



World Martial Arts Centers



Time in Grade: **(6 months) minimum of 3 months for 3rd Brown, 3 months for 2nd Red.**

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, 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

Jab, Slide Heel,

Dive Punch, Rear Leg Heel, Backkick

Jab, Cross, Hook, Spinning Heel

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, **Cross Elbow, Spinning Elbow, Jump Spin Bottom Fist, Drop Punch, Backroll.**

ONE STEPS: #1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Mat Work: Free Style with all.

Self Defense Techniques: By Command.

PASS _____ FAIL _____