



Adult Level One – Leopard Series

<u>ATTACK</u>	<u>TECHNIQUES</u>	<u>Attack From:</u>
Grab Fundamentals Review:	Crossing Talon Sword in Return - Delayed Sword	12:00
Push Fundamentals Review:	Repeating Mace Parting the Sea - Rolling Mace	10:30
Left Round Punch Fundamentals Review:	Shielding Hammer Kick in Return – Sword of Defense	9:00
Kicks Fundamentals Review:	Thrusting Salute (Right) Deflecting Branch (Right Side)	7:30
Hugs / Holds Fundamentals Review:	Striking Serpent Circling Twig	6:00

FREE STYLE COMBINATIONS

Leopard 1: **Lunging Back Fist / Reverse Punch**
(Advanced; Lunging Back Fist / Reverse Punch / Ridge hand)
 Review - Lion, Cobra, Mongoose

Kicks: Flying Side Kick * Round House (Ball of Foot) * Stomps * Lead Leg Hook

BLACK BELT CLUB TECHNIQUES

Chokes/Locks	Locked Wing	1:30
Club	Checking the Storm (L)	10:30

KATA

Traditional Kata: White Belts: Short One Yellow: Long One Advanced Orange: Short Two
International Kenpo Kata: “The Leopard Series One”

Required Equipment:

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

Advanced White: UMAA 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.

BLACK BELT CLUB MATERIAL

Chokes / Locks: Locked Wing Ju Jitsu: Figure Four Arm Lock - Escrima – Stick Kata 7, 7, turn, 3

Club Attack: Checking the Storm (Right Side)



Adult Level Two – Leopard Series

<u>ATTACK</u>	<u>TECHNIQUES</u>	<u>Attack From:</u>
Grab Fundamentals Review: Level One Review:	Twin Kimono Sword in Return - Delayed Sword Crossing Talon 12:00	12:00
Push Fundamentals Review: Level One Review:	Twist of Fate Parting the Sea - Rolling Mace Repeating Mace 10:30	9:00
Punch Fundamentals Review: Level One Review:	Sleeper Kick in Return – Sword of Defense Shielding Hammer 9:00	1:30
Kicks Fundamentals Review: Level One Review:	Retreating Pendulum Deflecting Branch (Right Side) Thrusting Salute 7:30	12:00
Hugs / Holds Fundamentals Review: Level One Review:	Spiraling Twig Circling Twig Striking Serpent 6:00	4:30
Chokes / Locks Fundamentals Review:	Flight to Freedom Locked Wing 1:30	1:30
Club Level One Review:	Returning The Storm Checking The Storm (left) 10:30	4:30

FREE STYLE COMBINATIONS

Leopard 1: **Lunging Back Fist / Reverse Punch / Ridge hand**

Leopard 2: **Jab / cross / shuffle front kick / step through half-round / spin back heel**

KATA

Traditional Form: Long 2 (Section B)

International Kenpo Form: Leopard Series 1 & 2

Technique Form 1, Sho Bo, Strikes & Defenses: 1-4

Kicks

Muay Thai Downward Round * Upward Hook * Downward Hook

Required Equipment: Notebook, Current UMAA membership, All Safety gear, Escrima Sticks, Bo Staff.

BLACK BELT CLUB MATERIAL

Chokes / Locks: Locked Wing Ju Jitsu: Figure Four Arm Bar Escrima – Stick Kata 7, 7, turn, 3

Club Attacks Returning Storm
Level One BBC Review: Checking the Storm (Right)



Adult Level Three – Leopard Series

<u>ATTACK</u>	<u>SCENARIOS</u>	<u>ATTACK FROM:</u>
Grab Fundamentals Review: Sword in Return - Delayed Sword Review: Crossing Talon 12:00 /Twin Kimono 12:00	Obscure Claws	4:30
Push / Punch Fundamentals Review: Parting the Sea - Rolling Mace Review: Repeating Mace 10:30 /Twist of Fate 9:00	Back Breaker	3:00
Punch Fundamentals Review: Kick in Return – Sword of Defense Review: Shielding Hammer 9:00 /Sleeper 1:30	Circling Defense	9:00
Kicks Fundamentals Review: Deflecting Branch (Right Side) Review: Thrusting Salute 7:30 /Retreating Pendulum 12:00	Bowling Buddah	6:00
Hugs / Holds Fundamentals Review: Circling Twig Review: Striking Serpent 6:00 /Spiraling Twig 4:30	Twirling Sacrifice	4:30
Chokes / Locks Review: Locked Wing 1:30 /Flight to Freedom 1:30	Heavenly Ascent	10:30
Club Attacks Review: Checking the Storm left 10:30 /Returning the Storm 4:30	Circling the Storm	12:00

FREE STYLE COMBINATIONS

- Leopard 1: **Lunging Back Fist / Reverse Punch / (Adv. – Ridge hand)**
- Leopard 2: **Jab / Cross / shuffle front kick / step through half- round / spin back heel**
- Leopard 3: **Hook kick / front crossover half-round / spin back heel**

KATA

- Traditional Forms: Reds: Short 3 (A) Browns: Long 3 (A)**
- International Kenpo Form: Leopard Series 1, 2 & 3**
- Review Katas: Technique Form 1, Sho Bo, Strikes & Defenses (1-4)**
- Kicks: Jump Spin Crescent * Iron Broom * Scissor Take Down * Side Chicken**

BLACK BELT CLUB MATERIAL

- Chokes / Locks: Locked Wing * Judo: **Tai-otoshi** * Ju Jitsu: Figure Four Arm Bar *
- Escrima – Stick Kata 7, 7, turn, 3
- Club Attacks: Circling the Storm Review: Checking the Storm & Returning Storm
- Required Equipment: Notebook, Shin Guards, Hand Pads, Mouth Piece (Men Groin Cup), Head Gear, Foot Gear, Forearm Pads, Rib Guard, Escrima Sticks, Bo Staff.



Adult Provisional Black – Leopard Cycle

ATTACK	Techniques	<u>Attack from</u>
Left Hand Rear Belt Grab Review Grabs:	Menacing Twirl L1 Crossing Talons 12:00, L2 Twin Kimono 12:00, L3 Obscure Claws 4:30	
Two Handed push from the Rear Review Pushes:	Leap from Danger L1 Repeating Mace 10:30, L2 Twist of Fate 9:00, L3 Back Breaker 3:00	
Left Uppercut Punch Review Punches:	Glancing Wing L1 Shielding Hammer 9:00, L2 The Sleeper 1:30, L3 Circling Destruction 9:00	
Right Straight Wrist Grab Review Kicks:	Glancing Spear L1 Thrusting Salute (R) 7:30, L2 Retreating Pendulum 12:00, L3 Bowing Buddha 6:00	
Front Attempted Tackle Review Hugs & Holds:	Intercepting the Ram L1 Striking Serpent 6:00, L2 Spiraling Twig 4:30, L3 Twirling Sacrifice 4:30	
Right Step through Front Kick Followed by a Right Straight Punch Review Chokes and locks:	Unwinding Pendulum L1 Locked Wing 1:30, L2 Flight to Freedom 1:30, L3 Heavenly Ascent 10:30	
Left Straight Punch, Followed by a Right Straight Punch Review Clubs:	Circling Fans L1 Checking the Storm (L) 10:30, L2 Returning the Storm 4:30, L3 Circling the Storm 12:00	
Left Straight Punch, Followed by a Right Straight Punch	Entwined Maces	

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



Adult 1st Degree – Leopard Cycle

ATTACK

**Right Cross Wrist Grab
Wrist and Shoulder grab
from both sides**

Review Grabs: L1 Crossing Talons 12:00, L2 Twin Kimono 12:00, L3 Obscure Claws 4:30,
PB Menacing Twirl

Left Cross Push

Review Pushes: L1 Repeating Mace 10:30, L2 Twist of Fate 9:00, L3 Back Breaker 3:00,
PB Leap from Danger

Left Roundhouse Punch

Rear Bear hug arms free,

Right Punch from front

Review Punches: L1 Shielding Hammer 9:00, L2 The Sleeper 1:30, L3 Circling Destruction 9:00,
PB Glancing Wing

Right Step thru Front Kick

Review Kicks: L1 Thrusting Salute (R) 7:30, L2 Retreating Pendulum 12:00, L3 Bowing Buddha
6:00, PB Glancing Spear

Front Bear Hug Arms Free

Review Hugs & Holds: L1 Striking Serpent 6:00, L2 Spiraling Twig 4:30, L3 Twirling Sacrifice
4:30, PB Intercepting the Ram

Rear Right Hammer Lock

Review Chokes and locks: L1 Locked Wing 1:30, L2 Flight to Freedom 1:30, L3 Heavenly
Ascent 10:30, PB Unwinding Pendulum

Right Knife Thrust to the Neck

Front Gun Attack

Review Clubs: L1 Checking the Storm (L) 10:30, L2 Returning the Storm 4:30, L3 Circling the
Storm 12:00, PB Circling Fans

Right Overhead club attack

Techniques

Crossing Talons Extension

Marriage of the Rams

Repeating Mace Extension

Shielding Hammer Extension

The Bear and the Ram

Thrusting Salute Extension

Striking Serpent Extension

Locked Wing Extension

Entwined Lance

Twisted Rod

Checking the Storm (Right

KATA

**All Animal Forms - Series One & Two & Three. All Traditional forms Short
1- Long 4, All Traditional #1 sets, Stance, Coordination, and Blocking sets
#2, Staff Set, Bo Kata, Strikes and Defenses, Stick Drills, Box Sumbrada**



Adult 2nd Degree – Leopard Cycle

ATTACK

Techniques

Two Handed Lapel Grab Pulling

Twin Kimono Extension

Review Grabs: L1 Crossing Talons 12:00, L2 Twin Kimono 12:00, L3 Obscure Claws 4:30, PB Menacing Twirl, 1st Crossing Talons Extension, and Marriage of the Rams

Two Handed Low Push

Twist of Fate Extension

Review Pushes: L1 Repeating Mace 10:30, L2 Twist of Fate 9:00, L3 Back Breaker 3:00, PB Leap from Danger, 1st Repeating Mace Extension

Right step through Punch

the Sleeper Extension

Review Punches: L1 Shielding Hammer 9:00, L2 The Sleeper 1:30, L3 Circling Destruction 9:00, PB Glancing Wing, 1st Shielding Hammer Extension, and the Bear and the Ram

Rear Cross over Right Side Kick

Retreating Pendulum Extension

Review Kicks: L1 Thrusting Salute (R) 7:30, L2 Retreating Pendulum 12:00, L3 Bowing Buddha 6:00, PB Deceptive Panther, 1st Thrusting Salute Extension

Rear Bear Hug Arms Free

Spiraling Twig Extension

Review Hugs & Holds: L1 Striking Serpent 6:00, L2 Spiraling Twig 4:30, L3 Twirling Sacrifice 4:30, PB Intercepting the Ram, 1st Striking Serpent Extension

Rear Right Hammer Lock

Flight to Freedom Extension

Review Chokes and locks: L1 Locked Wing 1:30, L2 Flight to Freedom 1:30, L3 Heavenly Ascent 10:30, PB Unwinding Pendulum, 1st Locked Wing Extension

Inward then outward

Round House Club

Returning the Storm Extension

Review Clubs: L1 Checking the Storm (L) 10:30, L2 Returning the Storm 4:30, L3 Circling the Storm 12:00, PB Circling Fans, 1st Entwined Lance, and Twisted Rod

KATA

All Animal Forms - Series One & Two & Three. All Traditional forms Short 1- Long 5, All Traditional #1 sets, Stance, coordination, and Blocking sets #2, Staff Set, Bo Kata, Strikes and Defenses, Stick Drills, Box Sumbrada