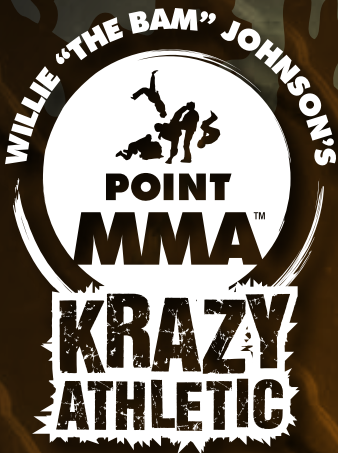


PRESENTED BY WILLIE "THE BAM" JOHNSON WARRIOR MINDSET ENTERPRISES



CERTIFICATION – LEVEL 1



**NO TAP OUT. NO KNOCKOUT.
THE ULTIMATE WORKOUT!**



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ARE YOU TECHNICALLY READY?

No knockouts, No Tapouts, No Ground and Pound, and absolutely no head contact. Are you technically ready? Self-control is about being able to execute perfectly placed technique without making contact.

Light to medium contact to the body.

As competitors grow in age, contact does increase.

Street MMA – all elements are taught and how to counter them in this program.

Promoting healthy, wholesome lifestyle for our children

Nowhere near what you see in the UFC ring. This is point sparring that allows take downs, sweeps and no striking once on the ground. You get 5 seconds to execute ground techniques (mount and guard) once on the ground.

POINT MMA

POSITIVE ATTITUDE

OUTSTANDING CHARACTER

INDIVIDUAL EXPRESSION

NEVER-ENDING IMPROVEMENT

TECHNICALLY READY

MOTIVATION FROM THE INSIDE OUT

MINDSET OF A WARRIOR

ATTITUDE IS YOUR GRATITUDE

By Marshieh Johnson, 7 years old

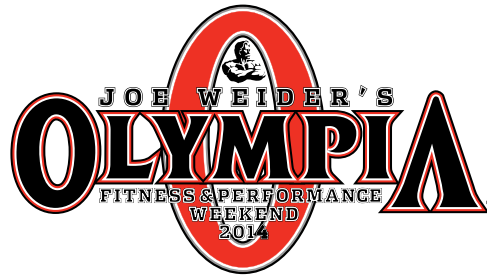


FACT SHEET

In September of 1994 Willie “THE BAM” Johnson and Kimber Johnson hosted Maryland’s first ever POINT MMA Match (calling it the “Challenge of Champions – Go Head To Head”).

Point MMA has been a featured event in various national Martial Arts and Fitness Events:

- The Arnold Schwarzenegger Sports Festival
- Mr. Olympia Sports Fest
- The U.S. Capitol Classics
- Action Martial Arts Hall of Fame,
- MAIA Super Show in Las Vegas



The last 20 years have been spent, honing and perfecting the teaching methods, curriculums and competition rules through constant work.

PRINCIPLES

Point MMA, as an extension of the Kung Fu system of Wushudo, embodies principles of the traditional martial arts. Unlike other “sports”, Point MMA is a complete system that incorporates principles to improve people from the inside out. These principles are points of emphasis built into the curriculums and training methods.

Honesty	Honesty-1: fairness and straightforwardness of conduct; 2: adherence to the facts, sincerity; 3: implies a refusal to lie, steal, or deceive in any way.
Open-mindedness	Receptive to arguments or ideas) impartial.
Willingness	1) Inclined or favor-ably disposed in mind) READY; 2) Prompt to act or respond.
Patience	1) Bearing pains or trials calmly or without complaint; 2) Not hasty or impetuous; 3) Steadfast despite opposition, difficulty, or adversity.
Persistence	To go on resolutely or stubbornly in spite of opposition, importunity, or warning.
Righteousness	1) Acting in accord with divine or moral law) Free from guilt or sin; 2) Morally right or justifiable as a right decision; 3) Of or relating to principles of right and wrong in behavior as dictated by one's conscience.
Unity	1) The quality or state of not being multiple; oneness; 2) Continuity without deviation or change as in purpose or action; 3) The quality or state of being made one; unification.
Charity	1) Benevolent goodwill toward or love of humanity; 2) Generosity and helpfulness especially toward the needy or suffering, also aid given to those in need; 3) A gift for public benevolent purposes.
Sobriety	The quality or state of being sober. 1) Not addicted to intoxicating drink) not drunk; 2) Marked by sedate or gravely or earnestly thoughtful character or demeanor; 3) Showing no excessive or extreme qualities of fancy, emotion, or prejudice.
Courage	Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; 1) Implies firmness of mind and will in the face of danger or extreme difficulty.
Self-denial	A restraint or limitation of one's own desires or interests.
Love	1) Strong affection for another arising out of kinship or personal ties (maternal love for a child); 2) Unselfish, loyal, and benevolent concern for the good of another.

BENEFITS

Safety

Safety is of the utmost concern in Point MMA. Everything from curriculums, equipment, instructor and referee training and competition rules have been honed to make sure that safety is the highest priority.

Technique

Above all, technique is stressed in training and competition. With the emphasis shifting away from power, technique is king in Point MMA

Fitness

You have to bring your “A Game”. Train with Krazy Athletic and Point MMA and you’ll be ready to push through to new heights.

Unity

Bonds grow stronger through common experiences. Point MMA Krazy Athletic is something that every member of the family can participate in. Competitors will quickly gain each other’s respect when pushing themselves in such a fun, safe environment.

Confidence

Everyone develops confidence by seeing progress with every session. Competition is designed to be safe, exciting and fun to further bolster confidence.

Re-Energize Students

School owners can augment their traditional martial arts with the hottest sport in the world, while highlighting the techniques of their own martial arts style.

Exciting Events

Immediately infuse excitement into each event. Any fitness minded person can walk into the Krazy Athletic Challenge and be pushed to their limits. Point MMA competitors can come from any discipline to show the strengths of their style.

Warrior Mindset for Daily Learning

You will learn to condition yourself mentally to overcome any obstacle. Whatever is thrown your way in life, you have the confidence and preparation to maintain control and navigate your way through the situation.

COMPONENTS



Krazy Martial Athletic Fitness Challenge

Push yourself to the limit with five, timed, 1 minute challenges.
It's you against you!

Beginner Level Competition:

- Tuck Jumps
- Cannonball (burpee)
- Push Ups
- Squat, Front Kicks
- V-Ups



Point MMA

Take all of the elements of the martial arts: skill, technique, grappling, striking, discipline and character and put them on display here. This safe and amazingly exciting competition brings the traditional elements of the martial arts with the modern application of mixed martial arts.

Point MMA will truly let your style stand out because the emphasis is on clean technique. "Are you technically ready?"



POINT MMA KRAZY ATHLETIC LEVEL 1 CERTIFICATION

Martial Arts Athletic and Fitness Branding and Business Mastery

This course is an introduction to the beginning level of teaching and competition concepts along with the fundamental techniques to be successful as a teacher, coach, competitor and promoter. In the Complete Martial Artist program, the holistic approach, Point MMA Krazy Athletics will spur your physical, mental and spiritual development. This first ever, no belt to black belt sparring curriculum starts off with and introductions to Krazy Athletics 10 Minute Blast of bodyweight explosive training combined with martial arts techniques. Following this is basic stances, footwork, punches, kicks, blocking, parrying and jumping techniques. There are also katas, self-defense, sparring combinations and quarterly progress checks. Point MMA Krazy Athletics is a great complementary curriculum developing the free mind, reaction time, reflexes to out-think and out-manuever your opponent safely from stand up to the ground.

You will also get bonus curriculums such as Street Combat, Street Chin Na, Street MMA, Women's Rape Prevention and the Kicking, Flipping and Tricking Skills.

This program will show you how to succeed. No matter what your martial arts style, you will develop and enhance the essential components to becoming a complete martial artist.

Each day will be dedicated to intensive motivational branding and business basics along with intense training. This group course will bridge the gap between theory and practice. These workouts provide examples of how to:

- Brand yourself in the Point MMA Krazy Athletic Brand
- Starting a business- from “Zero to a Hero”
- How to expand your business’ bottom line
- Athletic principles and understanding your customer’s extended family
- Conducting a class - curriculums, class agenda and weekly lesson plans
- Holding a standard of safe and effective techniques under high intensity, energy and motivational life skills and personal safety tips
- A fast-paced, positive holistic culture for loving, fun, harmony between customer and staff
- Universal expression of greatness from the inside out
- Quarterly progressive check for students, staff, parents and business

The knowledge here will help build up new instructors and re-energize into athletic black belt martial athletic role models.

The beginning of a lifetime of learning through continuous education and motivation.

Requirements for Point MMA Krazy Athletic Level 1 Certification Training

- Are at least 17 years old at the time of the testing
- Are in good standing with current organization and Point MMA Krazy Athletics.
- Drug Free and Alcohol Free
- Attend the entire two-day course [Friday 10:00 -2:00 / 6:00-10:00 and Saturday 9:00-5:00]
- Must be signed up for Continuous Education in order to teach Point MMA Krazy Athletics
- Must compete and train students to compete through yearly qualifier
- Use Point MMA Workout Gear
- 110% commitment to Branding and Business Mastery
- 110% commitment in all training sessions
- 110% commitment in growing your brand, business and Point MMA Krazy Athletics movement
- 110% commitment to demonstrating testing requirements from Level 1 guide

The goal of the course is for the trainer to leave with a better understanding to immediately implement the Point MMA Krazy Athletics and begin supporting the yearly, quarterly events including the World Games.

Strongly recommend at least six months of experience training individuals or groups, as well as training in sports, fitness, martial arts or athletics.

Level 2 Certification – Intermediate can only be completed after successfully completing Level 1 Certification.

Level 3 Certification – Advanced can only be completed after successfully completing Level 1 & 2 Certification.

Level 4 Master Teacher, Coach Certification can only be completed after Level 1, 2, and 3 have been successfully completed as well as participation in World Championships regularly along with being in good standing with continuous education.

Hosting: Those interested in hosting Point MMA Krazy Athletic courses, private seminars or Martial Athletic Fitness Expos should download an agreement and submit it with an email request.

