



EAGLE CURRICULUM

Leopard Series

ATTACK

Two Handed Push

Review:

Left Round Punch

Review:

REQUIRED TECHNIQUES

Hooking Twigs

Delayed Sword & Inward Defense A & B

Shielding Hammer

Returning Mace

FREE STYLE COMBINATIONS

Adv. Leopard: Lunging Back Fist / Reverse Punch / Ridge Hand Strike

Review - Lion, Cobra, Mongoose, Crane

KATA

Traditional Form #1 Complete

Review: Universal Form #1 Extended

KICKS

Front Kick (Lead Leg and Rear Leg)

Side Kick (Lead Leg and Rear Leg)

Round Kick (Lead Leg and Rear Leg)

Back Kick (Lead Leg and Rear Leg)

BLACK BELT CLUB MATERIAL

ADVANCED KICKS: Crossover Kicks * Jump Kicks

BBC KATA: Short Form One/Stick Kata: 7, 7, Turn, 3



Required Equipment: All Sparring Gear, Current UMAA Membership