



## ***Adult Level One – Dragon Cycle***

### **ATTACK**

### **SCENARIOS**

**Attack from:**

#### **Grab**

#### **Mace of Aggression**

**12:00**

Fundamentals Review: Sword in Return – Delayed Sword  
Eagle Review Cycle: Sword and Hammer 3:00

#### **Push**

#### **Alternating Mace**

**10:30**

Fundamentals Review: Parting the Sea - Rolling Mace  
Eagle Review Cycle: Aggressive Twins 12:00

#### **Punch**

#### **Attacking Mace**

**9:00**

Fundamentals Review: Kick in Return – Sword of Defense  
Eagle Review Cycle: Windmill Guard (R) 1:30

#### **Kicks**

#### **Thrusting Salute (L)**

**7:30**

Fundamentals Review: Deflecting the Branch  
Eagle Review Cycle: Deflecting Hammer (R) 7:30

#### **Hugs / Holds**

#### **Captured Twigs**

**4:30**

Fundamentals Review: Circling Twig  
Eagle Review Cycle: Spreading the Branch 12:00

#### **FREE STYLE COMBINATION:**

**Dragon 1. Back Fist / Rear Crossover Back Kick / Back Fist / Reverse Punch**

### ***BLACK BELT CLUB TECHNIQUES***

#### **Sinawalies Series 1 & 2**

#### **Chokes / Locks**

#### **The Grasp**

**9:00**

Eagle Review Cycle: Passing the Horizon 9:00

#### **Club**

#### **Checking the Storm (R)**

**10:30**

Eagle Review Cycle: Checking the Storm (L) 10:30

### ***KATA***

#### **The Dragon: Series One**

***Finger Set one, Short one White belts  
Long one Yellow, Short two Orange***

#### **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.*

### ***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***

Muay Thai Knees

Cross over Kicks



## ***Adult Level Two – Dragon Cycle***

### **ATTACK**

#### **Grab**

Series One Review:  
Eagle Cycle Review: Obscure Sword 6:00

#### **Push**

Series One Review:  
Eagle Cycle Review: Parting Wings 3:00

#### **Punch**

Series One Review:  
Eagle Cycle Review: Raining Claw 1:30

#### **Kicks**

Series One Review:  
Eagle Cycle Review: Buckling Branch 10:30

#### **Hugs / Holds**

Series One Review:  
Eagle Cycle Review: Crashing Wings 9:00

#### **Chokes / Locks**

Series One Review:  
Eagle Review: Captured Leaves 7:30

#### **Club Attacks**

Eagle Review: Evading the Storm 12:00

### **SCENARIOS**

#### **Twirling Wings**

Mace of Aggression 12:00

#### **Hooking Wings**

Alternating Mace 10:30

#### **Leaping Crane**

Attacking Mace 9:00

#### **Swinging Pendulum**

Thrusting Salute (L) 7:30

#### **Crushing Hammer**

Captured Twigs 4:30

#### **Circling Wing**

The Grasp 9:00

#### **Calming the Storm**

Checking the Storm (R) 10:30

### **Attack from:**

**6:00**

**9:00**

**10:30**

**9:00**

**9:00**

**1:30**

**12:00**

### **FREE STYLE COMBINATION:**

**Dragon 1. Back Fist / Rear Crossover Back Kick / Back Fist / Reverse Punch**

**Dragon 2. Jab / Cross / Ridge Hand / Spin Back Fist / Ridge Hand / Upper Cut**

## ***KATA***

The Dragon - Series One & Two; Bo Strikes & Defenses; Finger Set One, Long Two & Ni Bo

**BBC: Judo Throw: Ippon Seoinage**

**Escrima: Sinawallies Series 1, 2, & 3; Three Count Sumbrada**

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



## ***Adult Level Three – Dragon Cycle***

<b><i>ATTACK</i></b>	<b><i>SCENARIOS</i></b>	<b><i>Attack from</i></b>
<b>Grab</b> Series One & Two Review: Eagle Review: Raking Mace 12:00	<b>Crossed Twigs</b> Mace of Aggression 12:00 & Twirling Wings 6:00	<b>6:00</b>
<b>Push</b> Series One & Two Review: Eagle Review: Kneel of Compulsion 1:30	<b>Fatal Cross</b> Alternating Mace 10:30 & Hooking Wings 9:00	<b>4:30</b>
<b>Punch</b> Series One & Two Review: Eagle Review: Sheild and Mace 4:30	<b>Flashing Mace</b> Attacking Mace 9:00 & Leaping Crane 10:30	<b>3:00</b>
<b>Kicks</b> Series One & Two Review: Eagle Review: Circle of Doom 7:30	<b>Rotating Destruction</b> Thrusting Salute (L) 7:30 & Swinging Pendulum 9:00	<b>12:00</b>
<b>Hugs / Holds</b> Series One & Two Review: Eagle Review: Tripping Arrow 10:30	<b>Gift of Destiny</b> Captured Twigs 4:30 & Crushing Hammer 9:00	<b>3:00</b>
<b>Chokes / Locks</b> Series One & Two Review: Eagle Review: Fallen Cross 4:30	<b>Destructive Twins</b> The Grasp 9:00 & Circling Wing 1:30	<b>1:30</b>
<b>Club Attacks</b> Series One & Two Review: Eagle Review: Capturing the Storm 12:00	<b>Securing the Storm</b> Checking the Storm (R) 10:30 & Calming the Storm 12:00	<b>12:00</b>

**Dragon 1. Back Fist / Rear Crossover Back Kick / Back Fist / Reverse Punch**

**Dragon 2. Jab / Cross / Ridge Hand / Spin Back Fist / Ridge Hand / Upper Cut**

**Dragon 3. Jab / cross / step through twist kick / step through double round kick**

### ***KATA***

**The Dragon - Series One & Two & Three**

**Red Belts *Short Form Three*; Brown Belts *Long Form Three***

**Finger Set One \* Bo Strikes & Defenses \* Bo Kata: Ni Bo \* Judo Throw: Ippon Seoinage**

**Escrima: Sinawallies Series 1, 2, & 3; Three Count Sumbrada**

**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 – Dragon Cycle***

### **ATTACK**

**Right Lapel Grab**

**Review Grabs:**

**Front Attempted Tackle**

**Review Pushes:**

**Front Choke**

**Review Punches:**

**Left Jab, Right Cross Punch**

**Review Kicks:**

**Left Round kick, Followed by  
A Left Overhead Punch**

**Review Hugs & Holds:**

**Left Rear Right**

**Step through Punch**

**Review Chokes and locks:**

**Left Flank Punch**

**Review Clubs:**

**Right and then Left Punch**

### **Techniques**

**Falling Falcon**

**L1** Mace of Aggression 12:00, **L2** Twirling Wings 6:00, **L3** Crossed Twigs 6:00

**Broken Ram**

**L1** Alternating Mace 10:30, **L2** Hooking Wings 9:00, **L3** Fatal Cross 4:30

**Cross of Death**

**L1** Attacking Mace 9:00, **L2** Leaping Crane 10:30, **L3** Flashing Mace 3:00

**Protective Fans**

**L1** Thrusting Salute (L) 7:30, **L2** Swinging Pendulum 9:00, **L3** Rotating Destruction 12:00

**Reversing Circles**

**L1** Captured Twigs 4:30, **L2** Crushing Hammer 9:00, **L3** Gift of Destiny 3:00

**Thrust into Darkness**

**L1** The Grasp 9:00, **L2** Circling Wing 1:30, **L3** Destructive Twins 1:30

**Destructive Fans**

**L1** Checking the Storm (R) 10:30, **L2** Calming the Storm 12:00, **L3** Securing the Storm 12:00

**Fatal Deviation**

### ***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 1<sup>st</sup> Degree Black – Dragon Cycle**

### **ATTACK**

#### **Two Handed Lapel grab**

A rear left grab of the right shoulder,  
and a right punch from the front

Review Grabs: L1 Mace of Aggression 12:00, L2 Twirling Wings 6:00, L3 Crossed Twigs 6:00, PB Falling Falcon

#### **Two Handed Low push**

Review Pushes: L1 Alternating Mace 12:00, L2 Hooking Wings 9:00, L3 Fatal Cross 1:30, PB Broken Ram

#### **Right Step Through Punch**

A left step through

and then a right round punch

Review Punches: L1 Attacking Mace 9:00, L2 Leaping Crane 10:30, L3 Flashing Mace 3:00, PB Cross of Death

#### **Left Step Thru Front Kick**

Review Kicks: L1 Thrusting Salute (L) 7:30, L2 Swinging Pendulum 9:00, L3 Rotating Destruction 12:00, PB Protective fans

#### **Rear Bear Hug Arms Pinned**

Review Hugs & Holds: L1 Captured Twigs 4:30, L2 Crushing Hammer 9:00, L3 Gift of Destiny 3:00, PB Reversing Circles

#### **Right Head Lock**

Review Chokes and locks: L1 The Grasp 9:00, L2 Circling Wing 1:30, L3 Destructive Twins 1:30, PB Thrust into Darkness

#### **Right Overhead Club**

Review Clubs: L1 Checking the Storm (R) 10:30, L2 Calming the Storm 12:00, L3 Securing the Storm 12:00, PB Destructive fans

#### **Right midsection knife thrust**

#### **Right front gun attack**

### **Techniques**

#### **Mace of Aggression Extension**

#### **Grasping Eagles**

#### **Alternating Mace Extension**

#### **Attacking Mace Extension**

#### **Unfurling Crane**

#### **Thrusting Salute Extension**

#### **Captured Twigs Extension**

#### **The Grasp Extension**

#### **Checking the Storm (R)**

#### **Glancing Lance**

#### **Capturing the Rod**

### **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 2<sup>nd</sup> Degree Black – Dragon Cycle***

### **ATTACK**

### **Techniques**

#### **Two Handed Rear Choke**

Review Grabs: L1 Mace of Aggression 12:00, L2 Twirling Wings 6:00, L3 Crossed Twigs 6:00, PB Falling Falcon, 1<sup>st</sup> Mace of Aggression Extension,

#### **Twirling Wings Extension**

#### **Two Handed High Push**

Review Pushes: L1 Alternating Mace 12:00, L2 Hooking Wings 9:00, L3 Fatal Cross 1:30, PB Broken Ram, 1<sup>st</sup> Alternating Mace Extension

#### **Hooking Wings Extension**

#### **Right Uppercut Punch**

Review Punches: L1 Attacking Mace 9:00, L2 Leaping Crane 10:30, L3 Flashing Mace, Attacking Mace Extension, 1<sup>st</sup> Unfurling Crane

#### **Leaping Crane Extension**

#### **Right Round Kick**

Review Kicks: L1 Thrusting Salute (L) 7:30, L2 Swinging Pendulum 9:00, L3 Rotating Destruction 12:00, PB Protective fans, 1<sup>st</sup> Thrusting Salute Extension

#### **Swinging Pendulum Extension**

#### **Rear Bear Hug Arms Pinned**

Review Hugs & Holds: L1 Captured Twigs 4:30, L2 Crushing Hammer 9:00, L3 Gift of Destiny 3:00, PB Reversing Circles, 1<sup>st</sup> Captured Twigs Extension, Grasping Eagles

#### **Crushing Hammer Extension**

#### **Rear Two Handed Choke Pushing**

Review Chokes and locks: L1 The Grasp 9:00, L2 Circling Wing 1:30, L3 Destructive Twins 1:30, PB Thrust into Darkness, 1<sup>st</sup> The Grasp Extension

#### **Circling Wing Extension**

#### **Right Round House Club**

Review Clubs: L1 Checking the Storm (R) 10:30, L2 Calming the Storm 12:00, L3 Securing the Storm 12:00, PB Destructive fans, 1<sup>st</sup> Capturing the Rod, Glancing Lance

#### **Calming the Storm Extension**

### ***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**