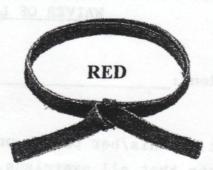


World Martial Arts Centers



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 Cresent:
3ACK KICK: STANDING, STEPPING,
SLIDING, SPINNING, JUMP SPINNING.
HEEL KICKS: Standing, Sliding, Spinning.

Defenses: Low, Middle, High & with a Reverse Punch. 3oth 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
3ackfist/ 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 Cresent, 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