

ECLIPSE STYLE MMA

RANK 2 TEST

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## Eclipse Style Mixed Martial Arts – Rank 2 Test Preparation Study Guide

### **Eligibility for Test**

The prerequisite for this test is the R1 / Rank 1 test. This is a mandatory requirement.

If you have not taken and passed the R1 and received a certificate from Eclipse Style MMA, you are not eligible to take this test.

### **Exception rule:**

Students who passed their R1 test via the Youth: Intro to MMA program during the fall/winter of 2022 are except from the requirement to present a certificate.

### **Equipment Requirements:**

All students who schedule and attempt to take the R2 Test are required to bring and submit for inspection the below equipment before testing.

#### **Acceptable Helmets**

Full Helmet w/ Face Cage

Full W/O

Semi Helmet w/ Mouth Guard

#### **Acceptable Gloves**

Boxing Gloves (18 oz. - 6 oz.)

MMA Gloves w/ knuckle padding

#### **Personal Protective Equipment**

Cup (If applicable)

### **Conduct Requirements:**

Behavior during, waiting for, or observing testing must be respectful and considerate.

Excessive talking, disruptive behavior, or rude or unsportsmanlike conduct will not be accepted and will result in a warning to the party. If further behavior continues after the warning is issued, the student or party will be dismissed from the class, room, and session for that day.

If a student is dismissed before their test, they will automatically forfeit their test time for that day. They will need to apply again for another test date.

### **Last Notes:**

We test to display skill, knowledge, and growth. Show respect to your classmates, parents, instructors and peers during this period. It is an honor to reach new ranks and with them comes new privileges, opportunities, and responsibilities. Remember to be humble and honest.

If you have any questions about the above sections or related items not mentioned, please let me know.

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## Rank 2 Test Contents

The test will contain items from the R1 Test as well as new unique subjects.

There are 10 stages in this test, each with a subject you will be tested on.

Each student's test will be different.

**These subjects will include but are not limited to:**

Stances	Form & Balance	Offense Techniques	Defense Techniques	Parties & Counters
Drills	Strength	Cardio	Knowledge	Discipline

### Stage Scoring Rules:

Each Stage is worth a potential 2 out of 2 points.

#### Zero 0

Student did not complete the requirements for the stage's tasks.

The Student's performance or behavior was unsatisfactory or poor.

#### One 1

Student completed the requirements for the stage's tasks.

#### Two 2

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

### Score Requirement to Pass

A student must score 17 out of 20 points to pass the Rank 2 Test.

### Rank 2 Belt

Students who pass the R2 Test will be awarded their own White Belt.

### Rank 2 students become eligible for:

Belt Stripes and Marks

Advanced techniques and training.

Senior Student Privileges

### Last Notes:

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### Rank 2 Test Stage Subjects

	Subject:	Potential Contents				
1	<b>Stances</b>	Neutral Stance	Side Neutral (Right & Left)	Front Stance (Left & Right)	Grapple Ready	Ground Defense
2	<b>Form &amp; Balance</b>	Point Balance	Sumbrada	Siu lum Tao	Solar 8	Lunar 8
3	<b>Offense Techniques</b>	Punches (Straight, Round, U. Cut, Hammer, Backfist)	Palms (Push, Up, Side, Down, Double)	Elbows (All 8 Angles, Spear)	Kicks (Straight, round, Side)	Knees (Straight, Round, Side)
4	<b>Defense Techniques</b>	Slap Block	Split / Splitting Block	Rising Block	Leg Lift Block	Triangle / Shield Block
5	<b>Parries &amp; Counters</b>	Threading Hand	Backfist / Knuckle Parry	Hooking Hand into Wrist Strike	Raised Leg Block into Counter Kick	Elbow Spear Interruption
6	<b>Drills</b>	Flow Drill	Push Hands	The Bear Pit	Work the Yard	Walk the Line / Court of Pikes
7	<b>Strength</b>	Push-ups and Planks, Burpees	Monk's Squat, Wall Mount.	Seal Crawl and Low Floor Press	Leg Lifts, Crunch, Ab Brace and Pivot	Pull the Sled or Fireman Carry
8	<b>Cardio</b>	Sprint Sets	Power Jumps, Jump Jacks, Hurdles	Burnouts	Speed Bag - Chain Punch	Centurion Set (100 of X)
9	<b>Knowledge</b>	School Lore and Symbols	Q & A on Techniques	Fundamentals	Q & A on Stances & forms	Scenarios
10	<b>Discipline</b>	Conduct	Gauging	Attention / Listening Bait	Respect to peers	Self Control

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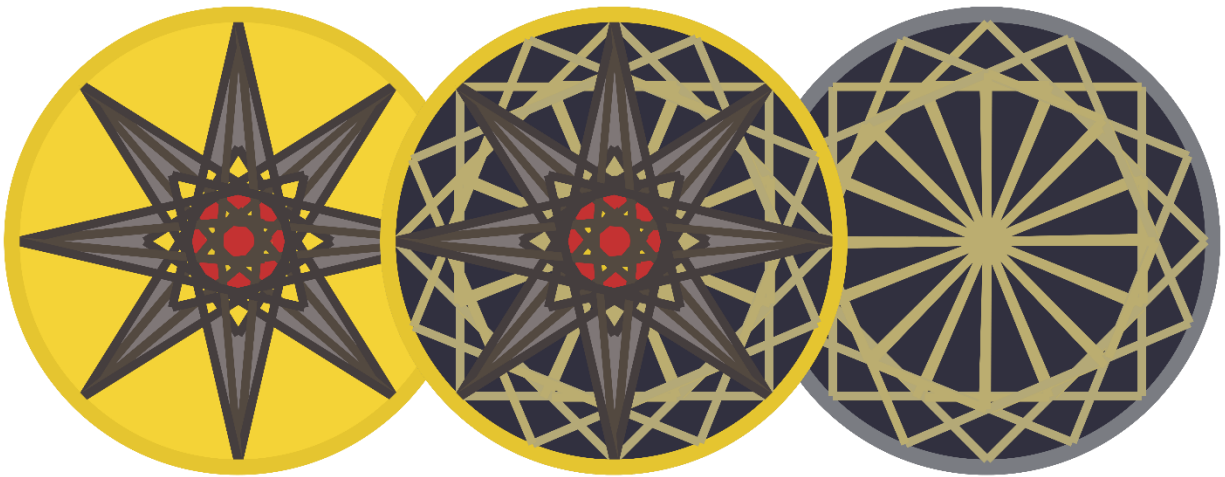
### **Final Notes on Rank 2 Test:**

The Rank 2 Test is real 1<sup>st</sup> step on your journey through martial arts.

The status of Rank 2 signifies Growth, Endurance, and Resolve.

All Tests past this point will expand upon the concepts touched on in this test.

Once you receive your white belt you will keep it and decorate it with stripes and marks that represent the skills and knowledge you have gained.



**ECLISE STYLE MMA**

I wish you all the best on your test.

Train hard, ask questions, and remember to breath.

You have made it hear by your ability to: Listen, Learn, and Perform.

If you need any help or clarification reach out to me.

Tylereyeager@gmail.com or 610-331-8413

Tyler E. Yeager – Master

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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.

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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 a 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, 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.

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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. Person 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.

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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.

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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.

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.

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