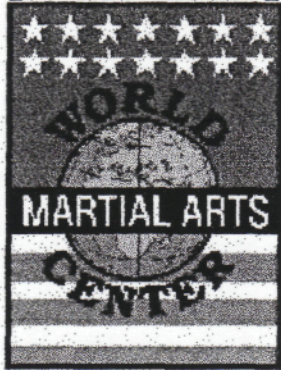
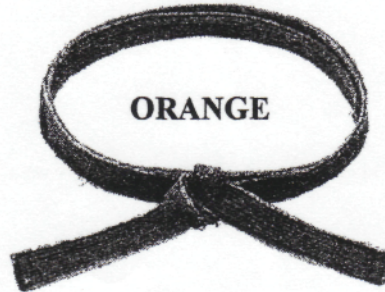


DANNY LANE'S



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.

Punches: Horizontal, Vertical, Uppercut, (A) Hook (A) Double Uppercut, Over Hand, Spinning Backfist.

Open Hand Strikes: Palm Heel, Eye Gouge, Knife Chop, Reverse Chop, Web Hand, Center Chop, Reverse Upward Chop, Ridgehand.

Elbow Strikes: Cross, Reverse, Upward, Downward, Spinning Reverse Low, Spinning Reverse High, Over the Top.

Knees: Front, Rear, (A) Switch Step/Front, Switch Step/Front/Rear

Kicks: Front: Snap, Thrust, Standing, Sliding, Stepping, Jumping, Flying.

Round Kick: Standing, Sliding, (A) Cutkick, Spinning, **Jumping, Flying.**

Side Kick: Standing, Sliding, Spinning, Flying

BACKKICK: STANDING, STEPPING, SLIDING, SPINNING

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

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.

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

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

Mat Work: Forward Fall, Shoulder Throw (3), Reversals, Pull Downs (front, rear). Submissions from mount.

Self Defense Techniques: Wrist Grabs front, rear (2),(A) Knife Defense (2), Gun Defense (2)

PASS _____ **FAIL** _____

Comments: