



EAGLE CURRICULUM

Crane Series

ATTACKREQUIRED TECHNIQUES

Left Grab
Review

Lone Kimono
Sword in Return

Rear Full Nelson
Review
Review

Scraping Hoof
Kick in Return
Upward Defense A & B

FREE STYLE COMBINATIONS

Spinning Crane - Vertical Punch / Shuffle Front Snap Kick / Spin
Back Kick

Review - Lion, Cobra, Mongoose, Tiger

KATA

Universal form #1 Extended/ Review; Traditional Form 2

KICKS

Half Round
Switch Kicks
Crescent Kicks
Spin Back Kick

BLACK BELT CLUB MATERIAL:

**Technique: The Grip Kata: Eighteen Hands of Lohan
Nunchaku skills: Basic form A&B**

Required Equipment: All Sparring Gear. Current UMAA membership.