



Youth Level One – Crane Series

ATTACK

Left Hand Lapel Grab

Fundamentals Review:

Full Nelson

Fundamentals Review:

Rear Two Handed Grab

Fundamentals Review:

SELF DEFENSE TECHNIQUES

Lone Kimono

Delayed Sword

Scraping Hoof

Rolling Mace

Menacing the Mule

Sword of Defense

FREE STYLE COMBINATIONS

Crane 1 - Vertical Punch / Shuffle Front Snap Kick

Review - Lion, Cobra, Mongoose, Tiger

KATA

White Belts – Universal Form One

Yellow Belts – Universal Form One Extended

Orange Belts – Universal Form One Advanced

BBC Members: Short Form One

BASIC 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:

Technique - Rear Head Lock: **The Grip**

Advanced Kicks: Half Round, Switch Kicks, Crescents

Kata: Traditional Short Form One Weapon: Nunchaku

Combination: Spinning Crane

Required Equipment:

White: Hand Pads, Shin Pads, Notebook, (boys groin cup), **Adv. White:** UMAA membership

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

Orange: All of the above plus rib guard.



Youth Level Two – Crane Series

ATTACK

Right Cross Push

Review:

Right Round Punch

Review:

Left Front Kick

Review:

Right Overhead Club

SELF DEFENSE TECHNIQUES

Glancing Salute

Lone Kimono, Delayed Sword

Five Swords

Scraping Hoof, Rolling Mace

Deflecting Hammer

Menacing the Mule, Sword of Defense

Checking the Storm (Right)

FREE STYLE COMBINATIONS:

Crane 1. Vertical Punch / Shuffle Front Kick

Crane 2. Vertical Punch/ Switch step half round/ Reverse punch

Crane 3. Back fist, shuffle round (mid / high), pull drag spin back kick

ADVANCED KICKS: Half Round * Pull Drag Kicks * Spin Crescent * Pull Drag Spin Back Kick

KATA

Coordination Set

Bo Strikes & Defenses 5-10, Ni Bo

Green Belts & above: Bow Kata

BLACK BELT CLUB REVIEW MATERIAL:

Right Head Lock: The Grip Weapon: Nunchaku

**Please have all required equipment: All sparring gear, Bo Staff & Escrima Sticks.
Please make sure your UMAA membership is current.**



Youth Level Three - Crane Series

ATTACK

Left Front Kick

Review:

Hand Shake/Wrist Hold

Review:

Rear Two-Hand Choke

Review:

Right Roundhouse Club

Review:

REQUIRED TECHNIQUES

Breaking the Branch

Lone Kimono, Glancing Salute, Delayed Sword

Gift in Return

Scraping Hoof, Five, Swords, Rolling Mace

Cross of Defense

Menacing the Mule, Deflecting Hammer left, Sword of Defense

Defying the Storm

The Grip, Checking the Storm Right

KATA:

"The Crane"

| | | |
|----------------|------------------------|-------|
| Grab | Lone Kimono | 12:00 |
| Push | Glancing Salute | 10:30 |
| Punch | Five Swords | 9:00 |
| Kicks | Deflecting Hammer (L) | 7:30 |
| Hugs / Holds | Scraping Hoof | 4:30 |
| Chokes / Locks | The Grip | 6:00 |
| Club | Checking the Storm (R) | 1:30 |

REVIEW KATAS: Bo Kata - Coordination Set

FREE STYLE COMBINATION

Crane 1. Vertical Punch / Shuffle Front Kick

Crane 2. Vertical Punch / Switch step half round/ Reverse Punch

Crane 3. Back fist, shuffle round (mid / high), pull drag spin back kick

ADVANCED KICKS:

Half Round * Pull Drag Kicks * Spin Crescent * Pull Drag Spin Back Kick

Grappling: Mount and Guard, Positions 3 and 4

JUDO & STICK DRILLS

JUDO: MOROTO SAONAGE * Nunchaku * BO STRIKES AND DEFENSES

Required Equipment: Blue Gi, Bo Staff & Escrima Sticks. Make sure your UMAA membership is current.

Make Flash Cards of All Current Techniques * Keep a push up and sit up log



Junior Black - Crane I

ATTACK

REQUIRED TECHNIQUES

Two Handed Right Wrist Grab
Review level 1

Darting Mace
Lone Kimono
Scraping Hoof
Menacing the Mule
The Grip

Two Handed Midsection Push
Review level 2

Snaking Talon
Glancing Salute
Five Swords
Deflecting Hammer Left
Checking the Storm Right

Left Step through Punch
Review level 3

Shield and Sword
Breaking the Branch
Gift in Return
Cross of Defense
Defying the Storm

