



## *Youth Level One – Mantis Cycle*

### ATTACK

Left Hand Shoulder Grab

Review:

Left Push or Punch

Review:

Front Bear Hug

Review:

### REQUIRED TECHNIQUES

Obscure Wing

Delayed Sword \* Sword of Defense

Reversing Mace

Parting the Sea & Rolling Mace

Tripping the Bear

Deflecting the Branch

### *FREE STYLE COMBINATION*

Mantis - Back Fist / Reverse Punch / Step-through Round Kick  
Review - Lion, Cobra, Mongoose, Leopard

### *KATA*

White Belts – Universal Form One

Yellow Belts – Universal Form One Extended

Orange Belts – Universal Form One Advanced

### *BASIC 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 KICKS*

Half Rounds \* Switch Kicks

### **Required Equipment:**

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

### **BLACK BELT CLUB MATERIAL:**

Wrist Lock: Twisted Twig / JuJitsu: KotoGaish / Kata: Short Form #1  
Mat Rat Grappling Drills progressive guard



## *Youth Level Two – Mantis Cycle*

### ATTACK

Left Push or Grab

Review: **Obscure Wing** \* Delayed Sword \* Sword of Defense

Left Kick

Review: **Reversing Mace**\* Parting the Sea \* Rolling Mace

Front Bear Hug

Review: **Tripping the Bear** \* Deflecting the Branch

Right overhead club

### REQUIRED TECHNIQUES

Snapping Twig

Intellectual Departure (L)

Thrusting Prongs

Checking the Storm R

### *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 Kick / Reverse Punch/ Ridgehand

### *KATA*

Strike Set

Strikes & Defenses: Lines 5 – 10

Ni-Bo

### *KICKS*

Hop Round

Spin Round

Knife Edge Side

### *BLACK BELT CLUB MATERIAL:*

Wrist Lock: Twisted Twig   JuJitsu: KotoGaish

Mat Rat Grappling Drills: Progressive Guard

Required Equipment: Rattan Bo Staff, Notebook, Current UMAA Membership, All Safety gear



## *Youth Level Three- Mantis Cycle*

<u>ATTACK</u>	<u>TECHNIQUES</u>	<u>Attack From:</u>
Right Round Kick Review: <b>Snapping Twig * Obscure Wing * Delayed Sword * Sword of Defense</b>	Detour from Doom	10:30
Rear Full Nelson Review: <b>Intellectual Departure (L) * Reversing Mace* Parting the Sea * Rolling Mace</b>	Repeated Devastation	7:30
Figure Four Arm Bar Review: <b>Thrusting Prongs * Tripping the Bear * Deflecting the Branch</b>	Entangled Wing	12:00
Flank Overhead Club Overhead Club: <b>Checking the Storm</b>	Brushing the Storm	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 Kick / Reverse Punch/ Ridgehand  
 Mantis 3: Step through Half Round / Tornado Axe / Step through Half Round / Spin Crescent/ Rear Leg Twist Kick

### KATA

#### **Mantis Adult Series One: Self Defense Kata**

<b>Obscure Wing from</b>	<b>4:30</b>
<b>Snapping Twig from</b>	<b>12:00</b>
<b>Reversing Mace from</b>	<b>10:30</b>
<b>Intellectual Departure L from</b>	<b>7:30</b>
<b>Trusting Prongs from</b>	<b>9:00</b>
<b>Twisted Twig from</b>	<b>6:00</b>
<b>Checking the Storm R from</b>	<b>1:30</b>

**Review: Strike Set, Universal form #1 complete**

### *KICKS*

Jump Spin Axe  
 Jump Twist  
 360 Hook

### *BLACK BELT CLUB MATERIAL:*

Wrist Lock: Twisted Twig    JuJitsu: KotoGaish & Figure 4    Judo: **Harai – goshi**  
 Mat Rat Grappling Drills: progressive guard

**Required Equipment: Blue Judo Gi, Rattan Bo Staff, Notebook,  
 Current UMAA Membership, All Safety gear.**



## *Junior Black – Mantis I*

### ATTACK

Double Wrist Grab

Review level 1

Two handed Front Push

Review level 2

Right Step through Punch

Review level 3

Right Roundhouse Club

### REQUIRED TECHNIQUES

Begging Hands

Obscure Wing  
Reversing Mace  
Tripping the Bear  
Twisted Twig

Encounter with Danger

Snapping Twig  
Intellectual Departure Left  
Thrusting Prongs  
Checking the Storm Right

Flashing Wings

Detour from Doom  
Repeated Devastation  
Entangled Wing  
Brushing the Storm

Piercing the Storm

## *FREE STYLE COMBINATION*

**Mantis 1:** Back Fist/Reverse Punch/Step through Round Kick

**Mantis 2:** Jab/Shuffle Round/Reverse Punch/Ridge Hand

**Mantis 3:** Step thru Half Round/Tornado Axe/Step through Half Round/Spin  
Crescent/ Rear Twist

**Mantis 4:** Jab/Cross/Rear Jump Twist/Step through Double Round/Jump Spin  
Crescent/Step through Spin Axe

## *KATA*

Mantis I & II, Short Form 2

Review: Universal 1 complete, Strike Set 1

### **Mantis Adult Series One:**

Obscure Wing	4:30
Snapping Twig	12:00
Reversing Mace	10:30
Intellectual Departure L	7:30
Trusting Prongs	9:00
Twisted Twig	6:00
Checking the Storm R	1:30

### **Series Two**

Begging Hands	12:00
Encounter with Danger	10:30
Flashing Wings	9:00
Detour from Doom	10:30
Repeated Devastation	7:30
Entangled Wing	12:00
Brushing the Storm	6:00



## *Junior Black - Mantis II*

### ATTACK

Right Step through Front Kick,

Right Straight Punch

Review level 1

Right Cross Push

Review level 2

Two Handed Choke

Review level 3

Right Roundhouse Club

Review level 4

### REQUIRED TECHNIQUES

Dance of Darkness

Obscure Wing  
Reversing Mace  
Tripping the Bear  
Twisted Twig

Dominating Circles

Snapping Twig  
Intellectual Departure Left  
Thrusting Prongs  
Checking the Storm Right

Blinding Sacrifice

Detour from Doom  
Repeated Devastation  
Entangled Wing  
Brushing the Storm

Piercing the Storm

Begging Hands  
Encounter with Danger  
Flashing Wings

### *FREE STYLE COMBINATION*

**Mantis 1:** Back Fist/Reverse Punch/Step through Round Kick

**Mantis 2:** Jab/Shuffle Round/Reverse Punch/Ridge Hand

**Mantis 3:** Step thru Half Round/Tornado Axe/Step through Half Round/Spin Crescent/ Rear Twist

**Mantis 4:** Jab/Cross/Rear Jump Twist/Step through Double Round/Jump Spin Crescent/Step through Spin Axe

### *KATA*

Mantis I, II, & III Short Form 3,

Review: Universal 1 complete, Strike Set 1

#### **Mantis Adult Series One:**

Obscure Wing	4:30
Snapping Twig	12:00
Reversing Mace	10:30
Intellectual Departure L	7:30
Thrusting Prongs	9:00
Twisted Twig	6:00
Checking the Storm R	1:30

#### **Series Two**

Begging Hands	12:00
Encounter with Danger	10:30
Flashing Wings	9:00
Detour from Doom	10:30
Repeated Devastation	7:30
Entangled Wing	12:00
Brushing the Storm	6:00

#### **Series Three**

Desperate Falcons	12:00
Taming the Mace	6:00
Circles of Protection	10:30
Dance of Darkness	3:00
Dominating Circles	12:00
Blinding Sacrifice	10:30
Piercing the Storm	9:00



## *Junior Black – Mantis III*

### ATTACK

Two handed Wrist Grab

Review level 1

Right Punch against a Wall

Review level 2

Right Overhead Punch

Review level 3

Right Roundhouse Club

Review level 4

### REQUIRED TECHNIQUES

Desperate Falcons

Obscure Wing  
Reversing Mace  
Tripping the Bear  
Twisted Twig

Taming the Mace

Snapping Twig  
Intellectual Departure Left  
Thrusting Prongs  
Checking the Storm Right

Circles of Protection

Detour from Doom  
Repeated Devastation  
Entangled Wing  
Brushing the Storm

Piercing the Storm

Begging Hands, Dance of Darkness  
Encounter with Danger, Dominating Circles  
Flashing Wings, Blinding Sacrifice

### *FREE STYLE COMBINATION*

- Mantis 1:** Back Fist/Reverse Punch/Step through Round Kick  
**Mantis 2:** Jab/Shuffle Round/Reverse Punch/Ridge Hand  
**Mantis 3:** Step thru Half Round/Tornado Axe/Step through Half Round/Spin Crescent/ Rear Twist  
**Mantis 4:** Jab/Cross/Rear Jump Twist/Step through Double Round/Jump Spin Crescent/Step through Spin Axe

### *KATA*

Mantis I, II, & III, Long Form 3, and Blocking Set 2

Review: Universal 1 complete, Strike Set 1

Mantis Adult Series One:		Series Two		Series Three	
Obscure Wing	4:30	Begging Hands	12:00	Desperate Falcons	12:00
Snapping Twig	12:00	Encounter with Danger	10:30	Taming the Mace	6:00
Reversing Mace	10:30	Flashing Wings	9:00	Circles of Protection	10:30
Intellectual Departure L	7:30	Detour from Doom	10:30	Dance of Darkness	3:00
Trusting Prongs	9:00	Repeated Devastation	7:30	Dominating Circles	12:00
Twisted Twig	6:00	Entangled Wing	12:00	Blinding Sacrifice	10:30
Checking the Storm R	1:30	Brushing the Storm	6:00	Piercing the Storm	9:00