



World Martial Arts Centers



Time in Grade: (6 months) minimum of 3 months for 7th Blue, 3 months for 6th Green.

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:

BACKKICK: STANDING, STEPPING, SLIDING, SPINNING, JUMP SPINNING.

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, Spinning Backfist,
Reverse Punch.

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

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: 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.

PASS _____ FAIL _____