For all other questions and concerns, please contact us at PointMMA@aol.com

POINT MMA RULES

Legal Target Areas:

Ribs, chest, abs

Illegal Target Areas:

NO HEAD CONTACT, Groin, Back, leg techniques

ABSOLUTELY NO CHOKES, NO LOCKS NO SUBMISSION ATTEMPTS ALLOWED! NO GROUND AND POUND AND ABSOLUTELY NO HEAD CONTACT!

- Single Round Eliminations – 2 minutes each round.
- Championship rounds will consist of 2 rounds 2 minutes each with 30 second break in between. Top 4 fighters are considered “championship” rounds as well as title fight for GRAND Champion.
- All rounds will be continuous unless there is a foul or reset etc. needs to happen. Otherwise score totals will be called at the end of all rounds.
 - Example:
Judge one calls this bout at 10 to 9 red fighter / judge two calls this bout 10 to 8 blue fighter etc.
- Light to medium contact
- No blind or out of control techniques of any kind. 1st offense STRONG WARNING, 2nd Offense Points Deducted, 3rd Offense Automatic Disqualification.
- Competitor must be awarded points for any technique that is point scoring technique from other styles
- Head judge can stop the match if it is clear to them that one opponent is incapable of continuing to fight and declare the other fighter the winner.
- No clawing, pressure point strikes, twisting techniques, slamming techniques or un-sportsman like attitude. 1st time Warning – 2nd time Disqualification.
- 5 seconds to execute techniques while on ground or after countering a point scored on you – head referee will reset each match after 5 count for adults/
- No Knee Strikes or No Elbow Strikes – this will help avoid facial cuts as much as possible.
- All fighters must make sure nails are trimmed back and not jagged to cut or hurt anyone.
- Competitor (Male – must have groin cup/sports cup)
- Gi Pants or Fight Shorts may be worn – or full uniform
- Must have Boxing Head Guard (full contact head guard), mouth piece, MMA style (fingerless fight gloves) or foam hand guards that are approved by commissioner.
- Must have Ringstar Fight Shoes / Foam foot gear.
- Women Fighters must have sports bra and turtle Shell Chest Protectors.
- All Fighters male or female must supply own fight equipment and must be approved by fight commissioner prior to entering the ring. All Fighters must weigh in prior to event. Weigh ins will close to ring/division starting no last minute entries. All Fighters must sign off with commissioner on weight.
- All Bonus monies apply only to the top 4 fighters and GRANDS.
- NO negative language or attitudes will be tolerated.

Referee

- The most important function of the referee is to secure the safety of the competitors. Therefore the referee must be aware of the attitude and intent of the participants.
- The nature of a good referee should be fair and unbiased, and impartial. A referee must have extensive knowledge of POINT MMA rules and scoring and must not alter them in the least.
- A center ref MUST NOT argue point of judgment or call with anyone. If someone has a complaint match will be held and a calm conversation with fight commissioner will take place. We don't want our refs to destroy their credibility throughout the competition.
- A good referee is there but barely seen in the middle of the fight unless deemed necessary.
- A referee must wear safety gloves at all times while being center referee.
- There will be 2-3 other judges/referees scoring each bout/match.
- Referee (center ref is responsible for making sure that each fighter has the specified required equipment. All equipment must be inspected for usage by either center ref or commissioner prior to each fight. Must make sure that the striking surfaces are free of abrasive tape that may cut the face of other fighters.
- A few moments of equipment inspection at the beginning of a bout can prevent serious injury.
- Required for use and inspection – boxing/full contact head guard, mouth guard, MMA fingerless fight gloves, Ringstar fight shoes, groin cup men, turtle shell chest protectors women.
- It is also the center ref's responsibility to make sure each fighter's nails are trimmed and not jagged as to hurt or injury other fighters.
- It is the center ref's responsibility to control the fight at all times as well as the ring and not allow coaches, parents, friends or anyone enter ring while fight is in play.
- Referee is as mobile as the movement that the fighters dictate.
- Center ref must make sure that other officials do not congregate on the side of any fighter and remain neutral at all times.
- Referee must make judgment calls immediately upon breaking the fight for any reason and may not confer with any other official or fight team, coach etc. The ref may however, use a brief moment to review rules with commissioner if deemed necessary.
- The ref should never allow a competitor to compromise his or her authority as an official. The referee enforces the regulations exactly.
- The ref must not tolerate unsportsmanlike conduct or disrespect from the competitors or coaches, parents, friends etc. The match will be stopped and the fighter will NOT be permitted to go on.
- The ref should establish a close working relationship with the judges based on mutual respect. The officials must cooperate completely for the safety of the competitors and the determination of that division's true champion. The ref and judges always support each other on determination of rule violations.
- The ref must control that there is NO dialogue between the fighters once the match starts.
- If the ref has to discuss a violation with the competitor or an issue of warrant the clock must be stopped and start back as the fight proceeds.
- A ref should never ask another judge or official did you see that kick or punch. All personal conversations about any of the matches should be done so when the division is completely over. There will be no personal discussion while any division is in session.

- The ref must communicate clearly and concisely with the score-keeper and timekeeper. Confusion often erupts when a scorekeeper has not been properly informed as to who scored what, when.
- Must remain during the entire division and not leave position until you speak and check out as head ref with the commissioner.
- Center Ref must be clearly vocal in calling illegal maneuvers, 10 count holds, disqualifications etc.

