



MALTA

Martial Arts Leadership Training Association



Grabs Certification Manual



GRABS

Beginner

Testing points

Rotation 1

1

#2

#3

Wrist Escape	Twist wrist towards thumb	Keep elbow close to body	
Push	Step back slightly	Not grabbing their wrist	Bending almost same time as striking with the knee
Single Wrap	Step past their side on a 45 degree	Forearm goes past the elbow	Punch with palm up

NOTES



GRABS

Beginner

Testing points

Rotation 2

1

#2

#3

Two Hand Choke	Raise hand straight up	Drop weight into horse stance	Palm monitors their arm
Double Wrap	Step between the legs	Arm goes all the way around	Punch with palm up
Arm Twist Behind the Back	Grab them first	Make arm go above the shoulder	Pull them in for the side kick

NOTES



GRABS

Beginner

Testing points

Rotation 3

1

#2

#3

Bear Hug	Slide hips	Drop weight fast	Palms up 1 st 2 elbows
Bear Hug Take Down	Left leg step out	Concentrate on “locking” their arm	Their elbow comes to your center
Bulldog	Step back as your hands go out palms up	Grab their chin and hair	“Scootch” along with them as needed.

NOTES



GRABS

Intermediate

Testing points

Rotation 1

1

#2

#3

Front Twist Off	Understand there is always a stun	Their	Palms up 1 st 2 elbows
Pinkie Up	The Grip	Make the wrist bend tightly	Use chest for leverage
Break Elbow	Hug hands	Step into horse stance	Drop elbow on the way to your center

NOTES



GRABS

Intermediate

Testing points

Rotation 2

1

#2

#3

Sleeper Choke	Hit two points, shoulder and elbow	Your elbow needs to be under their chin	Squeeze with the "vise"
Sleeper Choke Escape	Grab their elbow	Drop straight down, near leg up	Your finger goes to your center
Side Headlock	Turn face into their side	Grab elbows and step	Punch a straight punch while hanging on

NOTES



GRABS

Intermediate

Testing points

Rotation 3

1

#2

#3

Fulcrum Sweep	Step 45	Grab kicking shoulder	Turn $\frac{3}{4}$ turn
Hook Sweep	Step 45 and turn your back	Step behind their ankle	Walk through them
Parry Sweep	“Hollow out”	Grab shoulder	Soccer kick their calf

NOTES



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GRABS

Pre-Black

Testing points

Rotation 1

Knives

1

#2

#3

Straight - Karate	Step slide in	Lock up your arm and break their wrist	$\frac{3}{4}$ turn
Straight Aikido	Step Forward	Bring their hand to your center	Roll their pinkie to your center

NOTES



GRABS

Pre-Black

Testing points

Rotation 2

Knives

1

#2

#3

Slash Karate	Block/grab	Lock their elbow	Horse stance
Slash Aikido	Shake hands lopsided	Keep shoulders lower than theirs	Block them from rolling

NOTES

GRABS

Pre-Black

Testing points

Rotation 3

Knives

1

#2

#3

Point to Throat	Drop fast	Second hand smashes in	Roll their pinkie to your center
Point in the Back	Step away 45 degrees	Other hand gets on quick	Step behind their leg at the end
Around the Throat From Rear	Grab wrist thumb on top	Swim with other arm	Keep their hand in contact with your chest

NOTES
