



EAGLE CURRICULUM

Eagle Series

ATTACK

Shoulder Grab

Review:

Shoulder Grab

Review:

REQUIRED TECHNIQUES

Wrap Around

Sword in Return & Upward Defense A & B

Sword and Hammer

Deflecting the Branch

FREE STYLE COMBINATIONS

Spinning Eagle – Lunging Back Fist / Reverse punch / Step through Round Kick / Shuffle up Side Kick / Spin Back kick

Review - Lion, Cobra, Mongoose, Eagle

KATA

Universal form #1 Extended
Review: Traditional Form Two

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)

ADVANCED KICK: Jump Front Kicks

Black Belt Club: Nunchaku skills



Required Equipment: All Sparring Gear, Current UMAAI Membership

Theme of Cycle: Stranger Alert

Character Word: Honesty