



EAGLE CURRICULUM



Dragon Series

ATTACK

Two Handed Grab

Review:

REQUIRED TECHNIQUES

Mace of Aggression

Returning Dragon & Inward Defense A & B

Two Handed Push

Review:

Rolling Mace

Parting the Sea

FREE STYLE COMBINATIONS

Spinning Dragon: Back Fist / Rear Crossover Back Kick / Spin Back Kick

Review - Lion, Cobra, Mongoose, Eagle

KATA

Traditional form #1 Complete

Review: Universal form #1 Extended

KICKS

Front Kick (Lead Leg and Rear Leg)

Side Kick (Lead Leg and Rear Leg)

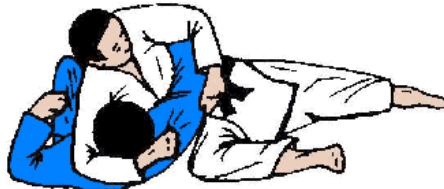
Round Kick (Lead Leg and Rear Leg)

Back Kick (Lead Leg and Rear Leg)

BLACK BELT CLUB MATERIAL

ADVANCED KICKS: Crossover Kicks * Jump Kicks

Black Belt Club: Stick Drills: Sinawallies Series 1 & 2



Required Equipment: All Sparring Gear, Current UMAAI Membership

Theme:

Character Word:

Next Testing Date: