



Youth Level One – Dragon Cycle

ATTACK

Two hand lapel Grab

Rear Bear Hug

Two Handed Push

REQUIRED TECHNIQUES

Mace of Aggression

Captured Twigs

Rolling Mace

SET of the Cycle: Finger Set

KATA: Universal Form One

- White Belts – Basic
- Yellow Belts – Extended
- Orange Belts – Advanced

BASIC KICKS

Front, Side, Round, Back
(Lead Leg and Rear Leg)

Character Word: Respect

Free Style Combinations

Lion: Back Fist / Rev. Punch

Cobra: Back Fist / Reverse Punch / Front Leg Snap Kick

Mongoose: 2 Step through Front Kicks / Reverse Punch **Dragon 1:** 2 Step through Front Kicks / Rev Punch

Review Form: Short Form One

Review Sets:

All Level 1 Students

Stance Set Basic
Power Set with Words
Kicking Set Basic
Fundamental Basics Set

White & Adv. White

Blocking Set: *Right, Left,*
Doubles, Guarding Right,
Guarding Left

Yellow & Adv. Yellow

Blocking Set: *White plus In*
Place with Counter Strikes

Orange & Adv. Orange

Blocking Set: *Yellow plus*
Moving Forward and
Backwards

Required Equipment: To be able to fully participate in class and test for your next belt please make sure you have your required equipment.

White: Hand Pads, Shin Pads, Notebook, (boys 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.

BLACK BELT CLUB MATERIAL:

Side Head Lock: The Grasp

Weapon of the Cycle: Single Stick

Weapon Drills & Skills:

- ***Cinco Terros***
- ***7-7-Turn 3***
- ***Inside Defense on #1 Line***



Youth Level Two – Dragon Cycle

ATTACK

Two Handed Push
Right Punch
Left Kick
Right overhead club

REQUIRED TECHNIQUES

Alternating Mace
Attacking Mace
Thrusting Salute (L)
Checking the Storm (R)

SET of the Cycle: Finger Set

KATAS:

XMA Form One Intermediate

Review Form: *Universal Form One Complete*

Review Form: *Technique Form One with Double Blocks*

Character Word: Respect

Free Style Combinations

Lion, Cobra, Mongoose

Dragon 1: 2 Step through Front Kicks / Rev Punch

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

Review Sets:

Stance Set 1 *without* Hands

Power Set with Kiais

Kicking Line

Fundamental Basics Set

Blocking Set: *Level 1 plus Moving Forward & Backward with Counter Punches*

Weapon of the Cycle: Single Stick

Weapon Drills & Skills:

Cinco Terros (1-6 Lines)

7-7-Turn 3 with Froo Froos

Inside, Outside, Cross Block Defenses on #1 Line

Weapon Review:

ShoBo Kata

Tiger Bo Set – Strike/Defenses 1-5



Youth Level Three– Dragon Cycle

ATTACK

Right Round Kick

Rear Bear Hug Arms Pinned

Rear Two Handed Choke

Right Round House Club

REQUIRED TECHNIQUES

Swinging Pendulum

Crushing Hammer

Circling Wing

Calming the Storm

SET of the Cycle: Finger Set

KATAS:

Dragon One Form

Long Form One (Part A)

XMA Form One Advanced

Review Form: *Universal Form One Complete RLR*

Review Form: *Technique Form One with Double Blocks plus Opposite & Opposing*

Character Word: Respect

Free Style Combinations

Lion, Cobra, Mongoose

Dragon 1: *2 Step through Front Kicks / Rev Punch*

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

Dragon 3: *Jab/Cross/Step through Twist /Step through Middle/High Round*

Review Sets:

Stance Set 1 *with Hands*

Power Set with Kiais

Kicking Line

Fundamental Basics Set

Blocking Set: *Level 2 plus Moving Forward with Counter Punch with Front Kick and*

Moving Backward with Counter Punch with Front Kick and Reverse Step Thru

Judo Throw: Ippon Seoinage

Weapon of the Cycle: Single Stick

Weapon Drills & Skills:

Cinco Terros (1-7 Lines)

7-7-Turn 3 with Froo Froos plus

3 count Box Sumbrada

Weapon Review:

ShoBo/NiBo Kata

Tiger Bo Set – Strike/Defenses 1-10 with Footwork