



Youth Level One -Leopard

ATTACK

Left Round Punch

Right Front Thrust Kick

Two Hand Low Push

Rear Hammer Lock:

SELF DEFENSE TECHNIQUES

Shielding Hammer

Thrusting Salute

Hooking Twigs

Black Belt Club Technique

Locked Wing

FREE STYLE COMBINATIONS

Leopard 1. **Lunging Back Fist / Reverse Punch**

Advanced Leopard 1. **Lunging Back Fist / Reverse Punch / Front Hand Ridge hand**

Review - Lion, Cobra, Mongoose

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)

ADDITIONAL KICKS: Stomps, Hook 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 mouthpiece.

Orange & Advanced Orange: All of the above plus Rib guard.

BLACK BELT CLUB MATERIAL:

Escrima: 7,7,turn, 3 Kata

BBC Kicks: Flying Side Kick

Short Form #1 Basic



Youth Level Two -Leopard Series

ATTACK

Right Cross Grab
Left Cross Push
Front Bear Hug
Left Club Defense:

SELF DEFENSE TECHNIQUES

Crossing Talon
Repeating Mace
Striking Serpent
Checking the Storm (Left)

REVIEW:

Left Round Punch	Shielding Hammer
Right Front Thrust Kick	Thrusting Salute
Two Hand Low Push	Hooking Twigs
Rear Hammer Lock:	Locked Wing

FREE STYLE COMBINATIONS

Leopard 1. Lunging Back Fist / Reverse Punch

Adv. Leopard 1. Lunging Back Fist / Reverse Punch / Ridge hand

Leopard 2. Jab / Cross / Shuffle front kick / step through half round / spin back heel

KATA

- 1. Technique form #1**
- 2. Sho Bo**
- 3. Strikes & Defenses: 1-4**

KICKS: Muay Thai Downward Round, Upward Hook, Downward Hook

BBC

KATA : Short Form One Escrima Stick Kata: 7, 7, Turn, 3

BBC Kicks: Flying Side Kick

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



Youth Level Three – Leopard Series

ATTACK

Double Grab Pushing Away
 Double Push
 Right Punch
 Right Round Returning Club

REQUIRED TECHNIQUES

Twin Kimono
 Twist of Fate
 Sleeper
 Returning the Storm

KATA:

“Leopard Adult Series One”

Right Cross Grab	Crossing Talon	12:00
Left Cross Push	Repeating Mace	10:30
Left Round Punch	Shielding Hammer	9:00
Right Front Thrust Kick	Thrusting Salute	7:30
Front Bear Hug	Striking Serpent	6:00
Rear Hammerlock	Locked Wing	1:30
Club	Checking the Storm (left)	10:30

FREE STYLE COMBINATIONS

Leopard 1. Lunging Back Fist / Reverse Punch

Adv. Leopard 1. Lunging Back Fist / Reverse Punch / Ridge hand

Leopard 2. Jab / Cross / Shuffle front kick / Step through half-round / Spin back heel

Leopard 3. Hook kick / Front crossover half-round / Spin back heel

ADVANCED KICKS:

Jump Spin Crescent * Iron Broom * Scissor Take Down * Side Chicken

BBC Kicks: Flying Side Kick

Review Katas:

1. Technique form #1
2. Sho Bo
3. Strikes & Defenses: 1-4

Judo Throw: Tai-otoshi

BBC KATA : Short Form One, Escrima Stick Kata: 7, 7, Turn, 3

Required Equipment: Blue Judo Gi, Notebook, Current UMAA membership, All Safety gear, Escrima Sticks, Bo Staff.



Junior Black – Leopard I

ATTACK

Right Rear Cross Side
Review level 1

Rear Bear Hug
Review level 2

Hammer Lock
Review level 3

High Right Thrusting Club

REQUIRED TECHNIQUES

Retreating Pendulum
Shielding Hammer
Thrusting Salute Right
Hooking Twigs
Locked Wing
Spiraling Twig
Crossing Talons
Repeating Mace
Striking Serpent
Checking the Storm Left
Flight to Freedom
Twin Kimono
Twist of Fate
Sleeper
Returning the Storm
Circling the Storm

