



Adult Level One – Crane Cycle

<u>ATTACK</u>	<u>TECHNIQUE</u>	<u>Attack from:</u>
Grab Fundamentals Review: Tiger Review Cycle:	Lone Kimono Sword in Return – Delayed Sword Clutching Feathers 12:00	12:00
Push Fundamentals Review: Tiger Review Cycle:	Glancing Salute Parting the Sea - Rolling Mace Triggered Salute 10:30	10:30
Punch Fundamentals Review: Tiger Review Cycle:	Five Swords Kick in Return – Sword of Defense The Dance 9:00	9:00
Kicks Fundamentals Review: Tiger Review Cycle:	Deflecting Hammer (L) Deflecting the Branch Intellectual Departure 7:30	7:30
Hugs / Holds Fundamentals Review: Tiger Review Cycle:	Scraping Hoof Circling Twig The Gift 6:00	4:30

FREE STYLE COMBINATION:

Crane 1: Vertical Punch / Shuffle Front Kick

BLACK BELT CLUB TECHNIQUES

Chokes / Locks Tiger Review Cycle:	The Grip Locking Horns 3:00	6:00
Club Tiger Review Cycle:	Checking the Storm (R) Checking the Storm (L) 1:30	1:30

KATA

The Crane: Series One

Short Form One (W), Long Form One (Y),

Short Form Two (O), BBC Nunchaku form

Intro to Coordination set one

Review - Stance Set Basic

Required Equipment:

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

Advanced White: UMAA Membership.

Yellow & Advanced Yellow: All of the above plus footpads, head gear and mouthpiece.

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

Shuffle Kicks * Knee Strikes * Crescents

Spin Back Kick * Spin Side Kick



Adult Level Two - Crane Cycle

ATTACK	TECHNIQUE	Attack from:
Grab Series One Crane Review: Tiger Two Cycle Review:	Darting Mace Lone Kimono 12:00 Charging Ram 12:00	12:00
Push Series One Review: Tiger Two Cycle Review:	Snaking Talon Glancing Salute 10:30 Thrusting Wedge 7:30	10:30
Punch Series One Review: Tiger Two Cycle Review:	Shield and Sword Five Swords 9:00 Thundering Hammers 9:00	4:30
Kicks Series One Review: Tiger Two Cycle Review:	Breaking the Branch Deflecting Hammer 7:30 Hugging Pendulum 10:30	1:30
Hugs / Holds Series One Review: Tiger Two Cycle Review:	Gift in Return Scraping Hoof 4:30 Squeezing the Peach 10:30	12:00
Chokes / Locks Series One Review: Tiger Two Review:	Cross of Destruction The Grip 6:00 Bow of Compulsion 4:30	1:30
Club Attacks Series One Review: Tiger Two Review:	Defying the Storm Checking the Storm (R) 1:30 Obstructing the Storm 12:00	10:30

FREE STYLE COMBINATIONS:

Crane 1. Vertical Punch / Shuffle Front Kick

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

KATA

The Crane - Series One & Two * Bo Strikes & Defenses (B) 5-10 * Ni Bo Kata

Coordination Set One, Long Form Two, *BBC Nunchaku form*

Advanced Kicks: Half Round * Pull Drag Kicks * Spin Crescent

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



Adult Level Three - Crane Cycle

<i>ATTACK</i>	<i>TECHNIQUE</i>	Attack from:
Grab Crane Series One & Two: Tiger Three Review:	Gripping Talon Lone Kimono 12:00 * Darting Mace 12:00 Conquering Shield 12:00	12:00
Push Crane Series One & Two: Tiger Three Review:	Circling the Horizon Glancing Salute 10:30 Snaking Talon 10:30 Circling Windmills 10:30	6:00
Punch Crane Series One & Two: Tiger Three Review:	Twirling Hammers Five Swords 9:00 * Shield and Sword 4:30 Gathering Clouds 6:00	4:30
Kicks Crane Series One & Two: Tiger Three Review:	Defensive Cross Deflecting Hammer (L) 7:30 * Breaking the Branch 1:30 Deceptive Panther 4:30	3:00
Hugs / Holds Crane Series One & Two: Tiger Three Review:	Broken Gift Scraping Hoof 4:30 * Gift in Return 12:00 Squatting Sacrifice 12:00	1:30
Chokes / Locks Crane Series One & Two: Tiger Three Review:	Escape from Death The Grip 6:00 * Cross of Destruction 1:30 Wings of Silk 6:00	4:30
Club Attacks Crane Series One & Two: Tiger Three Review:	Escape from the Storm Checking the Storm (R) 1:30 * Defying the Storm 10:30 Clipping the Storm 12:00	6:00

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 (low / high), pull drag spin back kick

Crane 4. Jab, cross, shuffle front kick, step through half round, spin back heel kick

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

KATA

**The Crane- Series One & Two & Three, Short Form Three (Reds),
Long Form Three (Browns), Coordination Set Two, Bo Strikes & Defenses ***

Weapon Kata: Bo Kata, *BBC Nunchaku form*

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 – Crane Cycle

ATTACK

Right Lapel Grab

Review Grabs from Crane Cycle:

Tiger Review Cycle:

Front Attempted Tackle

Review Pushes from Crane Cycle:

Tiger Review Cycle:

Front Choke

Review Punches from Crane Cycle:

Tiger Review Cycle:

Left Jab, Right Cross

Review Kicks from Crane Cycle:

Tiger Cycle Review:

Left Round kick, Followed by

A Left Overhead Punch

Review Hugs & Holds from Crane Cycle:

Tiger Cycle Review:

Left Rear Right

Step through Punch

Review Chokes and locks from Crane Cycle:

Tiger Cycle Review:

Left Flank Punch

Review Clubs from Crane Cycle:

Tiger Cycle Review:

Right and then Left Punch

Techniques

Falling Falcon

L1 Lone Kimono 12:00, **L2** Darting Mace 12:00, **L3** Gripping Talons 12:00

Clutching Feathers 12:00, Charging Ram 12:00, Conquering Shield 12:00

Broken Ram

L1 Glancing Salute 10:30, **L2** Snaking Talon 10:30, **L3**

Circling the Horizon 6:00

Triggered Salute 10:30, Thrusting Wedge 7:30, Circling Windmills 10:30

Cross of Death

L1 Five Swords 9:00, **L2** Shield and Sword 4:30, **L3** Twirling Hammers 4:30

The Dance 9:00, Thundering Hammers 9:00, Gathering Clouds 6:00

Protective Fans

L1 Deflecting Hammer (L) 7:30, **L2** Breaking the Branch 1:30,

L3 Defensive Cross 3:00

Intellectual Departure 7:30, Hugging Pendulum 10:30, Deceptive Panther 4:30

Reversing Circles

L1 Scraping Hoof 4:30, **L2** Gift in Return 12:00, **L3** Broken Gift 1:30

The Gift 6:00, Squeezing the Peach 10:30, Squatting Sacrifice 12:00

Thrust into Darkness

L1 The Grip 6:00, **L2** Cross of Defense 1:30, **L3** Escape from Death 4:30

Locking Horns 3:00, Bow of Compulsion 4:30, Wings of Silk 6:00

Destructive Fans

L1 Checking the Storm (R) 1:30, **L2** Defying the Storm 10:30,

L3 Escape the Storm 6:00

Checking the Storm (L) 1:30, Obstructing the Storm 12:00, Clipping 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, All Traditional Sets, Bo Kata, Strikes
and Defenses, Stick Drills**



Adult 1st Degree – Crane Cycle

ATTACK

Techniques

Left Lapel Grab

Lone Kimono Extension

Review Grabs: L1 Lone Kimono 12:00, L2 Darting Mace 12:00, L3 Gripping Talons 12:00, **PB** Falling Falcon

Right Cross Push

Glancing Salute Extension

Review Pushes: L1 Glancing Salute 10:30, L2 Snaking Talon 10:30, L3 Circling the Horizon 6:00, **PB** Broken Ram

Right Round House Punch

Five Swords Extension

Right Step thru Punch

Destructive Kneel

Review Punches: L1 Five Swords 9:00, L2 Shield and Sword 4:30, L3 Twirling Hammers 4:30, **PB** Cross of Death

Left Step thru Kick

Deflecting Hammer Extension

Review Kicks: L1 Deflecting Hammer (L) 7:30, L2 Breaking the Branch 1:30, L3 Defensive Cross 3:00, **PB** Protective Fans

Rear Full Nelson Attempt

Scraping Hoof Extension

Review Hugs & Holds: L1 Scraping Hoof 4:30, L2 Gift in Return 12:00, L3 Broken Gift 1:30, **PB** Reversing Circles

Right Side Head Lock

The Grip of Death Extension

Review Chokes and locks: L1 The Grip 6:00, L2 Cross of Defense 1:30, L3 Escape from Death 4:30, **PB** Thrust into Darkness

Right overhead Club Attack

Checking the Storm (R)

Front Right Middle Knife Thrust

Thrusting Lance

Right Front Pistol Attack

Defying the Rod

Review Clubs: L1 Checking the Storm (R) 1:30, L2 Defying the Storm 10:30, L3 Escape the Storm 6:00, **PB** Destructive Fans

Left Step Thru Punch while second

Opponent Attempts Right Punch Gathering of the Snakes

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 - Crane Cycle

ATTACK

Techniques

Two handed grab of R. Wrist

Darting Mace Extension

Review Grabs: L1 Lone Kimono 12:00, L2 Darting Mace 12:00, L3 Gripping Talons 12:00,
PB Falling Falcon, 1st Lone Kimono Extension

Two Handed Push

Snaking Talon Extension

Review Pushes: L1 Glancing Salute 10:30, L2 Snaking Talon 10:30, L3 Circling the Horizon 6:00,
PB Broken Ram, 1st Glancing Salute Extension

Left Step through Punch

Shield and Sword Extension

Review Punches: L1 Five Swords 9:00, L2 Shield and Sword 4:30, L3 Twirling Hammers 4:30,
PB Cross of Death, 1st Five Swords Extension, and Destructive Kneel, and Gathering the Snakes

Right Step thru Front Kick

Breaking the Branch Extension

Review Kicks: L1 Deflecting Hammer (L) 7:30, L2 Breaking the Branch 1:30, L3 Defensive Cross
3:00, **PB** Protective Fans, 1st Deflecting Hammer Extension

Right Hand Shake/Grab

Gift in Return Extension

Review Hugs & Holds: L1 Scraping Hoof 4:30, L2 Gift in Return 12:00, L3 Broken Gift 1:30, **PB**
Reversing Circles, 1st Scraping Hoof Extension

Rear Two Handed Choke

Cross of Defense Extension

Review Chokes and locks: L1 The Grip 6:00, L2 Cross of Defense 1:30, L3 Escape from Death
4:30, **PB** Thrust into Darkness, 1st The Grip of Death Extension

Right Round house Club

Defying the Storm Extension

Review Clubs: L1 Checking the Storm (R) 1:30, L2 Defying the Storm 10:30, L3 Escape the
Storm 6:00, **PB** Destructive Fans, 1st Thrusting Lance, and Defying the 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**