



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

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

Elbow Strikes: Cross, Reverse, Upward, Downward

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

Side Kick: Standing, Sliding, Spinning, Flying

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

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

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

ONE STEPS:#1, 2.

ATTACKING DRILLS:#1 Jab, Cross, Front Kick, Jab, Cross, Side Kick.

Mat Work: Back Fall, Forward Roll, Back Roll, Side Fall, Outside Sweep, Inside Sweep, (A) Hip Throw, Escape from Mount.

Self Defense Techniques: Two Hand Choke to Neck, Two Hand Grab, (A) From Behind.

Front Bear Hug, Rear Bear Hug (A) 2 each.

Counter to Rear Choke (A) 2 each

PASS _____ FAIL _____

Comments: