



Adult Level One – Mantis

<u>ATTACK</u>	<u>SCENARIOS</u>	<u>Attack From:</u>
Grab Fundamentals Review: Recent Review:	Obscure Wing Sword in Return – Delayed Sword – Mace of Aggression – Sword & Hammer Crossing Talon 12:00	4:30
Push Fundamentals Review: Recent Review:	Snapping Twig Parting the Sea – Alternating Mace – Rolling Mace Repeating Mace 10:30	12:00
Punch Fundamentals Review: Recent Review:	Reversing Mace Kick in Return – Sword of Defense – Attacking Mace Shielding Hammer 9:00	10:30
Kicks Fundamentals Review: Recent Review:	Intellectual Departure L Deflecting Hammer Thrusting Salute (right) 7:30	7:30
Hugs / Holds Fundamentals Review: Recent Review:	Thrusting Prongs Circling Twig – Captured Twigs Striking Serpent 6:00	9:00
BLACK BELT CLUB Techniques		
Chokes/Locks: Recent Review:	Twisted Twig Locked Wing 1:30	6:00
Club Attack: Recent Review:	Checking the Storm (Right Side) Checking the Storm (left Side) 10:30	1:30

FREE STYLE COMBINATIONS

Lion: Back Fist / Rev. Punch **Cobra:** Back Fist / Reverse Punch / Front Leg Snap Kick **Mongoose:** 2 Step-through Front Kicks / Rev Punch

Mantis Movement: Back Fist / Reverse Punch / Step-through Round Kick

KATA: **Mantis Series One**, Traditional Kata: White belts - Short One, Yellows – Long One, Oranges - Short Two
Review: Leopard Series One & Long One (A) Advanced Orange Belts: Short One, Long One, Short Two (both sides)

Kicks

Half Rounds * Switch Kicks

BLACK BELT CLUB MATERIAL

Ju Jitsu: Koto Gaish, Grappling skills: Pos. 1, 2, & 3, and a basic arm bar, Kata: 18 Hands of Lohan

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



Adult Level Two Mantis

ATTACK	SCENARIOS	Attack From:
Grab Level One Review: Obscure Wing Leopard Level Two Review: Twin Kimono	Begging Hands 4:30 12:00	12:00
Push Level One Review: Snapping Twig Leopard Level Two Review: Twist of Fate	Encounter Danger 12:00 9:00	10:30
Punch Level One Review: Reversing Mace Leopard Level Two Review: Sleeper	Flashing Wings 10:30 1:30	9:00
Kicks Level One Review: Intellectual Departure L Leopard Level Two Review: Retreating Pendulum	Detour from Doom 7:30 12:00	10:30
Hugs / Holds Level One Review: Thrusting Prongs Leopard Level Two Review: Spiraling Twig	Repeated Devastation 9:00 4:30	7:30
Chokes / Locks Level One Review: Twisted Twig Leopard Level Two Review: Flight to Freedom	Entangled Wing 6:00 1:30	12:00
Club Attacks Level One Review: Checking the Storm right Leopard Level Two Review: Returning Storm	Brushing the Storm 1:30 4:30	6:00

FREE STYLE COMBINATIONS

Lion: Back Fist / Rev. Punch **Cobra:** Back Fist / Reverse Punch / Front Leg Snap Kick **Mongoose:** 2 Step-through Front Kicks / Rev Punch

Mantis 1: Back fist / reverse punch / step through round kick Mantis 2: Jab / Shuffle Lead Leg Round / Reverse Punch/ Ridge hand

KATA: Mantis Series One & Two Traditional Kata: Long 2 Set: Strike Set

Advanced Green: Short One, Long One, Short Two, Long Two

Kicks: Hop Round, Spin Round, Knife Edge Side

BLACK BELT CLUB MATERIAL

Ju Jitsu: #1 KotaGaish #2 Figure 4 arm lock

Grappling skills: Pos. 1,2,& 3, and 2 basic arm bars Bo: Strikes & Defenses: Lines 5-10

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



Adult Level Three - Mantis

<u>ATTACK</u>	<u>SCENARIOS</u>	<u>ATTACK FROM:</u>
Grab/ Tackle Level One Review: Obscure Wing Level Two: Begging Hands Recent Review: Obscure Claws	Desperate Falcons 4:30 12:00 4:30	12:00
Push Level One Review: Snapping Twig Level Two: Encounter Danger Recent Review: Back Breaker	Taming the Mace 12:00 10:30 3:00	6:00
Punch Level One Review: Reversing Mace Level Two: Flashing Wings Recent Review: Circling Defense	Circles of Protection 10:30 9:00 9:00	10:30
Kicks Level One Review: Intellectual Departure L Level Two: Detour from Doom Recent Review: Bowing Buddha	Dancing in the Dark 7:30 10:30 6:00	3:00
Hugs / Holds Level One Review: Thrusting Prongs Level Two: Repeated Devastation Recent Review: Twirling Sacrifice	Dominating Circles 9:00 7:30 4:30	12:00
Chokes / Locks Level One Review: Twisted Twig Level Two: Entangled Wing Recent Review: Heavenly Ascent	Blinding Sacrifice 6:00 12:00 10:30	10:30
Club Attacks Level One Review: Checking the Storm right Level Two: Brushing the Storm Recent Review: Circling the Storm	Piercing the Storm 1:30 6:00 12:00	9:00

FREE STYLE COMBINATIONS

Lion: Back Fist / Rev. Punch **Cobra:** Back Fist / Reverse Punch / Front Leg Snap Kick **Mongoose:** 2 Step-through Front Kicks / Rev Punch

Mantis 1: Back fist / reverse punch / step through round kick Mantis 2: Jab / Shuffle Lead Leg Round / Reverse Punch/ Ridge hand Mantis 3: Step through Half Round /Tornado Axe / Step through Half Round / Spin Crescent / Rear Leg Twist Kick

KATA: International Kenpo Form: Mantis Series 1, 2 & 3 Traditional Forms: Reds: Short 3 Browns: Long 3
Sets: Strike Set

KICKS – 360 Hook (*optional*) Jump Spin Axe * Jump Twist *

BLACK BELT CLUB MATERIAL

Ju Jitsu: #1 Koto Gaeish #2 Figure 4 Grappling skills: Pos. 1,2,&3, and 3 basic arm bars Bo: Strikes & Defenses 1-20

Required Equipment: Notebook, Current UMAA 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 – Mantis Cycle

ATTACK

Techniques

Right Lapel Grab

Review Grabs:

Falling Falcon

L1 Obscure Wing 4:30, L2 Begging Hands 12:00,
L3 Desperate Falcons 12:00

Front Attempted Tackle

Review Pushes:

Broken Ram

L1 Snapping Twig 12:00, L2 Encounter Danger 10:30,
L3 Taming the Mace 6:00

Front Choke

Review Punches:

Cross of Death

L1 Reversing Mace 10:30, L2 Flashing Wings 9:00,
L3 Circles of Protection 10:30

Left Jab, Right Cross Punch

Review Kicks:

Protective Fans

L1 Intellectual Departure (L) 7:30, L2 Detour from Doom
10:30, L3 Dancing in the Dark 3:00

Left Round kick, Followed by

A Left Overhead Punch

Review Hugs & Holds:

Reversing Circles

L1 Thrusting Prongs 9:30, L2 Repeated Devastation 7:30,
L3 Dominating Circles 12:00

Left Rear Right

Step through Punch

Review Chokes and locks:

Thrust into Darkness

L1 Twisted Twig 6:00, L2 Entangled Wing 12:00,
L3 Blinding Sacrifice 10:30

Left Flank Punch

Review Clubs:

Destructive Fans

L1 Checking the Storm (R) 1:30, L2 Brushing the Storm
6:00, L3 Piercing the Storm 9:00

Right left Punch combination

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 1st Degree – Mantis Cycle

ATTACK

Techniques

Left Grab of Right Shoulder

Obscure Wing Extension

Review Grabs: L1 Obscure Wing 4:30, L2 Begging Hands 12:00, L3 Desperate Falcons 12:00, **PB** Falling Falcon

Left Straight Push

Snapping Twig Extension

Review Pushes: L1 Snapping Twig 12:00, L2 Encounter Danger 10:30, L3 Taming the Mace 6:00, **PB** Broken Ram

Left Step Thru Punch

Reversing Mace Extension

(R) Uppercut to ribs from 3:00

Prance of the Tiger

Right step thru Punch

Leap of Death

Review Punches: L1 Reversing Mace 10:30, L2 Flashing Wings 9:00, L3 Circles of Protection 10:30, **PB** Cross of Death

Step thru Right Front Kick

Intellectual Departure Extension

Review Kicks: L1 Intellectual Departure (L) 7:30, L2 Detour from Doom 10:30, L3 Dancing in the Dark 3:00, **PB** Protective Fans

Front Bear Hug Arms Pinned

Thrusting Prongs Extension

Front Right Punch and a

Left Rear Shoulder Grab

The Ram and the Eagle

Review Hugs & Holds: L1 Thrusting Prongs 9:30, L2 Repeated Devastation 7:30, L3 Dominating Circles 12:00, **PB** Reversing Circles

Right Wrist Lock Attempt

Twisted Twig Extension

Review Chokes and locks: L1 Twisted Twig 6:00, L2 Entangled Wing 12:00, L3 Blinding Sacrifice 10:30, **PB** Thrust into Darkness

Right Straight Midsection

Knife Thrust, Hands up

Piercing Lance

Review Clubs: L1 Checking the Storm (R) 1:30, L2 Brushing the Storm 6:00, L3 Piercing the Storm 9:00, **PB** Destructive Fans

Club Attack

Checking the Storm (right) Extension

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 – Mantis Cycle

ATTACK

Techniques

Two handed Grab of Both Wrists

Begging Hands Extension

Review Grabs: L1 Obscure Wing 4:30, L2 Begging Hands 12:00, L3 Desperate Falcons 12:00, PB Falling Falcon, 1st Obscure Wing Extension

Two Handed Front Push

Encounter Danger Extension

Review Pushes: L1 Snapping Twig 12:00, L2 Encounter Danger 10:30, L3 Taming the Mace 6:00, PB Broken Ram, 1st Snapping Twig Extension

Right Step Through Punch

Flashing Wings Extension

Review Punches: L1 Reversing Mace 10:30, L2 Flashing Wings 9:00, L3 Circles of Protection 10:30, PB Cross of Death, 1st Reversing Mace Extension, and Prance of the Tiger

Right Round Kick

Detour from Doom Extension

Review Kicks: L1 Intellectual Departure (L) 7:30, L2 Detour from Doom 10:30, L3 Dancing in the Dark 3:00, PB Protective Fans, 1st Intellectual Departure Extension, and Leap of Death

Rear Full Nelson

Repeated Devastation Extension

Review Hugs & Holds: L1 Thrusting Prongs 9:30, L2 Repeated Devastation 7:30, L3 Dominating Circles 12:00, PB Reversing Circles, 1st Thrusting Prongs Extension, and The Ram and the Eagle

Right Figure Four Arm Lock

Entangled Wing Extension

Review Chokes and locks: L1 Twisted Twig 6:00, L2 Entangled Wing 12:00, L3 Blinding Sacrifice 10:30, PB Thrust into Darkness, 1st Twisted Twig Extension

Right Over Head Club

From the Right Flank

Brushing the Storm Extension

Review Clubs: L1 Checking the Storm (R) 1:30, L2 Brushing the Storm 6:00, L3 Piercing the Storm 9:00, PB Destructive Fans, 1st Piercing Lance

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