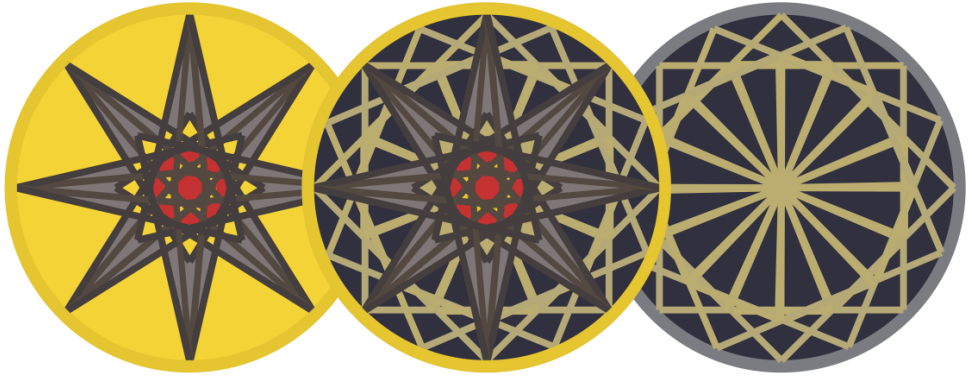


Eclipse Style - Mixed Martial Arts

Intro to Youth Mixed Martial Arts

Program created by: Tyler E. Yeager



ECLIPSE STYLE MMA

1st Rank - Test Prep Guide

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Congratulations on becoming a new member of the Eclipse Style mixed martial arts program.

As a new student, you have the privilege to test for ranks. This document will guide you through test prep.

Here is what to expect from the: 1st Rank / RI Test:

Each student's test will have 5 stages.

These stages will have one subject the student will tested on.

Subjects include but are not limited to:

Stances	Forms	Techniques	Drills
Strength	Cardio	Knowledge	Discipline

How do testing scores work?

Students must earn 7 out of 10 points to pass the 1st Rank Test. Each stage is worth a potential 2 out of 2 points.

Scoring rules:

Zero 0

Student did not complete the requirements for the stage's task or their performance or behavior was unsatisfactory or poor.

One 1

Student completed the requirements for the stage's task.

Two 2

Student completed the requirements with exceptional skill or effort displaying above average or remarkable abilities or conduct.

Test Score Sheet

		Student Name
Student Details	Current Rank	Unranked
	Last Test	n/a
	Test Result	n/a
Testing Details	type	1st Rank Test
Stage #1 -	Subject Type	
	Score (out of 2)	
	Notes:	
Stage #2 -	Subject Type	
	Score (out of 2)	
	Notes:	
Stage #3 -	Subject Type	
	Score (out of 2)	
	Notes:	
Stage #4 -	Subject Type	
	Score (out of 2)	
	Notes:	
Stage #5 -	Subject Type	
	Score (out of 2)	
	Notes:	
Final Test Score	Points earned	0
	Points Possible	10
	Pass or Fail?	

Fitness	Cardio	Drills
<p style="text-align: center;">Planks</p> <p>Students will hold a straight back while on all fours.</p>	<p style="text-align: center;">Sprint Sets</p> <p>Students will perform cycles of sprints in place from a runner's stance.</p>	<p style="text-align: center;">Flow Drill</p> <p>Student w/ Partner – A 4 part drill students take turns attacking and defending attempting to tag the other.</p>
<p style="text-align: center;">Monk's Squat</p> <p>Students will squat with thighs flat and both hands pressed out from the body.</p>	<p style="text-align: center;">Power/Globe Jumps</p> <p>Students jump from a crouched position, reach high and land back in a crouch</p>	<p style="text-align: center;">Grapple Drill</p> <p>Student w/ partner engage in a light contact grapple attempting to get the other on the floor.</p>
<p style="text-align: center;">Push-ups</p> <p>Students will be asked to perform either knee or full body push-ups.</p>	<p style="text-align: center;">Burnouts</p> <p>Students will use all offensive movements to continuously attack the punching bag or pad for a fixed time.</p>	<p style="text-align: center;">Walk the Line</p> <p>All Students form a long line. The tested student will travel down the line and receive an attack from each and must defend and counter attack. They cannot proceed until they block and counter attack everyone in the line.</p>
<p style="text-align: center;">Seal Crawls</p> <p>Students will use their forearms to pull their body across the floor without the usage of their legs.</p>	<p style="text-align: center;">Maelstrom / Cyclone</p> <p>Students run the ring around the room and then are stopped to perform cardio or techniques.</p>	<p style="text-align: center;">The Bear Pit</p> <p>A Student will stand in the center of a ring of their classmates. They will defend themselves against students attempting to attack them from any side.</p>
<p style="text-align: center;">The Moon</p> <p>Students will stand their ground against an incoming wave of pressure.</p>	<p style="text-align: center;">Mountain Climbers</p> <p>Students raise their knees while on the floor.</p>	<p style="text-align: center;">Call and Act</p> <p>The instructor will ask the student to display a technique and they must respond without hesitating.</p>



