn to be emotionally sound. It taught us to turn adversity and setbacks into stepping stones of success. Then as a parent and teacher, we need to make it a requirement for all levels – beginners, intermediate, advanced and black belts. At a higher black belt level, require them to become judges and referees to help grow the sport.

We are all about building leaders, entrepreneurs and teachers to handle the spirit of competition even in adversity, giving them the ability to cope with trash talking or whatever emotions are expressed under pressure. Through this, they learn to deal with it positively.

POINT MMA FITNESS CHALLENGE EVENTS

Beginner

Intermediate

Advanced

Elite Black Belts

- Kata – 1 minute total
- Weapon – 1 minute total
- Self Defense – 1 minute total
- Board Breaking – 1 minute total
- Point MMA Sparring – 1 minute total
- Tell the judges why you do what you do

CALISTHENICS CHALLENGE

Suck it up, Get up, Get Moving

Bodyweight and Cardio is what it's all about

Beginning Level – 60 second break in between

1. Tuck jumps
2. Cannon ball, jump shots
3. Squat, Front Kick
4. Push ups
5. V-Ups

Intermediate Level – 45 second break in between

1. 1. Sprint run knee ups
2. 2. Cannonball push up and tuck jump
3. 3. Reverse Punch, jump squat
4. 4. Break Dancing circle runs
5. 5. Push Up Bounce (with wide arms and legs)
6. 6. Turtle shell heel kicks
7. 7. Ma bu Power Punch

Advanced Level – 30 second break in between

1. Sprints up and down the floor
2. Push up Bounce down the floor
3. T Flip down the floor
4. Straddle Jump Kicks in place
5. Mountain Climb down the floor
6. Kip Ups
7. Power Punch to focus pads
8. Power Rope
9. Step up, power sidekicks to pads

OFFICIATING AND REFEREE MANUAL FOR POINT MMA

Judges and referees are truly the unsung heroes of competition. They are often viewed as unpopular because of the tough, split second decisions that they are asked to make. Yet, they need to be even more knowledgeable than the competitors in the skills and techniques being displayed and executed.

These unsung heroes are a brand within themselves and are paid dearly in most sports for their services, but not so in sports karate. But we at SKLL are trying to change all that by making it a requirement for judges, referees, teachers, coaches and promoters to go through the same type of certification training. Just like legitimate black belt training, you have to put in the time on the dojo floor to qualify. Back in the day, your technical integrity was more important than money. The days of the fakers are gone. No more “wanna be,” emotionally driven individuals that just want to sign up to judge or run an event without any references, background checks or proof of their credentials.

By creating a movement based on judging, teaching and competing based on the core principles, traditions and concepts of the complete martial arts, we can rediscover the authenticity of the sport of martial arts. It is an essential component of character building and self-evolution for all involved in the martial arts industry. Just like an athlete is a brand that reflects the true authenticity of the sports karate legacy, so does the promoter, referees, judges, coaches, teachers and parents.

The culture of the martial arts is bigger than one individual's ego and we need to train individuals to remember the legacy of our sport that has evolved over thousands of years. We need to be enhancing the legacy in all areas of the martial arts culture. From the sport, to the community, to home, to school, to law enforcement, to politicians, to entertainment and everything involved in life's path ahead.

It is said that it is better to have judges and referees that have a passion for this area of the sports development. Just like a fighter loves to fight. These individuals love this part. This job is all about experience under one belt, and preparation for the worst, but planning for the best. Just like in self-defense.

It is our job through SKLL to help provide solutions to sport karate in order for it to evolve after all of these decades. Not in an effort to be against any of the league, but to cooperate and unite it. And thanks go out to all of the pioneers like Black Belt Magazine, Official Karate Magazine, Karate Illustrated Rating, The Star Rating System PKL, NSKA and NBL. Without these systems, sports karate would be dead and we at SKLL are just here to compliment them by creating a safe, wholesome form of competition, like back in the day.

As a competitor from back in the day, it was a joy to have more challenging competition when the universal principles, skills and tradition was not just the style. It was that individual flavor that made competition exciting and authentic because no competitor resembled one another. They were all different individuals with individual forms of expression. That is what it is all about.

It is the judges, referees, promoters, commissioners and presidents that protect this level of authenticity, making sure that along with technical skill, individuality is displayed at an unbelievable level. And have the principles of the martial arts carry through to become a lifestyle brand, concern and focus that travels from the ring into everyone's everyday life. In SKLL, we are trying to break the current mold of professional athletes setting poor examples – being arrested, penalized, fined, put on probation and suspended for their abhorrent behavior and lack of discipline and principles.

Judges Responsibilities

1. Strive to receive the year's Best Unsung Hero Award based on how you represent your brand.
2. Your brand is to improve the quality of the sport and protecting the legacy
3. As you are at each event to judge, referee. Competitors, teachers, coaches, parents, fans and promoters, just remember it is a double edged sword, they're doing the same.
4. You must be in great shape – mind, body and spirit, representing the highest level of a complete martial artist.
5. Always being prepared for the unexpected but also prepared for the best.
6. Avoid being on autopilot by never just going through the motions. Be in the moment because anything can happen in the blink of an eye.
7. Stay in the rhythm of the action because it changes fast! You must be fit, flow and be adaptable to whatever happens.
8. You must be trained and certified through the SKLL. In order to avoid being limited in judging, stay open to change and evolve in order to grow the sport.
9. Your attitude, spirit, body language controls the chaos and prevents the storms of negativity that plague the sport.
10. Your position and movement is everything. So you can never stay fixed for longer than a second. You must be able to observe all the angles.
11. You must understand the nature of the action and be concerned with safety, proper technique and good sportsmanship. And know when to stop the action before the possibility of injury or a serious problem. "It's how you do it and say it."
12. Stay professional and respectful at all times.
13. You have to make decisions in microseconds.
14. Debriefing meeting before and after all events and prepare for the possibilities. Review the poor performances, good performances and how to improve upon them the next time around.
15. As a brand, you have to socialize with people in your field, not be out partying with competitors, parents and students. They see will only see that side of you, when you are trying to correct or judge them.
16. Debrief everyone before event based on the set aside time arranged with the promoter, before and after the event.
17. Technical skill retention as the sport evolves. You must participate in yearly re-certification, videos, live events, books, internet research and refereeing events to stay current.
18. Be aware of the deadly street MMA tactics to keep them out of the ring. You must be knowledgeable to keep them out and be prepared for them.
19. Submission and bone breaking skills are for the pro MMA athletes, not Point MMA. No knees, elbows, leg kicks or brutal combat sports skills used in the UFC are allowed in Point MMA.
20. Cross training and other arts and sports in order to become more proficient in your role.
21. You must understand the blueprint of Point MMA based on old school freestyle sparring and modern day innovation beyond the "tag game" in sports karate today. It's all about well-conditioned athletes and complete martial artist that can make a smooth transition to the next level and even defend themselves.
22. Making the right decision based on principles, rules and regulations for the safety and fairness of each competitors.

23. Working with the SKLL commissioner to help everyone to be on the same team in the development and protection of the sports karate legacy based on past failures. That's our goal, along with positive competitive growth for the next experiences that transcends from black belt to their everyday lives.
24. Ring mechanics – you must know how to work that ring and be aware of the people and objects on the sideline. It's all about overseeing a safe, technical fight.
25. The 3rd person in the ring – You should be moving alongside the fighters and moving a step or two ahead of them in circular and angular motions. Flow with hands, arms, body and your eyes to see, prevent or stop any unsafe or unfair behavior.
26. Suggested that you stay up to date with sparring sessions, studying DVDs, watching fights, reading books and magazines.
27. Refereeing is like basketball coach, Phil Jackson's Triangle Defense. You are at the tip of the point. As the fighters are moving, you must position yourself in a manner where you don't get trapped between the fighters.
28. Safe, controlled acrobatical, tricking and extreme techniques are allowed, but you must be aware to make sure that they are executed with safety and control.

