

# Level and dan Assessment Standards (1<sup>st</sup> Draft)



Asian Mixed Martial Arts Association

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## Chapter 1 Level and Dan assessment

### 1. Score allocation:

The mixed martial arts Level and Dan System Assessment includes both the theoretical assessment (score of 20 marks) and the practical assessment (score of 80 marks). Participants with a comprehensive score of 60 marks or more are considered to have passed the assessment, will be issued with a higher level or dan certificate.

### 2. Scoring method:

- i. In the theoretical assessment, the examiner randomly selects questions from the data bank for the candidate and evaluates them through a question-and-answer format, with scores based on their overall performance.
- ii. In the practical assessment, the examiner evaluates the participant based on the corresponding level of assessment and evaluate the specific performance of the candidate on the drills.

### 3. Assessment materials:

- i. Registration form;
- ii. Current level, dan, promotion date;
- iii. Previous honors obtained.

### 4. Other relevant regulations:

- i. Falsification of application credentials will lead to the revocation of assessment qualifications.
- ii. a) Incomplete applications, b) applications that do not meet the requirements will lead to disqualification from the assessment.

## Chapter 2 Theoretical Question Bank

Score: 20 marks

1. The Asian Mixed martial arts Association (AMMA) was established in 2022. Headquartered in Singapore, it is the only Asian mixed martial arts organization recognized by the Olympic Council of Asia.
2. AMMA is committed to promoting mixed martial arts (MMA) in the Asian region, adhering to the Olympic spirit, and uniting more Asian countries through the sport of MMA.
3. MMA spirit: humility, perseverance, resilience, and friendship.
4. MMA etiquette: Bowing; before lesson commence, coach and students to bow to each other. After the lesson, the coach will announce "Lesson is over"; students will reply "Thank you coach", while bowing to each other.
5. The abbreviation for Asian Mixed Martial Arts Association: AMMA.
6. MMA competition: a) Regular matches with 2 rounds, each round will last for 3 minutes and 1 minute rest between each round. b) The finals will have 2 rounds, with each round lasting 5 minutes and 1 minute rest between each round.
7. MMA competition grounds: On a square arena with a side length of 18m and a height of 0.6m, a square elastic cushion with a side length of 14m and a thickness of 0.06m is laid. The effective competition area is a regular octagonal shape with a diameter of 10m, and the 2m wide part outside the octagonal shape is a protected area.
8. The winning methods of the competition include submission, KO/TKO, decision, disqualification, and opponent foul.
9. MMA competitions use gloves weighing over 4 ounces.
10. The MMA traditional competition attire is made of knitted thickened fabric, with men's sleeveless and women's half sleeved tops wearing belt and long pants. The entire attire (excluding fists and leg protectors) is grippable.
11. The MMA modern competition attire, using wear-resistant and tight-fitting fabrics. The men's attire consists of sleeveless and fight shorts; the women's attire is long sleeved and fight shorts. The entire attire cannot be grabbed.
12. The MMA level is divided into 10 levels, and the dan is divided into 10 dans.
13. Athletes are prohibited from blocking the opponent's mouth and/or nose.

14. There are eight weight categories for men and four weight categories for women in each discipline.
15. On the day of the competition, weigh-in is two hours before the competition.
16. Overweight athletes are disqualified from the competition. Athletes failing to adhere to the prescribed weigh-in schedule will be disqualified from the competition.
17. Throughout the competition, the time allotted for medical assistance to athletes shall not exceed 3 minutes.
18. The end of the competition:
  - The competition time has ended
  - KO/TKO/Submission
  - accumulated 3 out of bounds in a single round from either competitor
  - the assistant threw the towel into the competition grounds
  - during the competition, athletes exit the competition ground without permission; disqualification due to foul
  - time allotted for medical assistance is exhaust
19. When standing, it is prohibited to side kick or push kick the opponent's knee joints.
20. Kicking and knee hitting in the ground position are prohibited on the opponent's head.
21. When turning to spinning back fist, it is forbidden to bend the elbow and hit the opponent.