Scorekeeper/Timekeeper

- Must be trained prior to event
- Must have extensive knowledge of martial arts
- Must be professional at all times
- Must be focused on said divisions at all times
- Must know and understand the rules/ points, etc.
- Must be able to communicate clearly with the head referee
- Must be unbiased, impartial and follow the exact orders of the head referee and commissioner of POINT MMA.
- Must be appointed prior to event or division. No last minute substitutes.
- Must not have a fighter or participant in said division or match.
- Cannot change during a division, must work position throughout division.

Additional Officials/Judges

- Judges are expected to adhere to all rules and regulations of Point MMA as the center ref does.
- While scores are being calculated you are NOT permitted to speak to anyone until center ref collects your score sheets/clickers etc.
- All official must be aware of rules
- All officials must have extensive knowledge of scoring systems.
- All officials must have an open mind to all styles and systems.
- An official may be removed if deemed by the commissioner for but not limited to: bias toward a fighter or style, friendship interferes with ability to judge fairly, cheating, talking to teams, fighter, promoters etc. while fight or division is in progress, taking bribes etc.
- All officials are expected to only communicate with center ref while division or fight is in progress.

*** All referees, judges, officials, scorekeeper and time keeper must be in POINT MMA Attire or black suits approved by commissioner. No sweats, etc. will be permitted. Our goal is to promote Refs, judges, officials etc. in the most professional manner possible. ***

Point MMA Scoring

Clean punch – this includes but not limited to punching to the body/torso	1 point
Clean kick - this includes but not limited to punching to the body/torso	2 points
Mount must be held for 5 seconds	2 points
Any take down – does not count if you pull opponent into guard from standing position	2 points
Any sweep take down	2 points
Knee to belly for 5 seconds	2 points
Passing the guard	2 points
Taking the back must be held for at least 4 seconds tightly with hooks in NO CHOKING!	2 points
Dynamic throw or over should throw	2 points
If you fall at sacrifice	Warning
Opponent falls to ground after strike to torso	Give 10 count

Deductions/Warnings

Strike to the head	1 st warning, 2 nd point taken, 3 rd disqualification
Knee strike	1 st warning, 2 nd point taken, 3 rd disqualification
Elbow strike	1 st warning, 2 nd point taken, 3 rd disqualification
Open finger gouging	1 st warning, 2 nd point taken, 3 rd disqualification
Checking the knee of opponent with your foot	1 st warning, 2 nd point taken, 3 rd disqualification
Ground and pound to head	1 st warning, 2 nd point taken, 3 rd disqualification
Twisting and joint locking	1 st warning, 2 nd point taken, 3 rd disqualification
Low groin kicks or punches	1 st warning, 2 nd point taken, 3 rd disqualification
Not breaking upon center refs commands	1 st warning, 2 nd point taken, 3 rd disqualification
Kicking or hitting in the back	1 st warning, 2 nd point taken, 3 rd disqualification
Hammer Fist while in ground position	1 st warning, 2 nd point taken, 3 rd disqualification
Attempted submissions	1 st warning, then disqualification

POINT MMA CURRICULUM



Point MMA INTRODUCTORY CLASS

- Meditation
- At Ease
- Ebay
- Nisong
- Bow
- Creed
- Warm Up Jump Rope
- Stance: point fighting stance, wrestling stance, jujitsu stance, stand up boxing stance
- Pads: Back – fist , jab
- Pads: side kick
- Footwork Drills – lead foot step up, back foot step back, lead foot side step
- Full mount, side mount
- Point MMA, MMA and Street MMA (brief History) as they catch their breath
- Stretching Hurdle, Pike, Butterfly



*10 MINUTES A DAY (10MAD) = PROGRESS
EACH DAY!*

*Point MMA FITNESS – 10 MINUTES
A DAY (10MAD)!*

WE WILL BE SWEATING THE TECHNIQUE!

*THESE SHORT SERIOUS FAST PACED RYTHMATIC
WORKOUTS WILL BE YOU DOWN WHILE
SHREDDING YOUR BODY! NOW ARE YOU READY?
STEP UP AND MAXIMIZE YOUR TIME AND DEVELOP
EXPLOSIVE PRACTICAL MUSCLE MEMORY FOR
COMPETITION, SELF-DEFENSE OR JUST PERSONAL
TRANSFORMATION.*

10 MINUTES A DAY (10MAD) – DAILY QUEST! WEEK#1

- JOG IN PLACE – 20 COUNT
- LEAD FOOT STEP UP JAB, SIDE STEP CROSS, BACK SIDE STEP BACK FIST, 45 DEGREES RIDGE HAND (10 COUNT)
- RUN IN PLACE (10 COUNT)
- SIDE STEP WITH PUNCH (20 COUNT)
- JOG IN PLACE WITH HEEL PALM (15 COUNT)
- CANNON BALL, 3 PUSH UPS – JUMP SHOT (10 COUNT)
- JOG IN PLACE (10 COUNT)
- MA BU ROUND ELBOW SAME BACK ELBOW (20 COUNT)
- JOG IN PLACE (10 COUNT)
- SQUAT REVERSE PUNCH JUMP (15 COUNT) 7 WITH DOUBLE JUMP
- JOG IN PLACE (10 COUNT)
- CANNON BALL, WALK BACK 1-2-3/ WALK FORWARD 1-2-3, PUSH UP X3 (10 COUNT)
- JOG IN PLACE (10 COUNT)
- JAB, CROSS, HOOK, UPPER CUT (15 COUNT)
- BREAK DANCE – RUN IN PLACE (5 COUNT EACH SIDE)
- LAY ON BACK TURTLE SHELL (10 COUNT)
- ROLL UP KICKS, SINGLE, SINGLE, DOUBLE (10 COUNT)
- BRIDGE (10 COUNT)
- CHAMPION STRETCH (10 COUNT)

10 MINUTES A DAY (10MAD) – DAILY QUEST! WEEK #2

- JUMPING JACK DOWNWARD PRAYER SMACK (10 COUNT)
- MA BU 40 PUNCHES
- CANNON BALL JUMP (10 COUNT)
- RUN TO SIDE GROUND AND POUND 1-2-3 (10 COUNT)
- STEP TO SIDE REAL FAST (10 COUNT)
- PUNCH, PUNCH, UPPER CUT, UPPER CUT (10 COUNT)
- CANNON BALLS, TUCK JUMPS (20 COUNT)
- DOWN ON KNEES WITH PUNCH (15 COUNT)
- FRONT KNEE SAME, FRONT KICK (20 COUNT)
- STEP BACK TOUCH FLOOR, STEP UP WITH SKIP KNEE (15 COUNT)
- CANNON BALL, PUSH UP CROSS STEP PUSH UP, CROSS STEP, PUSH UP (10 COUNT)
- ELBOW 13- COUNT (5 COUNT)
- SIDE CROSS STEP SIDE KICK, JAB, CROSS, CANNON BALL (7 COUNT)
- FAST JAB TO SIDE (30 COUNT EACH WAY)
- ROUND ELBOW, FRONT KNEE (15 COUNT)
- JAB, CROSS, CANNON BALL, PUSH UP SWITH OTHER SIDE (20 COUNT)
- CHAMPION STRETCH

10 MINUTES A DAY (10MAD) – DAILY QUEST! WEEK #3

- JUMP ROPE 3 MINUTES
- LEAD FOOT STEP UP JAB (20 COUNT)
- SIDE STEP, SIDE ELBOWS (20 COUNT)
- LEAD FOOT STEP UP JAB, CROSS, LEAD SIDE STEP (15 COUNT)
- 1-2-3 PUNCH DOWN INTO BACK SPRAWL (20 COUNT)
- STEP UP REAR KNEE, JAB, CROSS (15 COUNT)
- UPWARD PRAYER SMACK (40 COUNT)
- JAB, CROSS, LEAD ELBOW, JUMP REVERSE PUNCH (20 COUNT)
- STEP BACK, STEP UP LEAD LEG PUSH KICK (15 COUNT)
- MA BU FIGHTING STANCE BACK FIST, REVERSE PUNCH SWITCH (8 COUNT)
- TRIANGLE STEP (10 COUNT)
- STEP UP LEAD LEG PUSH KICK, JAB, CROSS, LEAD ROUND ELBOW, ELBOW SAME BACK ELBOW (10 COUNT)
- MA BU HEEL PALM, HEEL PALM, CANNON BALL 1-2-3 MOUNTAIN CLIMB
- PUSH UPS FAST (30 COUNT)
- PUSH UPS WIDE ARMS (15 COUNT)
- PUSH UP BOUNCE (20 MINUTE)
- PUSH UP ROLL SIDE TO SIDE (10 COUNT)
- PUSH UPS FORWARD ROLL (10 COUNT)
- PUSH UPS PYRAMID (8 COUNT)

10 MINUTES A DAY (10MAD) – DAILY QUEST! WEEK #4

- JU JITSU STANCE STAND (15 COUNT)
- ON BACK SIT UP 30 PUNCHES
- ON BACK FRONT KNEES TO CEILING (20 COUNT)
- SINGLE KICK UP, SINGLE KICK UP, DOBULE KICK UP (20 COUNT)
- ON BACK SIT UPS ROUND ELBOW (30 COUNT)
- TURTLE SHELL (50 COUNT)
- SIT UPS 1-2-3 PUNCH (20 COUNT)
- FEET UP AND HEAD UP KICK TO KNOEES (40 COUNT)
- SIT UPS WITH OPPORSITE KNEE TO ROUND ELBOW (20 COUNT) EACH SIDE
- PIKE UPS (15 COUNT)
- GUARD HOLD WITH 50 PUNCH
- TURTLE SHELL 1-2-3 PUNCH (25 COUNT)
- BUTTERLY STANCE SET UP TOUCH FEET (20 COUNT)
- 45 DEGREE ON ARMS CIRCLE KNEES (20 EACH)
- JUJITSU STANCE CROSS KICK HOLD LEG UP INTO STAND (15 COUNT)
- SIDE KICK TO KNEES FROM GROUND (30 COUNT)
- TRIANGLES (30 COUNT)

BONUS ROUND!