Right Overhead Club

Escape the Storm

FREE STYLE COMBINATION

Crane 1: Vertical Punch / Shuffle Front Kick

Crane 2: Vertical Punch /Switch Half Round Kick/Reverse Punch

Crane 3: Back Fist /Shuffle Middle/High Round Kick/ Spin Pull Drag Back Heel

Crane 4: Jab/ Cross/Rear to Front chicken /360 Side/Step through Axe Kick

KATA

Crane I & II, Short form 2

Review: Universal 1 complete, Coordination set 1

"The Crane" Series 1 and 2

| | | | |
|------------------------|-------|---------------------|-------|
| Lone Kimono | 12:00 | Darting Mace | 12:00 |
| Glancing Salute | 10:30 | Snaking Talon | 10:30 |
| Five Swords | 9:00 | Shield and Sword | 4:30 |
| Deflecting Hammer (L) | 7:30 | Breaking the Branch | 1:30 |
| Scraping Hoof | 4:30 | The Gift in Return | 12:00 |
| The Grip | 6:00 | Cross of Defense | 1:30 |
| Checking the Storm (R) | 1:30 | Defying the Storm | 10:30 |



Junior Black - Crane II

ATTACK

Right Step through Front Kick

Review level 1

Right Hand Shake

Review level 2

Rear Attempted Choke

Review level 3

Right Overhead Club

Review level 4

REQUIRED TECHNIQUES

Defensive Cross

Lone Kimono

Scraping Hoof

Menacing the Mule

The Grip

Broken Gift

Glancing Salute

Five Swords

Deflecting Hammer Left

Checking the Storm Right

Escape from Death

Breaking the Branch

Gift in Return

Cross of Defense

Defying the Storm

Escape the Storm

Darting Mace

Snaking Talon

Shield and Sword

FREE STYLE COMBINATION

Crane 1: Vertical Punch / Shuffle Front Kick

Crane 2: Vertical Punch/Switch Half Round Kick/Reverse Punch

Crane 3: Back Fist / Shuffle Middle/High Round Kick/ Spin Pull Drag Back Heel

Crane 4: Jab/ Cross/Rear to Front chicken /360 Side/Step through Axe Kick

KATA

Crane I, II & III, Short Form # 3, Coordination set # 2 / Review: Universal 1 complete, Coordination set 1

"The Crane" Series 1 and 2

| | | | |
|------------------------|-------|---------------------|-------|
| Lone Kimono | 12:00 | Darting Mace | 12:00 |
| Glancing Salute | 10:30 | Snaking Talon | 10:30 |
| Five Swords | 9:00 | Shield and Sword | 4:30 |
| Deflecting Hammer (L) | 7:30 | Breaking the Branch | 1:30 |
| Scraping Hoof | 4:30 | The Gift in Return | 12:00 |
| The Grip | 6:00 | Cross of Defense | 1:30 |
| Checking the Storm (R) | 1:30 | Defying the Storm | 10:30 |



Junior Black – Crane III

ATTACK

Left Straight Wrist Grab
Review level 1

Right Step through Punch
Review level 2

Left Step through Punch
Review level 3

Right Overhead Club
Review level 4

REQUIRED TECHNIQUES

Gripping Talon
Lone Kimono
Scraping Hoof
Menacing the Mule
The Grip

Circling the Horizon

Glancing Salute
Five Swords
Deflecting Hammer Left
Checking the Storm Right
Twirling Hammers
Breaking the Branch
Gift in Return
Cross of Defense
Defying the Storm
Escape the Storm
Darting Mace, Defensive Cross
Snaking Talon, Broken Gift
Shield and Sword, Escape from Death

FREE STYLE COMBINATION

Crane 1: Vertical Punch / Shuffle Front Kick

Crane 2: Vertical Punch/Switch Half Round Kick/Reverse Punch

Crane 3: Back Fist / Shuffle Middle/High Round Kick/ Spin Pull Drag Back Heel

Crane 4: Jab/ Cross/Rear to Front chicken /360 Side/Step through Axe Kick

KATA

Crane I, II & III, Long Form 3, Coordination set 2

Review: Universal 1 complete, Coordination set 1

“The Crane” Series 1,2, and 3

| | | | | | |
|------------------------|-------|---------------------|-------|----------------------|-------|
| Lone Kimono | 12:00 | Darting Mace | 12:00 | Gripping Talon | 12:00 |
| Glancing Salute | 10:30 | Snaking Talon | 10:30 | Circling the Horizon | 6:00 |
| Five Swords | 9:00 | Shield and Sword | 4:30 | Twirling Hammers | 4:30 |
| Deflecting Hammer (L) | 7:30 | Breaking the Branch | 1:30 | Defensive Cross | 3:00 |
| Scraping Hoof | 4:30 | The Gift in Return | 12:00 | Broken Gift | 1:30 |
| The Grip | 6:00 | Cross of Defense | 1:30 | Escape from Death | 4:30 |
| Checking the Storm (R) | 1:30 | Defying the Storm | 10:30 | Escape the Storm | 6:00 |