Martial Teaching and Concepts

Elipse Style MMA has two primary symbols for the program which are also teaching tools.
Known casually as the Sun and the Moon.
These two symbols are designed as tools called Combat Compasses

Solar Combat Compass

(The Aggressive Star)



This symbol contains an 8-point star, which references the 8 cardinal directions. These 8 points contain all the offensive attack angles you will learn and use in this program.

This compass is a Visual aid to guide students to understand the footwork and attack angles they will employ across multiple martial disciplines.

The center of the compass is a sun crest, which directs the attention of fighters to the middle of the icon and by extension their own field of view with arrows moving outward to expand their field of vision from the central point.

Lunar Combat Compass

The Defensive Star)

This symbol contains a weave of 4 interlocking polygons, all of which directly Relate to a defensive move.

If overlaid on the solar crest, each line displays a direct counter or block to each of the offensive strikes and moves taught in this program.

This is the second visual aid that guides students to understand the defensive footwork, blocks* and guards they will learn and perform across each martial discipline in this program.

The center of this compass is a single fixed point built on all the overlaid defensive lines, which will center the vision of the fighter and direct their eyes inward to control a central line of Sight.



How to use a combat compass



A Combat Compass is a visual guide.

It is designed to train your brain to memorize attack angles. Focus your eyes on a central point.

This point is the center of both the Solar and Lunar compasses. All 8 points equate to 8 angles of attack.

Use this guide to expand your attack options.



A Combat Compass can display attacks, blocks, and dodges.

You can visualize a compass with the center beneath your feet.

The lines of either shape can guide or suggest moments that are either defensive or aggressive.

A release step back or a pursuing diagonal step is displayed within the shape and lines of the Lunar Compass.

Final Notes:

Testing is a critical step in learning and personal growth.

By attempting to display knowledge and skill we gain wisdom. Be proud of the work that has brought you here.

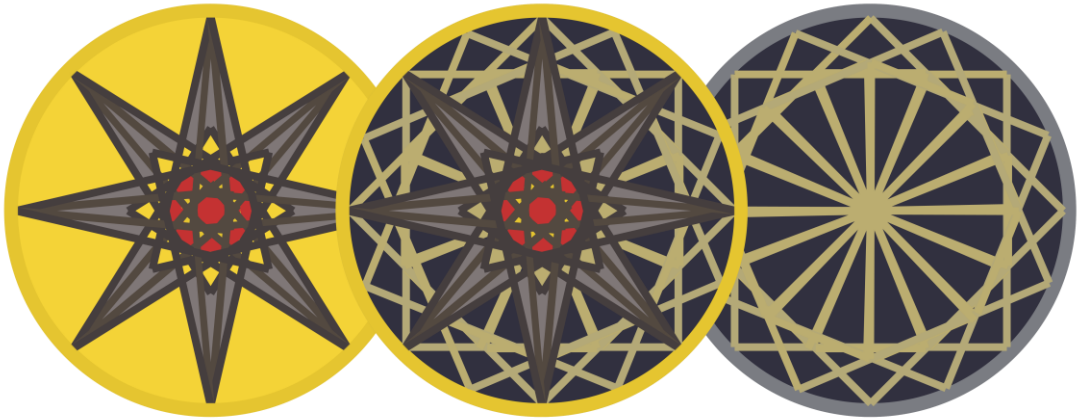
The path ahead is only just beginning.

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Eclipse Style MMA School and martial arts program
hosted by Eclipse MMA at Clayton Parks and Rec Facilities.



ECLIPSE STYLE MMA

If you have any questions about any items in this program or that were not covered please reach out to me.