CARDIO WEIGHTS

JUMP ROPE (3 MINUTES)

30 SECONDS – MA BU SQUATS DUMBELL ROW – PULL UP TO BACK OF CHEST
15 SECONDS – JAB, CROSS

30 SECONDS – RUN IN PLACE KNEES UP TO CHEST
15 SECONDS – JAB, JAB, CROSS

30 SECONDS – BARBELL CURL CATCH OR REGULAR
15 SECONDS – MEDICINE BALL SLAM

30 SECONDS – PULL DUMBELLS TO NISONG POSITION
15 SECONDS CHNESE PUSH UPS

30 SECONDS – WIDE ARM BOUNCE PUSH UPS
15 SECONDS – JAB, CROSS, CANNONBALL – TURN OTHER WAY

30 SECONDS – SINGLE PRESS OVER HEAD WITH TWIST
15 SECONDS – CANNON BALL, PUSH UP, JUMP SHOOT

30 SECOND – DUMBELL FLYS
15 SECOND PUSH OUT ON TOWEL

30 SECONDS – WITH BALL HIT WALL AND SPRAWL
15 SECONDS - JAB, CROSS, HOOK, UPPER CUT

30 SECONDS – BICEP CURLS
15 SECONDS - CANNON BALLS – 1-2-3 / MOUTAIN CLIMB

30 SECONDS – DUMBELL FLY SWITCH STEPS
15 SECONDS – PUSH UP WALK TO SIDE

30 SECONDS – UPPER CUT DUMBELL
15 SECONDS – STEP TO SIDE 1-2-3 GROUND AND POUND

30 SECOND SWITCH SQUAT REVERSE PUNCH
15 SECONDS SWITCH KNEES UP

30 SECONDS - DUMBELLS – JAB, CROSS, HOOK, UPPER CUT
15 SECONDS – BREAK DANCING FOOTWORK

30 SECONDS – THROW UP PLATES
15 SECONDS – STEP UP SIDE KICKS

30 SECONDS – JUJITSU STANCE CROSS KICK, STAND
15 SECONDS – GUARD 1-2-3 PUNCH FAST

30 SEONDS MEDICINE BALL 45 DEGREES TWIST
15 SEONDS TURTLE SHELL

30 SECONDS – DUNKEY KICKS
15 SECONDS – SIDE BODY PUSH UPS

30 SECONDS – JACK KNIFE / A,B, C TOE TOUCH
15 SECONDS – CANNON BALLS TUCK JUMPS

30 SECONDS – PLANK STRAIGHT BODY UP
15 SECONDS – DONW ON KNEES & WITH PUNCH

30 SECONDS – RUN FORWARD, RUN BACK ON PALMS & HANDS
15 SECONDS – PUSH UPS

30 SECONDS – PLANK STRAIGHT BODY JUMP FEET IN & OUT
15 SECONDS – GORILLA RUNS TO THE SIDE

TREADMILL 3 MINUTES
STEP WALK 1 MINUTE

BEGINNER 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"> • Footwork: lead foot, step up, back foot step back, lead foot side step, back foot side step, 45 degree, triangle step, circle step, back cross step, lunge step, blitz step. • Lunge back fist, blitz reverse punch, rear hand ridge hand - "Nasty Anderson" • Lead foot sweep 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Step up front snap kick, rear leg thrust lunge kick, • Lunge back fist, blitz reverse punch ridge hand • Step up front snap kick, rear leg thrust lunge kick, back fist reverse punch • Shoot double leg take down 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Lead leg front lunge kick • Backward fall front drop kick • Forward roll heel kick "The William Oliver" with jujitsu stand up stance 	
On Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Lunge back fist: Solution – you high block reverse punch to ribs • Blitz reverse punch: Solution – you jump backward with a back fist high • Lead front snap kick: Solution – you lead hand check, jump reverse punch • Full mount – side mount 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Step up front snap kick (L), rear leg lunge kick (H), Lunge back fist high reverse punch (L), same ridge hand (H), double leg or single leg take down, mount control front or side. 	

Self-Defense	Instructor's Notes
<ul style="list-style-type: none"> • Take Downs/Throws <ul style="list-style-type: none"> – Mount Full Front, side mount – attack and defend – Mount into single arm lock – choke – Mount arm bar, hook foot behind head and flip him over – Mount swim through arms, ride his bridge by placing palm on floor – Side bent arm lock from mount position – Mount – let him turn over Solution: take back into head lock, flow leg over head into arm bar – MOUNT Counter: <ul style="list-style-type: none"> – Single arm lock choke – Look arm and foot with a bridge to sweep him – Slide down and place feet under arm pit and roll out – Palm look knee and pull leg out putting him into guard • Ground drills: 	
Sparring	Instructor's Notes
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – 1,2, footwork “Chuck Norris” back fist reverse punch, jump backward with a side kick, “Keith LaValle” – Rear leg fake front thrust kick with lead hand, jump reverse punch – Fake back fist (H), Blitz reverse punch (L), same reverse punch (H), fall back lead ridge hand. • Defensive Sparring: <ul style="list-style-type: none"> – Lunge back fist (H) Solution: jab (L), reverse punch (H) – Bring back fist (H) Solution rear leg side step outside his body with – (L) ridge hand, check reverse punch – Lunge back fist, reverse punch you double leg take down – Lunge back fist, reverse punch Solution: you circle step behind him bear 	

Free Flow Time – pass drills & adding your own mastery and flavor – swagger
Compete in 1 tournament!

BEGINNER 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, hook, upper cut, lead hand back fist, reverse punch • Gou Ti Sweep 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Jab, cross, rear leg step uppercut, hook, same back fist, reverse punch • Lunge lead leg side kick • Pump side kick lead leg, low x2, high x2 • Shoot single leg take down 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Step up side kick (H) • Lunge side kick (L) • Jump backward side kick (L) • Cross kick – check kick – “THE BRUCE LEE” 	
On Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Lunge back fist Solution: lead leg side kick (L) • Blitz back fist, reverse punch Solution: Jump backward side kick • Jab (H) Solution: lean inside with lead hand check and reverse punch (L) • Jab (H) Solution: lead hand check same jab (H) • Knee to Belly Spin – Knee to Belly 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Lunge lead leg side kick (L), blitz back fist reverse punch, same ridge hand grab the head into a clinch with a lead leg weep with your back leg into side mount. 	
Self-Defense	Instructor's Notes

<ul style="list-style-type: none"> • Take Downs/Throws: <ul style="list-style-type: none"> – Shoot single leg take down – Shoot double leg take down – Shoot front bear hug and hook opponents lead leg with you lead leg inside , outside his foot for a take down – Shoot to a back bear hug with a shoulder roll take down • Ground drills: <ul style="list-style-type: none"> – Guard into side spin lock and press to arm bar – Ground into triangle – Guard single arm lock choke – Guard slide back into a sweep – Guard opponent stands up you grab both ankle and press down on his hips – Guard opponent stand you hook inside ankle spin around leg and looking taking him down. – Guard opponent stand you spin into arm bar – Guard lock behind head and sweep into a head lock 	
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Sparring	
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – Pump lead leg side kick (H) x2, back leg cross kick check, back fist lead leg round kick – Fake back fist, rear leg front thrust kick (L) same side kick (H), back fist (H), cross (H), same hook (L) into grab head for a guittine with a back roll hook round and pound. • Defensive Sparring: <ul style="list-style-type: none"> – Side kick Solution: step behind leg with lead leg, smack back hand check lead hand ridge hand (H) into bear hug roll back into a full mount hook, ground and pound. – Side Solution: smack leg down into side waist grab as lead leg sweep from behind into a knee to belly. 	

Free Style Sparring or Pads
Compete in 2 tournaments...

BEGINNER 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"> • Jab, cross, hook, uppercut, same side spin back fist, spin back ridge hand. • Qua Ti sweep 	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none"> • Back Cross step side kick low same side thrust kick (H), jab shoot • Step up lead leg round kick (H), same side kick (L) blitz back fist reverse punch double leg take down. • Shoot one hand between legs over shoulder slam 	
Kicks	Instructor's Notes
<ul style="list-style-type: none"> • Lead leg hook kick (H) • Lead Leg round kick (H) • Rear Leg Thai Round kick (H) • Hook, round kick 	
On Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none"> • Jab (H) Solution: Shoot (L) into a single leg take down • Lunge back fist (H) Solution: jab (L) and grab across body – foot sweep from behind • Arm bar into foot behind head flip 	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none"> • Step up hook kick (H), same round set down same back cross step lead leg side kick (L) • Fake lead hand back fist jump reverse punch and grab his head into a lead hip throw, front mount, side mount 	
Self-Defense	Instructor's Notes

<ul style="list-style-type: none"> • Take Downs/Throws: <ul style="list-style-type: none"> – Head Throw – Shoulder Throw – Hip Throw – Foot sweep Take Down – Front head lock backward roll throw – Hold on backward roll with foot • Ground Drills: <ul style="list-style-type: none"> – Taking back put hooks in with head lock – Take back with head lock and swing leg around head into arm lock – Take back with body triangle with hooks to heard – Take back as you pull arm apart into a head lock choke – Take back into triangle choke from behind 	
Sparring	Instructor's Notes
<ul style="list-style-type: none"> • Offensive Sparring: <ul style="list-style-type: none"> – Fake hook kick (H), jab (H), cross (H), lead hook (L) lead leg scissor take down, spin into side mount – Lead leg front snap kick (L), Jab, Cross, Jab, Jump Reverse Punch • Defensive Sparring: <ul style="list-style-type: none"> – Read leg Thai Kick (L) Solution: Lead leg Check, drive forward with a jab, cross, lead hook (L), same hook (H) – Lead leg hook kick (H) Solution: step behind with a lead leg hook kick (H) same round kick bear hug, grab from behind and roll back into full mount. 	

Free Style Sparring or Pads
Compete in 2 tournaments...

