

Warrior Women Test

Drill 1: Standing techniques

Base

- Moving in base: front, back, side and pivot.
- Base against push and pull. Back and front push.
- Blocking an attacker.
- Breaking fall and standing up in base.

Bear Hugs

- Front bear hug: under arms. x2
- Front bear hug: over arms.
- Rear bear hug: under arms. x2
- Rear bear hug: over arms.

Punch Defense

- Helmet deployment drill. x3
- Moving in base and punch defense.
- Punch defense against wall.

Strikes

- Slap strike.
- Palm strike.
- Elbow strike. Front and back.
- Knee strike.
- Side kick strike.
- Head butt strike.

Wrist Escapes

- Standard wrist escapes. x3. Add strikes.
- Inverted wrist escapes. x3. Add strikes.
- Cross escapes and low inverted.
- Hair grab defense.

Choke Escapes

- Front choke escape. Add strike.
- Neutral rear choke escape.
- Pull back rear choke escape.

Wall Defense

- Two hand choke against the wall. x2
- One hand choke against the wall.
- Shoulder pin against the wall. Add strike.

Tackle Defense

- Tackle defense: block and knee.
- Tackle defense: block and guillotine.
- Tackle defense: guillotine from guard.



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Drill 2: Guard techniques

Standing up

- Standard standing.
- Knee shield standing.
- Hands pinned standing.
- Choke standing.
- Hips controlled standing.
- Fake quit trick.

Punch Survival

- Level 1: choke and punch defense.
- Level 1: strikes and achieving an angle.
- Level 2: defense and up kick.
- Level 3.
- Level 4.

Open Guard

- Open guard, side to side, low and up kick.
- Block entry.
- Break fall and block entry.
- Ankle release x3. Leg recovery.
- Getting back up from open guard.

Submissions

- Guillotine submission.
- Sneaky choke.
- Armlock.
- Triangle choke.
- Rear naked choke.



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Drill 3: Mount and Side Mount techniques

Mount Escapes - Upa

- Upa and reach to knees, solo.
- Punch defense. Add get up.
- Choke escape. Add get up.
- Wrist pin escape. Add get up.

Mount Escapes - Elbow

- Elbow escape, heel drag.
- Elbow escape, unhooking legs.
- Elbow and upa escape combination.
- Upa and elbow escape combination.

Side Mount Escapes

- Side mount escape, early re-guard, standing attacker.
- Side mount escape, early re-guard, kneeling attacker.
- Side mount, punch survival.
- Side mount re-guard, opponent holding.



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Drill 4: Last resort escapes

Standing wrist grab and front bear hugs

- Wrist grab.
- Front bear hug, under arms, no frame and no hand on chin option.
- Front bear hug, picked up under arms.
- Front bear hug, picked up over arms.

Standing rear bear hugs

- Rear bear hug, under arms drop.
- Rear bear hug, picked up under arms.
- Rear bear hug, under arms, attacker keeps the hug.
- Rear bear hug, over arms drop.
- Rear bear hug, over arms picked up.

Ground

- Arm drag defense, one and two arms.
- Hair drag defense.
- Side mount escape.
- Knee on belly escape.
- Mount escape.
- Tackle defense: sprawl.



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Drill 5: Free Flow

For four (4) minutes, a partner will be giving the student different forms of attacks and the student should respond with the appropriate defense.

We'll be evaluating the student reflexes. It's ok if the technique is not quite perfect but the reaction has to be immediate.

If the student takes more than 3 seconds to respond, a point will be deducted.

The "attacker" should have a reasonable level of intensity, not so easy and not so hard.

At the same time, there should be no announcing of the attack. The only time where communication is allowed would be to facilitate different positions, e.g. "could you go to the wall?", "could you go to the ground?", etc.

The attacker should give indicators from different positions: standing, mount, guard and side mount.

The student should flow from one technique to the other. E.g. when escaping mount using elbow escape they will be in guard, from there they should use a guard technique, etc.

Students should only use the techniques taught in the Warrior Women course.

If the time runs out and the student is in the middle of a technique, go ahead and finish the move.

Be aware of your breathing and show us that you can remain calm under pressure.

There should be no edits or cuts in the video. The drill (and all previous drills) should be recorded in one take. It's ok to record each drill on different days and submit them separately.

Let us know if for whatever reason such as an injury or a medical condition the student is unable to execute a particular technique.

Student starts with a score of 100 and gets a point deduction for major mistakes in the execution of techniques in drills 1-4; or lack of reflexes in drill 5, Free Flow.

The passing score is 85.