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Index – Test and Program terms and definitions

Key Word	Context	Definition
Neutral Stance	Stances	Both feet are parallel, front facing, and lined up under your knees, no further out than your shoulders.
Side Neutral	Stances	From Neutral Stance, one foot is a half-step forward, while both feet are facing diagonally from the lead Toe.
Front Stance	Stances	From Neutral Stance, one foot is a full step forward, while the back foot slightly bends to the outside.
Grapple Ready	Stances	Back Straight, squat position with both hands chambered at your sides. Alt - Locking hands with your partner.
Ground Defense	Stances	Two Versions - On Back, knees tucked, head braced or arms clutched inside. On side, Pivot on one hip, higher leg chambered and lower arm lifting torso and giving the fighter the ability to rotate.
Point Balance	Balance	Student stands on fixed position point(s) and receives or performs techniques while maintaining balance.
Sumbrada	Form	Kali form with partner for empty hand, single, and duel wielding. Displays basic to advanced attacks, blocks, and parries.
Siu Lum Tao	Form	Wing Chun 1st form - Solo - Displays basic attacks, defenses, and parries.
Solar 8	Form	Eclipse 1st Offense Form - Displays attacks across all ranges and angles of solar combat compass.
Lunar 8	Form	Eclipse's 1st Defense Form - Displays Blocks, parries, and redirects across all ranges and angles of lunar combat Compass.
Punches	Technique	4 Parts of closed fist, display straight and round attacks with accompanying footwork.

Upper Cut	Technique	Punch or palm delivered upwards in a vertical or offset rising strike to target.
Hammer Fist	Technique	Closed fist delivered downwards from high to mid or low.
Backfist	Technique	Counter attack - striking the targets body or limbs with the back knuckles of a closed fist.
Palms	Technique	Open Hand, fingers and thumb together and straight with no gaps.
Elbow Strike	Technique	Round attack by outside elbow, keep palm out while performing.
Elbow Spear	Technique	Straight attack by the sharpest edge your elbow. Apply to soft tissue like nerves, inside joints, or thick muscle.
Straight Kick	Technique	Straight kick, 4 parts, apply impact with heel of foot.
Round Kick	Technique	Round attack, 3 parts, drive power from hips, impact with top of foot or shin.
Side Kick	Technique	Straight Kick from the side of the body, chamber into waist before firing.
Knees	Technique	Knees can be delivered with momentum and hip motion soft targets.
Slap Block	Technique	Use an upright palm to intercept and deflect an income attack, the motion of the strike is outwards diagonally from the body.
Split Block	Technique	Palm, knuckles facing down, and arm bend at 120 degrees in center of body, blocks round attacks targeting head and upper body.
Rising Block	Technique	Outward facing palm, thumb down, with elbow facing out and arm bend, with supporting hand will make an upright palm on hovering over the elbow.

Leg Lift Block	Technique	Kick Interception/Block, Lift your leg leading with Knee: can be inside, outside, or neutral.
Shield Block	Technique	Open Palm and bend elbow braces the side of the head making a triangle with the arm. Blocks a fast and close attack to the side of the head.
Threading Hand	Parries	Spear hands, palm down, and intercept limbs, and joints after deflection or blocking an attack. Hands can weave under or over each other to trap, deflect, or control an opponent's limbs.
Knuckle Parry	Parries	Closed fist knuckles leading outward, strike limbs and soft targets to interrupt opponents attacks.
Hook Hand	Parries	From Mantis-style, bent wrists, with fingers braced together pointing towards the floor. Gap is meant to catch and trap attacks.
Wrist Strike	Counter	Hook Hand form but after catching an attack, attack into soft tissue with the large bone of your bent wrist.
Leg Block into Kick	Counter	After Blocking a Kick with a leg lift, counter attack with a straight kick with the defending/chambered leg.
Elbow Spear Interruption	Counter	An opening attack or counter, drive an elbow spear into soft vital points. On round punch, spear into Triceps, throat, or solar plexus then take the offensive.
Flow Drill	Drill	Partners trade attacks and blocks in an infinite loop. Persona A Attacks, Person B Blocks, Person B Attacks, Person A Blocks, and then the loop resets.
Push Hands	Drill	Partners stand in a small ring, lock grips and attempt to break the other's stance and get them out of the ring to win.

