



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.

RULES & REGULATIONS

"Rules and Regulations" of conduct for use inside the studio

1. No profanity in studio.
2. No smoking in studio.
3. Only approved shoes are to be worn on mat.
4. Everyone will bow before entering and when leaving mat.
5. All instructors will be addressed as Mister, Mrs., or Miss.
6. When a higher Black Belt member enters a studio with a class in session the instructor will stop the class, and acknowledge his presence by having the class bow to him or her.
7. No student shall join or leave class in progress without instructor's permission.
8. Students will not free spar without protective cup
9. No student will ask or challenge a higher grade belt to free spar.
10. No jewelry will be worn during class.
11. Students will not chew gum during class.
12. Students will always work out in a clean uniform.
13. Students will always keep fingernails and toenails trimmed.
14. No student will test for promotion if behind on lessons or payments.
15. Students must have a minimum of 20 hours documented classes per testing cycle to test. Private lessons and lower classes count.

Time in Grade: minimum of 2 months.

Clean Uniform with patches.

Courtesies: Bow, Kneeling & Meditation positions

Stances: Ready, Attention, Straddle, Fighting, Back, (A) Forward Stances.

Punches: Horizontal, Vertical, Uppercut

Open Hand Strikes: Palm Heel, Eye Gouge

Elbow Strikes: Cross, Reverse

Knees: Front, Rear

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

Round Kick: Standing, Sliding, (A) Cutkick.

Side Kick: Standing, Sliding, Flying

Defenses: Low, Middle, High & with a Reverse Punch.

Footwork: Slide, Stepping, Lunge.

Fighting Techniques: 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.

Mat Work: Back Fall, Forward Roll (A) Back Roll

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

PASS _____ FAIL _____

Comments: