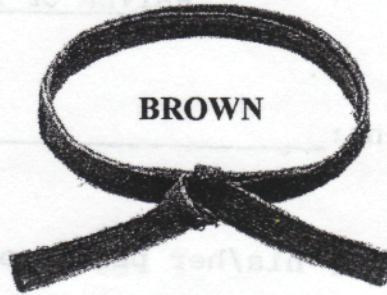


## World Martial Arts Centers



**Time in Grade: (6 months) minimum of 3 months for 5th Green, 3 months for 4th Brown.**

**Clean Uniform with standard WMAF patch & flag.**

**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: ALL  
 Elbow Strikes: ALL  
 Knees: ALL

**Kicks:**  
 Front: ALL  
 Round Kick: ALL  
 Side Kick: ALL  
 Inside Crescent Kick:  
 Outside Crescent Kick:

**Jumping Inside Crescent:**  
**Jump Spinning Inside Crescent:**  
 BACK KICK: STANDING, STEPPING,  
 SLIDING, SPINNING, JUMP SPINNING.  
**HEEL KICKS:** Standing, Sliding.

**Defenses:** Low, Middle, High & with a Reverse Punch.  
 Both Sides, Moving Forward & Backward, Inside, Outside,  
 with Reverse Punch, Reinforced Middle, Low Chops.

**Footwork:** Slide, Stepping, Lunge, (A) Switch Step.  
 Spin, Skip, Shuffle. Combinations of all.

**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  
**SlideJab/ Stepping Reverse Punch**  
**Roll backfist, Reverse Punch**  
**Jab Punch, Inside Crescent, Outside Crescent**

**Attacking Drill #2: SlideJab/ Stepping Reverse,  
 Punch Roll Backfist, Reverse Punch, Frontkick,  
 Jab, Cross, Inside Crescent Kick, Jump Spinning  
 Inside Crescent, Spinning Backfist, Reverse Punch,  
 Ridgehand, Uppercut.**

**ONE STEPS:** #1, 2, 3, 4, 5, 6, 7, 8,.

**Mat Work:** Control in Guard, Escape(s) from Guard,  
 Triangle, Arm Bars from Back, Leg Locks.

**Self Defense Techniques:** 6 CHOKES, (A) Knife  
 Defense Front (4), Gun Defense Front, Side, Rear (2).

**PASS** \_\_\_\_\_ **FAIL** \_\_\_\_\_