The Bear Pit	Drill	One Student stands in a center of the large fighting ring and students will stand on the edge and take turns challenging the student in the center to a single point sparring match, Either the Winner or loser stays. Then repeat.
Work The Yard	Drill	Class or Solo - Students advance the length of the room or space while practicing one or more techniques. Once one end is reached, the students turn back and start again.
Walk the Line	Drill	All but one students form a long straight line, the one student will travel down the line receiving an attack from every student but they cannot move on until they can block an attack from each, this continues until the end of the line is reached.
Court of Pikes	Drill	All other students will form two straight parallel lines across the room or space. The student will travel through the two lines and receive attacks randomly by the students. The student will receive and attack and cannot move on until they counter attack the student who initially attacked them. When the tested student passes two students, they must immediately run down to the far end of the lines extending it until obstructed or instructed to stop.
Push Ups	Strength	Back straight, all fours on the floor, press evenly up and down from and to floor.
Planks	Strength	Push up ready position without movement. Endurance exercise for core.
Burpees	Strength	Push up down and up then transition into an upright vertical jump then back down to another push up, cycling until done.
Monk's Squat	Strength	Back straight, core engaged, knees bent, feet straight under knees and solders, thighs are flat and arms are extend out straight with palms out.

Wall Mount	Strength	Squat but with back braced against a wall. Also known as Wall Sit.
Seal Crawl	Strength	Travel across floor on arms only with legs braced together but not supporting weight.
Low Floor Press	Strength	Known as a Sphinx, low push up form with arms and core engaged, roll backward and forward in low stance.
Leg Lifts	Strength	Laying on Back, bind legs together, and lift them straight up and lower them without touching the floor and repeat.
Crunch	Strength	Knees bent inwards and core tightening as you attempt to lift your chest. Avoid bending your neck or back.
Ab Brace and Pivot	Strength	Knees bent, feet flat on floor, on your back, cross your arms and lift your chest off the ground and lean, left, forward, or right then back down.
Pull the Sled	Strength	Student will push a weighted sled or pull it with a rope.
Fireman Carry	Strength	Student carries a partner of nearly equal size/weight by clasped arms/hand across their chest, student drags them while moving backwards.
Sprint Sets	Cardio	Student(s) enter sprint ready stance and then perform sprints across the room back and forth.
Power Jumps	Cardio	Student(s) squats then Jumps up with legs opened out and attempts to reach full extension in air.
Jump Jacks	Cardio	Student leaps with legs outward while clapping hands above and repeats.
Hurdles	Cardio	Student runs in place and jumps laterally when instructor says a specified word like "Jump"
Burnouts	Cardio	Student uses attacks non-stop on a pad held by instructor until they exhaust themselves.

Speed bag	Cardio	Rapid fire chaining straight punches rotating from top to bottom.
Centurion Set	Cardio	Instructor will ask student to perform a technique 100 times continuously.
School Lore	Knowledge	Student will be asked to explain the symbols of the program such as but not limited to: combat compass, sun, moon, eclipse..
Q &As	Knowledge	Instructor will ask student to answer questions on a subject.
Scenarios	Knowledge	Instructor will set up a stock combat, conflict, or situation that the student must navigate as a test of problem solving.
Conduct	Discipline	Student will be judged and monitor for their behavior during their and others testing periods.
Gauging	Discipline	Gauge is the intensity and level of power given by a fighter. Gauging is the process of increasing or decreasing that level of intensity and effort based on instruction, judgement, and the situation.
Attention & Listen	Discipline	The instructor will test and bait the student to determine if they are focused and listening during or before the test.
Respect	Discipline	Students exhibit respect through their behavior, which is a willful choice. Recognizing seniority, being honest, internalizing humility, viewing your peers as equals, and choosing to value treating others well.

Self-Control	Discipline	Awareness of yourself and ability to resist the urges to act poorly. Your morality and your actions must be aligned in all things you do. If you cannot control yourself when faced with temptation, then your vices and desires will control you. If you cannot control yourself, then you are at the mercy of your own hunger and there is no discipline in this form of living.
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The road to strength, skill, and power is filled with temptation and distraction. Growth and Maturity are linked by the ability to resist indulgence, temper anger, and choose the moral option. Many great fighters are ruined by their inability to defeat their own demons. As your power grows, so too will the desire for the worst vices, recognize them, and stand strong against temptation, wrath, greed, and the darkness of your heart.

If you are able to conquer your demons and keep them in check, then your journey to strength and great acts will be noble, true, and long-lasting.

These truths will live in your heart.

Trust your heart, your peers, your seniors and we will get stronger together.