



Adult Level One – Eagle Cycle

| <u>ATTACK</u> | <u>SCENARIOS</u> | <u>Attack from:</u> |
|---|--|----------------------------|
| Grab Fundamentals Review: | Sword and Hammer Sword in Return – Delayed Sword | 3:00 |
| Push Fundamentals Review: | Aggressive Twins Parting the Sea - Rolling Mace | 12:00 |
| Punch Fundamentals Review: | Windmill Guard (R) Kick in Return – Sword of Defense | 1:30 |
| Kicks Fundamentals Review: | Deflecting Hammer (R) Deflecting the Branch | 7:30 |
| Hugs / Holds Fundamentals Review: | Spreading the Branch Circling Twig | 12:00 |

BLACK BELT CLUB TECHNIQUES

| | | |
|-----------------------|-------------------------------|--------------|
| Chokes / Locks | Passing the Horizon | 9:00 |
| Club | Checking the Storm (L) | 10:30 |

KATA

The Eagle Series One

White belts Short Form One

Yellow belts Long Form One

Orange belts Short Form Two

BASIC KICKS

Front Kick (Lead Leg and Rear Leg)

Side Kick (Lead Leg and Rear)

Round Kick (Lead Leg and Rear Leg)

Back Kick (Lead Leg and Rear Leg)

SPECIALTY KICKS

Hop Kick

Spin Back Kick

Required Equipment:

White: Hand Pads, Shin Pads, Notebook, (Men: groin cup)

Advanced White: UMAAI Membership

Yellow & Advanced Yellow: All of the above plus foot pads, head gear and mouth piece

Orange & Advanced Orange: All of the above plus rib guard



Adult Level Two – Eagle Cycle

ATTACK

SCENARIOS

Kata from:

Grab

Series One Review:

Obscure Sword

Sword and Hammer

6:00

3:00

Push

Series One Review:

Parting Wings

Aggressive Twins

3:00

12:00

Punch

Series One Review:

Raining Claw

Windmill Guard

1:30

1:30

Kicks

Series One Review:

Buckling Branch

Deflecting Hammer

10:30

7:30

Hugs / Holds

Series One Review:

Crashing Wings

Spreading the Branch

9:00

12:00

Chokes / Locks

Series One Review:

Captured Leaves

Passing the Horizon

7:30

9:00

Club Attacks

Series One Review:

Evading the Storm

Checking the Storm

1:30

10:30

KATA

The Eagle - Series One & Two
Bo Strikes & Defenses

Black Belt Club Bonus Katas: Long Two & Sho Bo, Judo Throw – O Soto Gari

Required Equipment: Notebook, Current UMAAI Membership, All Safety gear, Escrima Sticks, Bo Staff



Adult Level Three – Eagle Cycle

ATTACK

Grab

Series One & Two Review:

SCENARIOS

Raking Mace

Sword and Hammer 3:00 & Obscure Sword 6:00

12:00

Push

Series One & Two Review:

Kneel of Compulsion

Aggressive Twins 12:00 & Parting Wings 3:00

1:30

Punch

Series One & Two Review:

Shield and Mace

Windmill Guard 1:30 & Raining Claw 1:30

4:30

Kicks

Series One & Two Review:

Circle of Doom

Deflecting Hammer 7:30 & Swinging Pendulum 10:30

7:30

Hugs / Holds

Series One & Two Review:

Tripping Arrow

Spreading the Branch 12:00 & Crashing Wings 9:00

10:30

Chokes / Locks

Series One & Two Review:

Fallen Cross

Passing the Horizon 9:00 & Captured Leaves 7:30

4:30

Club Attacks

Series One & Two Review:

Capturing the Storm

Checking the Storm Left 10:30 & Evading the Storm 1:30

12:00

KATA

The Eagle - Series One & Two & Three

Bo Strikes & Defenses * Bo Kata

Judo Throw – O Soto Gari

Red Belts: Short Form Three

Brown Belts: Long Form Three

Required Equipment: Notebook, Current UMAAI Membership, Shin Guards, Hand Pads, Mouth Piece (Men Groin Cup), Head Gear, Foot Gear, Forearm Pads, Rib Guard, Escrima Sticks, Bo Staff



Adult Provisional Black – Eagle Cycle

| ATTACK | Techniques | <u>Attack from</u> |
|---|---|---------------------------|
| Left Hand Rear Belt Grab Review Grabs: | Menacing Twirl L1 Sword and Hammer 3:00, L2 Obscure Sword 6:00, L3 Raking Mace 12:00 | |
| Two Handed Push from the Rear Review Pushes: | Leap from Danger L1 Aggressive Twins 12:00, L2 Parting Wings 3:00, L3 Kneel of Compulsion 1:30 | |
| Left Uppercut Punch Review Punches: | Glancing Wing L1 Windmill Guard 1:30, L2 Raining Claw 1:30, L3 Shield and Mace 4:30 | |
| Right Straight Across Wrist Grab Review Kicks: | Glancing Spear L1 Deflecting Hammer (R) 7:30, L2 Buckling Branch 10:30, L3 Circle of Doom 7:30 | |
| Front Attempted Tackle Review Hugs & Holds: | Intercepting the Ram L1 Spreading the Branch 12:00, L2 Crashing Wings 9:00, L3 Tripping Arrow 10:30 | |
| Right Step through Front Kick Followed by a Right Straight Punch Review Chokes and Locks: | Unwinding Pendulum L1 Passing the Horizon 9:00, L2 Captured Leaves 1:30, L3 Fallen Cross 4:30 | |
| Left Straight Punch, Followed by a Right Straight Punch Review Clubs: | Circling Fans L1 Checking the Storm (L) 10:30, L2 Evading the Storm 1:30, L3 Capturing the Storm 12:00 | |

KATA

All Animal Forms - Series One & Two & Three (Solid on level 1 complete). All Traditional forms Short 1- Long 3, Bo Kata, Strikes and Defenses, Stick Drills