THE PROFILE OF A PROFESSIONAL POINT MMA JUDGE

1. Hand and eye coordination as in a combative situation
2. You have to keep an open mind, stay alert and maintain a poker face.
3. You have to have a boundary line that separates you from the competitors, fans and parents with no interaction at all before or during the competition.
4. Always remember to represent the Sports Karate Legacy brand and your own in a professional way.
5. Look for all different techniques – correct punches, kicks, takedowns, sweeps, footwork, ring control, ground control and creative execution of rhythmic techniques.
6. Pay attention to the set ups, fakes and counters after a perfect technique is scored.
7. Pay attention to who is active and fit while executing top quality technique at higher levels as the fight progresses.
8. The pressure is always on to always get the scoring right and you must maintain your character when called into question about your scoring.
9. The proper martial arts attitude based on principles, values and integrity must always be demonstrated respectfully and positively regardless of anything else.
10. We represent the ancient traditions of the martial arts displayed in a modern manner.
11. You must be familiar with the creative evolution of Point MMA and martial arts as a whole with an eye for wear the competitors are taking the sport in a technically safe manner.
12. You must be a certified Point MMA referee or judge by going through the Sports Karate Legacy League Certification Training.
13. The Sports Karate Legacy League Commissioner sanctions all training which will take place two times a year.

ABOUT THE RULES

1. Must order the kits and be certified to referee and license school.
2. Licensing after 2nd Level Certification
3. Must attend at least two 8-hour referee clinics featuring Branding and Training (\$99.00 pre-registration – November, February or May)
4. Referees must follow the same rules as competitors
5. Center referee must wear medical gloves
6. Medical Kits on hand at ring
7. 4 Second count for all holds
8. Only ground technique permitted – front mount, side mount, knee to belly, take back, guard and any reverse from these positions. (2 points for all of these techniques).
9. 3 point bonus technique – Front flip kick, cartwheel kick or any f----- executing combinations
10. No Thai leg kicks
11. No brutal takedowns
12. P---- kicks or techniques of any kind
13. Point MMA “aka Freestyle Sparring”
14. Coach must purchase a Sports Karate Legacy or Point MMA Coach’s T-Shirt
15. The referee needs to call points deductions or use c---- to help with overruling the end count.
16. All underbelt divisions – (1) Two-minute round.
17. All Black Belt Divisions – (2) Two Minute rounds for Championship Round 1, 2, 3, 4
18. All weight class champions will take place in the daytime events (“Subject to change based on the event”).
19. Overall weight class Grand Championship will happen in the finals (“Subject to change based on the event”).
20. As the sport grows, in a year we will bring attempted submission or submissions with m--- of 10 seconds.
21. 6 ounce MMA Glove with Point MMA logos only
22. Add Yearly l----
23. Lifetime bans
24. In finals, only Point MMA gear can be worn – hand gear, head gear, foot gear

JUDGES AND REFEREES CLINIC

1. It's also about working from the inside out. That calls for you functioning by all the Commandment of Street Combat. You're in the fight but aware of all the possible damages that could occur outside that ring.
 - What are some of the unexpected dangers that could occur when emotions flare up?
 - The Complete Martial Artist principles help us to politely deal with the negative and positive to build up the competitors and parents.
2. It all goes back to the values taught in the traditional dojo and are being lost in our society.
3. The referee is the police officer, security guard, Navy Seal, etc.
 - The judges are the board of directors, paying attention to the statistics, technique and emotional operations of the competitors.
4. We want the best of both worlds. SKLL wants to give the struggling inner city competitor, middle class competitor, and wealthy competitor all a fair chance to succeed in this ring.
 - It's all about allowing the spirit, attitude, honor and honest expression within the rules.
 - We look for the potential, the process of learning and the discovery of the competitors ability and one day the expression of it.
 - Technical perfection displayed in an artistic safe way that can be applied universally in all aspects of their life.



**“POINT MMA KRAZY
MARTIAL ATHLETIC
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PEOPLE AT HOME
A CHANCE TO
LIVE A HEALTHIER
LIFESTYLE. IT'S
GOING TO CHANGE
THE MARTIAL ARTS
WORLD.”**

BILLY BLANKS,
FOUNDER OF TAE BO FITNESS