BEGINNER 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 levels	
Moving Basics	Instructor's Notes
<ul style="list-style-type: none">• Review and sharpen all levels	
Kicks	Instructor's Notes
<ul style="list-style-type: none">• Review and sharpen all levels	
On Line Defensive Movements	Instructor's Notes
<ul style="list-style-type: none">• Review and sharpen all levels	
Forms/Combinations	Instructor's Notes
<ul style="list-style-type: none">• Review and sharpen all levels	
Self-Defense	Instructor's Notes
<ul style="list-style-type: none">• Take Downs:• Throws:• Ground drills:	
Sparring	Instructor's Notes
<ul style="list-style-type: none">• Review and sharpen all levels	

Free Style Sparring or Pads
Compete in 4 tournaments...

WHY POINT MMA?

YOUR BRAIN AND YOUR MIND

Several years ago a medical group was considering a proposal to ban boxing. The reason: head trauma. Obviously boxing has not been banned but now football is under scrutiny. The rules, both formal (personal foul, helmet-to-helmet hit, fifteen yards, automatic first down) and informal (instruction to boys: “heads up”, see what you hit. Don’t lead with your head) have changed. Before concern about head injury in football, physicians observed a type of brain injury in boxers about one hundred years ago. The formal name for this was dementia pugilistica. Nonmedical people gave it another name: punch drunk.

Let us take a close look at this thing we call head trauma. When some of us were young, before seat belts in cars, we sat in the front seat. When our mother was driving and she had to put on brakes, she would throw her right arm across our chests to keep us from going forward and hitting the dashboard. She was aware of one of Newton’s laws of motion: a thing that is moving continues to move. This law of motion has powerful implications for the brain.

If the head is put into motion the brain moves with it. If the head suddenly stops or changes direction, the brain continues to move inside the skull. This movement of the brain gives us the possibility for one of 2 possible events, both of them bad.

EVENT 1: Brain Contusion

Everyone reading this has experienced contusions. A contusion is simply a bruise. Let us think about what happens to human body tissue when there is a bruise. A bruise has color because of bleeding into tissue. Bleeding takes place when blood vessels are torn.

A brain contusion is the result of the brain hitting the inside of the skull. A contusion of the brain takes place at the surface, the outer layer, the cortex. This layer contains the nerve cells called neurons. Neurons are the source of thinking and motion. A contusion is seen as an area of hemorrhage on the surface (cortex) of the brain. Under the microscope, neurons are seen to be injured or dead and surrounded by blood. Injured neurons can become something called an epileptogenic focus. This means an area which gives origin to seizures. About 5% of cases of epilepsy are due to head trauma.

EVENT 2: White matter damage

The cortex of the brain is said to be gray matter. The stuff beneath the cortex is white matter. One can think of the white matter as the “wiring” of the brain carrying messages from one part of the brain to the other. When the brain is accelerated, it experiences something called shearing forces. These shearing forces can make tears or breaks in the white matter. The long “cables” of the brain, called axons are broken. As a result parts of brain no longer communicate with one another. Fortunately, there many cables. However, it is clear none of us wants to lose ANY cables.

The purpose of POINT MMA is to provide a safe activity that young people (and old people) can experience with greater safety than some of the recently popular contests.

Some children today live in a veritable battlefield. Their neighborhood may be a place where they see, or personally experience, violence. If their neighborhood is relatively quiet they may experience turbulence in the home with conflicts between relatives or they may subject to various kinds of abuse. If a major need for a child is to expend energy, how do adults provide a safe means for doing so?

Point MMA is designed to allow people to compete and control at the same time. The child competes to score with punches, kicking, takedowns, and demonstrations of ground skill. In the control component, emotions are held in check and concern is shown for the opponent by not injuring them. The Japanese word judo is derived from two components translating as the gentle way. Point MMA is designed to give wide range of scoring techniques while exhibiting restraint.

If we believe the intensive study of a martial art carries into a person’s larger life, then Point MMA should help with interpersonal conflict, as the student may learn the solution to problem does not have to be the most violent one, or even violent at all. The ability to exhibit calmness may prove lifesaving during a stop by law enforcement officers. If a child operates under circumstances where they are more likely to be stopped by police, such as living in a certain neighborhood, or having a certain skin color, preparation for calmness and courtesy during a stop is critical. The psychological literature about children and young people operating in a high stress environment suggests some of them have what is, in essence, post- traumatic stress syndrome (PTSD). Some of the things seen in persons with PTSD are depression in some people, volatile mood in others, and both depression and volatile mood in others. Anything that can help children energy while emphasizing control and concern for the safety of others could be valuable for children from a variety of backgrounds.

Point MMA is designed to reduce the risk of head trauma, injuries to joints (No locks or techniques that hyperextend limbs) and to allow a child to burn off energy while learning to defend the self. Because head blows are forbidden and blind techniques are illegal, the student learns to concentrate on intense but gentle control.

NUTRITION

- No red meat or pork
- No sugar, artificial sweeteners, glucose, or corn syrup--only natural sweeteners like honey
- No caffeine or soda
- No fried foods (baked, broiled, steamed, roasted is fine)
- No eating after 9 p.m.
- Do Drink plenty of water!!!!!! ½ your body weight.
- Do eat healthy foods, particularly fruits and vegetables
- Do drink lots of water and fresh-squeezed juices

These are suggested meal tips to begin to clean up your diet and see even more benefits of what POINTMMA Krazy Athletics can do for you.



**“POINT MMA KRAZY
MARTIAL ATHLETIC
CHALLENGE GIVES
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