FREE STYLE COMBINATION

Leopard 1: Lunging Back fist/Reverse Punch/ (Adv. Version) Ridge hand

Leopard 2: Jab/Cross/Shuffle Front/Step through Half Round/Spin Back Heel

Leopard 3: Hook Kick/Front Cross Over Half Round/Spin Back Heel

Leopard 4: Jab/Cross/Step through Twist Kick/Spin Axe Kick/360 Side Kick

KATA

Leopard I & II, Long form 1

Review: Universal 1 complete, Technique form #1

Leopard #1

Crossing Talon	12:00
Repeating Mace	10:30
Shielding Hammer	9:00
Thrusting Salute	7:30
Striking Serpent	6:00
Locked Wing	1:30
Checking the Storm (left)	10:30

#2

Twin Kimono	12:00
Twist of Fate	9:00
Sleeper	1:30
Retreating Pendulum	12:00
Spiraling Twig	4:30
Flight to Freedom	1:30
Returning the Storm	4:30



Junior Black – Leopard II

ATTACK

Rear Shoulder Grab
Review level 1

Right Flank Punch
Review level 2

Left Step through Punch
Review level 3

High Right Thrusting Club
Review level 4

REQUIRED TECHNIQUES

Obscure Claws
Shielding Hammer
Thrusting Salute Right
Hooking Twigs
Locked Wing
Back Breaker
Crossing Talons
Repeating Mace
Striking Serpent
Checking the Storm Left
Circling Destruction
Twin Kimono
Twist of Fate
Sleeper
Returning the Storm
Circling the Storm
Retreating Pendulum
Spiraling Twig
Flight to Freedom

FREE STYLE COMBINATION

Leopard 1: Lunging Back fist/Reverse Punch/ (Adv. Version) Ridge hand

Leopard 2: Jab/Cross/Shuffle Front/Step through Half Round/Spin Back Heel

Leopard 3: Hook Kick/Front Cross Over Half Round/Spin Back Heel

Leopard 4: Jab/Cross/Step through Twist Kick/Spin Axe Kick/360 Side Kick

KATA

Leopard I, II, & III Long form 2,

Review: Universal 1 complete, Technique form 1

Leopard #1

Crossing Talon	12:00
Repeating Mace	10:30
Shielding Hammer	9:00
Thrusting Salute	7:30
Striking Serpent	6:00
Locked Wing	1:30
Checking the Storm (L)	10:30

#2

Twin Kimono
Twist of Fate
Sleeper
Retreating Pendulum
Spiraling Twig
Flight to Freedom
Returning the Storm

#3

12:00	Obscure Claws	4:30
9:00	Back Breaker	3:00
1:30	Circling Destruction	9:00
12:00	Bowing Buddha	6:00
4:30	Twirling Sacrifice	4:30
1:30	Heavenly Ascent	10:30
4:30	Circling the Storm	12:00



Junior Black - Leopard III

ATTACK

While Kneeling,
A High Right Round Kick
Review level 1

Full Nelson Bearing down
Review level 2

Two Handed Choke
Review level 3

High Right Thrusting Club
Review level 4

REQUIRED TECHNIQUES

Bowing Buddha
Shielding Hammer
Thrusting Salute Right
Hooking Twigs
Locked Wing
Twirling Sacrifice
Crossing Talons
Repeating Mace
Striking Serpent
Checking the Storm Left
Heavenly Ascent
Twin Kimono
Twist of Fate
Sleeper
Returning the Storm
Circling the Storm
Retreating Pendulum, Obscure Claws
Spiraling Twig, Back Breaker
Flight to Freedom, Circling Destruction

FREE STYLE COMBINATION

- Leopard 1:** Lunging Back fist/Reverse Punch/ (Adv. Version) Ridge hand
- Leopard 2:** Jab/Cross/Shuffle Front/Step through Half Round/Spin Back Heel
- Leopard 3:** Hook Kick/Front Cross Over Half Round/Spin Back Heel
- Leopard 4:** Jab/Cross/Step through Twist Kick/Spin Axe Kick/360 Side Kick

KATA

Leopard I, II & III, Long Form 3, and Blocking Set 2
Review: Universal 1 complete, Technique form 1

Leopard #1	#2	#3	
Crossing Talon	12:00	Twin Kimono	12:00 Obscure Claws 4:30
Repeating Mace	10:30	Twist of Fate	9:00 Back Breaker 3:00
Shielding Hammer	9:00	Sleeper	1:30 Circling Destruction 9:00
Thrusting Salute	7:30	Retreating Pendulum	12:00 Bowing Buddha 6:00
Striking Serpent	6:00	Spiraling Twig	4:30 Twirling Sacrifice 4:30
Locked Wing	1:30	Flight to Freedom	1:30 Heavenly Ascent 10:30
Checking the Storm (L)	10:30	Returning the Storm	4:30 Circling the Storm 12:00