## Chapter 3 Level Assessment Scores and Assessment Contents

Etiquette (5 points) Striking (20 points) Wrestling (20 points)

Ju-jitsu (20 points) Physical (15 points)

### Level 9 assessment content

#### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

#### 2. Striking

##### a. Footwork:

- i. Sliding step (front and back)
- ii. Stepping (front and back)

##### b. Boxing techniques:

- i. Straight (Jab and Cross)
- ii. Hook (front and back)

#### 3. Ju-Jitsu

- a. Close guard
- b. Side control
- c. Mount
- d. Headlock from turtle guard
- e. Back mount
- f. Butterfly guard
- g. Half guard
- h. North-South position

#### 4. Wrestling techniques

##### a. Basic steps:

- i. Move (forward, backward)
- ii. Move (left, right)

##### b. Basic technique of falling to the ground:

- i. Falling (front and back)
- ii. Falling (left and right)

#### 5. Physical fitness assessment

- a. Shoulder bridge 20 times
- b. Hip escape 20 times
- c. 15 push-ups

## Level 8 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

- a. Boxing techniques:
  - i. Upper hook (front and back)
  - ii. Spinning back fist.
- b. Footwork:
  - i. Stepping (left and right)
  - ii. Cross step (front and back)

### 3. Ju-Jitsu

- a. Close guard: Cross choke from bottom
- b. Side control: Escape from side control with bridge and underhook transit to full back mount
- c. Mount: Armbar from mount position

### 4. Wrestling

- a. Single leg takedown:
  - i. Single leg takedown (head inside) with back step
  - ii. Single leg takedown (head outside) with arm trap
- b. Double legs takedown:
  - i. Double leg takedown (knees on the ground)
  - ii. Leg trap double leg takedown (knees on the ground)

### 5. Physical fitness assessment

- a. V-Ups 20 times
- b. Back extension 20 times
- c. Push-ups 20 times

## Level 7 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Kicking techniques:

- i. Front side kick (low and high)
- ii. Back side kick (low and high)
- iii. Roundhouse kick (low, mid and high)

#### b. Defensive techniques:

- i. Shin block
- ii. Evading by front leg step back
- iii. Bobbing & Weaving (left and right)

### 3. Ju-Jitsu

- a. Close guard: Armbar from bottom position
- b. Side control: Americana shoulder lock from top position
- c. Mount: Mount escape with shoulder bridge and push hip to butterfly guard
- d. Headlock from turtle guard: Anaconda choke from top position

### 4. Wrestling

#### a. Single leg takedown:

- i. Single leg takedown (head inside) with foot sweep
- ii. Single leg takedown (head inside) transfer to double leg takedown

#### b. Double legs takedown:

- i. Transition from double leg to single leg takedown (head inside) with backstep
- ii. Double leg takedown (kneeling position) with direction change (When opponent sprawl to defense)

### 5. Physical fitness assessment

- a. Jump with knee hugs 10 times
- b. Takedown defense 20 times
- c. Crunches 1 min



## Level 6 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Kicks:

- i. Back leg roundhouse kick (low, mid, and high)
- ii. Axe Kick (front & back)
- iii. Push kick (front & back)

#### b. Defensive techniques:

- i. Parry (front & back)
- ii. Single arm block
- iii. Double arm block
- iv. Ducking

### 3. Ju-Jitsu

- a. Close guard: Triangle choke from bottom
- b. Side control: Kimura on north south position
- c. Mount: Triangle choke (leg) from top
- d. Headlock from turtle guard: Escape from bottom with under hook and sweep with butterfly guard.
- e. Back take: Rear Naked Choke

### 4. Wrestling

#### a. Single leg takedown:

- i. Single leg (head outside) switch to double leg takedown
- ii. Single leg (head inside) transfer to waist grip with foot sweep takedown

#### b. Double legs takedown:

- i. Defense double leg takedown with over hook and another hand push opponent's neck.
- ii. Defense double leg takedown with under hook and another hand push opponent's neck.

### 5. Physical fitness assessment

- a. Ground and Pound for 1 minute
- b. Crunches with punches for 1 minute

## Level 5 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Footwork:

- i. Spinning back kick
- ii. Upper kick (front and back)
- iii. Knee strike (front and back)

#### b. Counter techniques:

- i. Attacking with a jab, defensive side defense with parry and counter with front hook
- ii. Attacking with a back hand hook, defensive side block with front arm and counter with back hand straight
- iii. Attacking with lead hand hook, defensive with weave and counter with a back hand straight

### 3. Ju-Jitsu

- a. Close guard: Knee cut leg pass to side control
- b. Side control: Hip escape to butterfly guard
- c. Mount: Ezekiel Choke
- d. Headlock from turtle guard: From headlock transfer to side turtle control. Entry to crucifix position and execute straight arm lock with leg
- e. Back mount: Press opponent's leg and hip sit out to escape transfer to side control
- f. Butterfly guard: Butterfly sweep with over hook to side control

### 4. Wrestling

#### a. Body lock takedown:

- i. Feint with lead hand, then execute a body lock takedown
- ii. Bear hug transfer to standing back take, takedown with front foot sweep

#### b. Gi takedown:

- i. Large hip throw
- ii. Shoulder Wheel takedown

### 5. Physical fitness assessment

- a. High knee punches for 1 minute
- b. Static lunge for 30 seconds each side

## Level 4 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Boxing combination:

- i. Jab + cross
- ii. Front hook + cross
- iii. Cross + front hook

#### b. Kicking combination:

- i. Front leg side kick (mid) + back leg roundhouse kick (mid)
- ii. Front leg roundhouse kick (mid) + Axe kick (back leg)
- iii. Front leg roundhouse kick (low) + spinning back kick

#### c. Counter techniques:

- i. Attacking with jab. Counter with front hand parry and cross.
- ii. Attacking with cross. Counter with front hand parry and back hand hook.
- iii. Attacking with front hook. Counter with back hand block and front hook.

### 3. Ju-Jitsu

- a. Close guard: Guillotine choke
- b. Side control: Sweep with Kimura grip from bottom and entry to side control
- c. Mount: Americana
- d. Headlock from turtle guard: Bottom escape by sit out and take back mount
- e. Back mount: Collar choke
- f. Butterfly guard: Tactic stand up with over hook. Entry to headlock control on top of turtle guard
- g. Half guard: Knee cut from top to mount position

### 4. Wrestling

#### a. Body lock takedown:

- i. Feint with lead hand, entry to bear hug grip, stand up with leg hook takedown
- ii. Bear hug with front waist grip and hip throw

#### b. Gi takedown:

- i. Sweep hip throw

ii. Big outer reap

5. Physical fitness assessment

- a. Rapidly perform 20 double leg
- b. 30 seconds dummy throwing

## Level 3 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Boxing combination:

- i. Cross + Front hand uppercut
- ii. Jab + Cross + front hand hook
- iii. Jab + Cross + front hand uppercut

#### b. Kicking combination:

- i. Front leg roundhouse kick (low) + back leg roundhouse kick (high)
- ii. Back leg roundhouse kick (low) + front leg upper kick
- iii. Front leg side kick (mid) + back leg roundhouse kick (high)

#### c. Counter techniques:

- i. Attacking with front leg roundhouse kick (low). Counter with front leg step back and back roundhouse kick (low)
- ii. Attacking with back hand hook. Counter with front arm block and back hand hit the body.
- iii. Feint with front hand + back leg step in + front leg upper kick

### 3. Ju-Jitsu

- a. Close guard: Omplata
- b. Side control: Arm triangle from top
- c. Mount: Bottom position do hip escape with single leg trap. Get up with underhook and get back mount position
- d. Headlock from turtle guard: Peruvian necktie
- e. Back mount: Bow and arrow choke
- f. Butterfly guard: Underhook sweep to mount
- g. Half guard: Knee cut from top and entry to side control
- h. North-South position: Guillotine choke

### 4. Wrestling

#### a. Hip throw:

- i. Arm drag to back bear hug and side foot sweep takedown.
- ii. Bear hug, feint with leg hook to back foot trap takedown.

