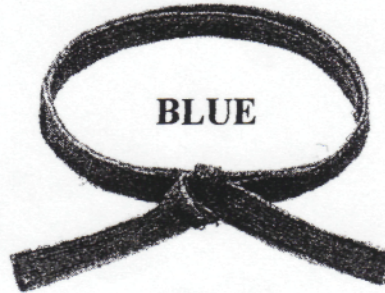




World Martial Arts Centers



The World Martial Arts Creed

I come to you with Martial Arts, empty hands, I have no weapons, I mean you no harm, but should I be forced to defend myself, my dignity or my honor, should it be a matter of right or wrong, life or death, I come to you with Martial Arts, empty hands.

Time in Grade: **minimum of 3 months.**

Clean Uniform with patches.

Courtesies: Bow, Kneeling & Meditation positions

Stances: Ready, Attention, Straddle, Fighting, Back, Forward Stances, (A) Moving Forward & Backward, Turning Around, Cat Stance, X Stance, Crane.

Punches: ALL.

Open Hand Strikes: Spear Hands.

Elbow Strikes: ALL

Knees: ALL

Kicks:

Front: ALL

Round Kick: ALL

Side Kick: ALL

BACKKICK: STANDING, STEPPING, SLIDING, SPINNING.

Defenses: Low, Middle, High & with a Reverse Punch.

Both Sides, Moving Forward & Backward, Inside, Outside, with Reverse Punch..

Footwork: Slide, Stepping, Lunge, (A) Switch Step. Spin, Skip, Shuffle.

Fighting Techniques:

6 Feints, Fakes

Jab

Cross

Jab/Cross

Backfist

Reverse Punch

Backfist/ Reverse Punch

Jab/Standing Front Kick

Jab/Standing Front Kick/Jab/Reverse Punch

Jab/Cross Stepping Front Kick

Jab/Cross Stepping Front Kick/Jumping Front Kick

Backfist/Slide Round Kick

Backfist/Slide Round Kick/Backfist/Reverse Punch

Backfist/Standing Side Kick

Lunge Backfist

Lunge Backfist/Reverse Punch

Jab/Cross/Spinning Round

Jab/Cross/Spinning Side

Jab/Cross/Front Kick/Jab/Cross/Round Kick

Jab/Cross/Front Kick/Jab/Cross/Side Kick

(A) Jab/Switch Step Round/Cutkick

(A) Jab/Switch Step Round/Jab/Cross/Cutkick

Jab/Cross/Front/Jab/Cross/SpinRound/Spin Back kick/Backfist/Reverse Punch.

Backfist/Slide Side/Spinning Back Kick.

SlideJab/Reverse Punch.

Step Through Double Punch.

Step Through Triple Punch.

Roll Backfist/Reverse

Jab/Round/Jab/Cross/Inside Sweep/Hook

Overhand Right/Step Outside Sweep/LeftPunch

ONE STEPS:#1, 2, 3, 4, 5,.

ATTACKING DRILLS:#1 Jab, Cross, Front Kick, Jab, Cross, Side Kick, Spinning Backkick, Backfist, Reverse Punch, Jump Front Kick, **Lunge Backfist, Spinning Backfist, Reverse Punch.**

Mat Work: Neck Throw, Body Drop, Reversals, In Guard, Escape from Guard, Side Head Locks (2)

Self Defense Techniques: (A) Knife Defense Rear (2), Gun Defense Rear (2).

PASS _____ **FAIL** _____