#### b. Gi throw:

- i. Attacking with single leg takedown and counter with sweep hip throw
    - ii. Circle throw
  - c. Catch leg takedown:
    - i. Catching front leg roundhouse kick (high), takedown with foot sweep
    - ii. Catching back leg roundhouse kick (high), step in, execute arm trap takedown

5. Physical fitness assessment

- a. Barbell plate swings 30 times
- b. Barbell plate crunch and press 30 times

## Level 2 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

- a. Kicking combination:
  - i. Push kick (front and back, mid)
  - ii. Front leg roundhouse kick (low) + front leg side kick (mid)
  - iii. Front leg roundhouse kick (low) + back leg roundhouse kick (mid)
- b. Boxing and kicking combination:
  - i. Jab + back leg roundhouse kick (low) + front leg upper kick
  - ii. Back hand strike to body + front hand hook + back leg upper kick
  - iii. Front hand hook + back hand hook + front leg roundhouse kick (mid)
- c. Boxing and kneeing combination:
  - i. Jab + knee strike (back leg)
  - ii. Cross + knee strike (front leg)
  - iii. Feint with front hand + jumping knee strike (back leg)
- d. Counter techniques:
  - i. Attacking with roundhouse kick (low). Counter with leg catch and cross.
  - ii. Attacking with jab. Counter with slipping and jab (face)
  - iii. Attacking with straight. Counter with back leg upper kick

### 3. Ju-Jitsu

- a. Close guard:
  - i. Knee shield sweep → Side control
  - ii. Scissor sweep → Mount position
- b. Side control:
  - i. Side control → Scarf hold + Shoulder lock
  - ii. Side control → Mount control + Arm triangle lock
- c. Mount:
  - i. High mount triangle choke
  - ii. Escape mount with should bridge (Control the arm and leg)
- d. Kneeling with head lock:
  - i. Guillotine choke
  - ii. Leg hold transit into side control
- e. Back:



- i. Armbar from back position
  - ii. Armbar from back position
- f. Butterfly guard:
  - i. Sweep with over hook.
  - ii. Push with double foot hook and sweep with over hook
- g. Half guard:
  - i. From the top, leg pull up to three quarter mount
  - ii. Foot lockdown and get up to full back mount
- h. North-South position:
  - i. Guillotine choke with the arm in
  - ii. Ezekiel Choke

#### 4. Wrestling

- a. Gi takedown:
  - i. Full hip throw
  - ii. Advance foot sweep
  - iii. Large Wheel
- b. Leg takedown:
  - i. Catching front leg side kick (mid), foot sweep takedown
  - ii. Catching front leg roundhouse kick (mid), grab ankle and circle throw
  - iii. Catching back leg roundhouse kick (high), step in with foot sweep takedown
- c. Defense against single leg takedown:
  - i. Opponent holds single leg (head inside), defensive party pushes head to the outside with Kimura grip, and throws backwards
  - ii. Opponent holds single leg (head outside), defensive party wraps both hand around waist and throws backwards
  - iii. Opponent holds single leg (head inside), defensive party pushes head, turns and pulls leg

#### 5. Physical fitness assessment

- a. High knee and punches for 20 seconds
- b. Frog jump back and forth for 30 seconds

## Level 1 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Striking

#### a. Boxing combination:

- i. Front hand hook + back hand uppercut + front hand hook
- ii. Jab + Cross + front hand hook
- iii. Jab + Cross + front hand uppercut

#### b. Kicking combination:

- i. Front leg push kick (mid) + axe kick (front leg) + spin back kick
- ii. Front leg roundhouse kick (low) + back leg front push kick (mid) + axe kick (front leg)
- iii. Front roundhouse kick (low) + front leg side kick (mid) + spin back kick

#### c. Boxing and kicking combination:

- i. Jab + back hand hook + front roundhouse kick (mid)
- ii. Front leg roundhouse kick (low) + cross + hook (front hand)
- iii. Front hand hook + cross + front leg roundhouse kick (mid)

#### d. Boxing and kneeing combination:

- i. Straight punch (back hand) + front leg roundhouse kick (mid) + back leg knee strike
- ii. Jab + back leg roundhouse kick (low) + front leg knee strike
- iii. Front hand hook punch + back leg knee strike + front leg roundhouse kick (high)

#### e. Counter techniques:

- i. Front hand feinted and back let step in. Opponent attack with cross, counter with front leg upper kick at the same time.
- ii. Front hand feinted. Opponent attacks with jab, counter with bobbing and jab to opponent's body.
- iii. Back leg roundhouse kick (low). Opponent defense with shin block and cross, counter with front leg upper kick at the same time

### 3. Ju-Jitsu

#### a. Close guard:

- i. Triangle choke with bridge and arm push
- ii. Open close guard with elbow to straight leg lock
- iii. Omoplata + toe hold

#### b. Side control:

- i. Baseball choke from top
  - ii. Straight armlock from side control
  - iii. In scarf hold position, from bottom to over hook opponent's head with leg and transfer to armbar
- c. Mount:
  - i. Hip escape to half guard
  - ii. Shoulder bridge, both hands pushing hips into butterfly guard
  - iii. High mount on the top, escape with hands pushing arm pit and feet pushing arm pit for escape
- d. Headlock from turtle guard:
  - i. Guillotine choke
  - ii. Bottom escape with underhook, sweep to side control
  - iii. Roll with head push to back position
- e. Back:
  - i. Single hand rear-naked choke
  - ii. Sweep with arm hold from turtle guard to side control
  - iii. Calf slicer
- f. Butterfly guard:
  - i. From the top, leg press, pass leg, enter knee on belly
  - ii. From the top, knee cut leg pass
  - iii. From the bottom, over hook sweep to Darce choke
- g. Half guard:
  - i. From the bottom, lockdown sweep to back take
  - ii. Hip escape into butterfly guard
  - iii. Knee shield to triangle choke
- h. North-South position:
  - i. Kimura
  - ii. Kimura transition to armbar
  - iii. Bottom shoulder bridge escape

#### 4. Wrestling

- a. Hip throw:
  - i. Obi
  - ii. Ōsoto-gari
  - iii. Ōuchi-gari
- b. Leg takedown:
  - i. Catching front leg roundhouse kick (mid), switch grip, press neck, leg hook takedown

- ii. Catching back leg roundhouse kick (mid), arm trap takedown
  - iii. Catch front roundhouse kick (mid), switch grip, grip waist, major inner reap
- c. Defense against double leg takedown:
- i. Opponent in kneeling double leg takedown, defensive party take half a step back with back leg and execute a push takedown
  - ii. Kimura trap with backward sweep
  - iii. Neck pressure, underhook, reversal takedown

#### 5. Physical fitness assessment

- a. Continuous frog jumps for 20 seconds
- b. Push-ups for 20 seconds
- c. Burpees for 20 seconds

#### Scoring criteria:

The examiner provides a comprehensive score for candidates based on standardization, proficiency, speed, strength, technical difficulty coefficient, etiquette, expressiveness and smoothness of offensive and defensive transitions in technical movements.

## **Chapter 4 Dan Assessment Scores and Assessment Contents**

Etiquette (5 points) Striking (20 points) Wrestling (20 points)  
Jujitsu (20 points) Physical (15 points)

### **Dan 1 assessment content**

#### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

#### 2. Combination technique

- a. Feint with a Jab → double leg takedown with leg trap + ground and pound 3 times
- b. Feint with a back hand hook → step in and single leg takedown → leg pass → side control
- c. Feint with a jab → double leg takedown with leg trap → leg pass → side control + Americana

#### 3. Physical fitness assessment

- a. Continuous lunge jumps for 30 seconds
- b. Continuous squats with kicking for 30 seconds

## **Dan 2 assessment content**

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Combination technique

- a. Feint with a jab → double leg takedown with leg trap → ground and pound 3 times in half guard
- b. Feint with a jab → drop knee to bear hug grip and takedown → leg pass → side control + ground and pound 3 times
- c. Jab + Cross → single leg takedown with foot sweep → leg pass → side control + Americana
- d. Feint with front hand hook → double leg takedown → transit to standing back take position to lift takedown → back mount → rear naked-choke

### 3. Physical fitness assessment

- a. Perform 10 squats while carrying a person
- b. Elevated feet push-ups 20 times

### **Dan 3 assessment content**

#### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

#### 2. Combination technique

- a. Feint with a jab → drop knee to bear hug grip → major inner reap + 3 times ground and pound in open guard
- b. Feint with a cross → single leg takedown (head on the inside) → pull up with foot sweep take down → knee on belly + 3 times ground and pound
- c. Large hip throw → from side control transit to North-South position control + North-South choke
- d. Catching a front leg roundhouse kick (mid), switch hands, neck press, foot sweep takedown → transition to side control + baseball choke
- e. Catch a back leg roundhouse kick (mid), arm trap takedown → leg pass → transition to side control + Americana

#### 3. Physical fitness assessment

- a. Front roll + sprawl + double leg takedown 10 times
- b. Wrestling stance + standing back take lifting 10 times

## **Dan 4 assessment content**

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Combination technique

- a. Attacking with double leg takedown, defense with kimura trap and sweep → control in North-South + kimura
- b. Attacking with double leg takedown, defense with neck press and underhook takedown → side control + Americana shoulder lock
- c. Attacking with shoulder wheel takedown, side control, defense with hip escape to butterfly guard + sweep + mount + armbar
- d. Attacking with sweep hip throw, side control, defense with kimura trap and shoulder bridge roll from bottom into side control + Kimura
- e. Bear hug takedown from back → control from the side of turtle guard + 3 times ground and pound → back mount + rear naked choke
- f. Attacking with major inner reap, defense with close guard + kimura

### 3. Physical fitness assessment

- a. Walking back and forth while carrying person for 30 seconds
- b. Perform 10 squats while carrying person



## Dan 5 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Combination technique

- a. Large hip throw with neck grip → scarf hold + arm triangle
- b. Large Wheel → side control + 3 times ground and pound + transition to knee on belly + straight arm lock
- c. Knee strike in clinch → double leg transition to single-leg takedown (head on the inside), backstep takedown → side control + 3 ground and pound → mount + armbar
- d. Catch back leg roundhouse kick (mid), step in with foot sweep takedown → open guard position + 3 times ground and pound → leg pass → mount → back control + rear-naked choke
- e. Major inner reap → 3 times ground and pound in opening guard position → leg pass → transition to side control + lift and turn into a armbar
- f. Foot sweep takedown → half guard → mount control → back control + bow and arrow choke
- g. Attack with major inner reap, defense with close guard + armbar

### 3. Physical fitness assessment

- a. Perform 20 squats while carrying someone
- b. Perform 30 squat jumps

## Dan 6 assessment content

### 1. Etiquette

Before the assessment begins and after the assessment, bow to the examiner and partners.

### 2. Combination technique

- a. Catch opponent's back leg roundhouse kick (mid) → arm trap takedown → side control → arm control with leg press + side rear-naked choke
- b. Attacking with double leg takedown, defense side entry to closed guard → sweep with knee shield → transition to side control → from the top with a straight arm lock
- c. Attacking with large wheel → side control, defense with underhook sit up → back control + rear-naked choke
- d. Single leg backstep takedown → side control, defense with underhook sit up → back control from the side + Dacre choke
- e. Attacking with double-leg takedown → North-South position control, push hip to defense transit to turtle guard → single leg takedown from turtle guard → transition to side control + arm triangle choke
- f. Attacking with bear hug takedown from back → back control from the side, defense with underhook and sweep → side control + 3 times ground and pound → knee on belly + armbar
- g. Attacking with double underhook control, defense with large wheel → side control + 3 times ground and pounds → transition to mount control + American
- h. Attacking with single leg takedown (head on the inside) with waist grip + foot trap → entry to half guard position, defense side use the shoulder and neck, performing a single shoulder bridge roll → side control → mount + high mount triangle choke transitioning to an armbar

### 3. Physical fitness assessment

- a. Perform rope skipping for 1 minute
- b. Perform 10 consecutive knee to chest jump

## Higher Dan assessment

Level	Simulated real combat in MMA				Etiquette
	Combination technique	Wrestling technique	Ground submission technique	Time	
<b>7 Dan</b>	Demonstrate two types of techniques in each discipline			Within 2 minutes	Complete according to the command. Before the assessment begins and after the assessment, bow to the examiner and partners
<b>8 Dan</b>	Demonstrate three types of techniques in each discipline			Within 3 minutes	
<b>9 Dan</b>	Demonstrate four types of techniques in each discipline			Within 4 minutes	
<b>10 Dan</b>	Individuals who have made special contributions to the promotion of mixed martial arts, such as long-term involvement in organizing MMA events, athlete development, public outreach or editing relevant literature.				

Scoring criteria:

The examiner provides a comprehensive score for candidates based on standardization, proficiency, speed, strength, technical difficulty coefficient, etiquette, expressiveness, and smoothness of offensive and defensive transitions in technical movements.