



Youth Level One – Dragon Cycle

ATTACK

Two hand lapel Grab

Review:

Rear Bear Hug

Review:

Two Handed Push

Review:

REQUIRED TECHNIQUES

Mace of Aggression

Delayed Sword * Sword of Defense

Captured Twigs

Parting the Sea

Rolling Mace

Deflecting the Branch

FREE STYLE COMBINATION

Dragon 1. Dragon: Back Fist / Rear Cross Over Back Kick

Review - Lion, Cobra, Mongoose, Eagle

KATA

White Belts – Universal Form One

Yellow Belts – Universal Form One Extended

Orange Belts – Universal Form One Advanced

Adv. Orange Bonus Kata: Universal Form One Complete

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

Muay Thai Knee strikes, Cross over Kicks

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

BBC KATA: Short Form One

Escrima Stick Drills Sinawallies Series 1

Theme:

Character Word:

Next Testing Date:



Youth Level Two – Dragon Cycle

ATTACK

Two Handed Push

Review: Mace of Aggression * Delayed Sword * Sword of Defense

Right Punch

Review: Capture Twigs * Parting the Sea * Rolling Mace

Left Kick

Review: Rolling Mace * Deflecting the Branch

Right overhead club

REQUIRED TECHNIQUES

Alternating Mace

Attacking Mace

Thrusting Salute (L)

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

Dragon 1: Back Fist / Rear Cross Over Back Kick

Adv. Dragon 1: Back Fist / Rear Cross Over Back Kick / Back Fist / Reverse Punch

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

KATA

Finger Set One

BO REQUIREMENTS:

Ni Bo Kata; Bo Strikes & Defenses (B: 5-10)

ADVANCED KICKS

*Chicken Kick * Twist Kick * Linear Axe Kick*

BLACK BELT CLUB MATERIAL:

Side Head Lock: The Grasp

Escrima Stick Drill: Sinawallies Series 1&2

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

Theme:

Character Word:

Next Testing Date:



Youth Level Three– Dragon Cycle

ATTACK

Right Round Kick

Review: Mace of Aggression * Alternating Mace

Rear Bear Hug Arms Pinned

Review: Capture Twigs * Attacking Mace

Rear Two Handed Choke

Review: Rolling Mace * Thrusting Salute (L)

Right Round House Club

Overhead Club: Checking the Storm (R)

REQUIRED TECHNIQUES

Swinging Pendulum

Crushing Hammer

Circling Wing

Calming the Storm

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

Dragon 1: Back Fist / Rear Cross Over Back Kick

Adv. Dragon 1: Back Fist / Rear Cross Over Back Kick / Back Fist / Reverse Punch

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

Dragon 3. Jab / Cross / step through twist kick / step through double round kick

KATA

“The Dragon” (Adult Series One Form)

Finger Set One

Bo Kata: All Strikes & Defenses: All

12:00 Mace of Aggression
10:30 Alternating Mace
9:00 Attacking Mace
7:30 Thrusting Salute (L)
4:30 Captured Twigs
9:00 The Grasp
10:30 Checking the Storm R

KICKS

Jump Spin Axe * Jump Twist * 360 Hook

BLACK BELT CLUB MATERIAL:

Judo Throw: Ippon Seoinage

Escrima: Sinawallies Series 1, 2, & 3

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

Theme:

Character Word:

Next Testing Date:



Junior Black – Dragon I

ATTACK

Rear Two Handed Choke

Review level 1

Two handed Low Push

Review level 2

Right Step through Punch

Review level 3

Right Roundhouse Club

REQUIRED TECHNIQUES

Twirling Wings

Mace of Aggression
Captured Twigs
Rolling Mace
The Grasp

Hooking Wings

Alternating Mace
Attacking Mace
Thrusting Salute Left
Checking the Storm Right

Leaping Crane

Swinging Pendulum
Crushing Hammer
Circling Wing
Calming the Storm

Securing the Storm

FREE STYLE COMBINATION

- Dragon 1:** Back Fist/Rear Crossover Back Kick
(Back fist/Reverse Punch-Adv.)(Spin Back Kick-Spinning)
- 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
- Dragon 4:** Jab/Cross/Spin Crescent /Step through Round/Shuffle Side/Hook/Round

KATA

Dragon I & II, Short form 2 Review: Universal 1 complete, Finger Set 1
BBC: Judo Throw - Ippon Seonage: Reverse Arm Shoulder Throw; Sinawalis 1, 2, 3, & 4

Next Testing Date:

Dragon #1	Dragon #2
12:00 Mace of Aggression	6:00 Twirling Wings
10:30 Alternating Mace	9:00 Hooking Wings
9:00 Attacking Mace	10:30 Leaping Crane
7:30 Thrusting Salute (L)	9:00 Swinging Pendulum
4:30 Captured Twigs	9:00 Crushing Hammer
9:00 The Grasp	1:30 Circling Wing
10:30 Checking the Storm R	12:00 Calming the Storm



Junior Black – Dragon II

ATTACK

Right Step through Front Kick,

Left Spin Back Heel Kick

Review level 1

Right Hand Shake

Review level 2

Two Handed Lapel Grab (Pulling)

Review level 3

Right Roundhouse Club

Review level 4

REQUIRED TECHNIQUES

Rotating Destruction

Mace of Aggression
 Captured Twigs
 Rolling Mace
 The Grasp

Gift of Destiny

Alternating Mace
 Attacking Mace
 Thrusting Salute Left
 Checking the Storm Right

Destructive Twins

Swinging Pendulum
 Crushing Hammer
 Circling Wing
 Calming the Storm

Securing the Storm

Begging Hands
 Encounter with Danger
 Flashing Wings

FREE STYLE COMBINATION

Dragon 1: Back Fist/Rear Crossover Back Kick

(Back fist/Reverse Punch-Adv.)(Spin Back Kick-Spinning)

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

Dragon 4: Jab/Cross/Spin Crescent /Step through Round/Shuffle Side/Hook/Round

KATA

Mantis I, II, & III, Long Form 2 Review: Universal 1 complete, Finger Set 1

BBC: Judo Ippon Seonage: Reverse Arm Shoulder Throw;

Sinawalis 1, 2, 3, & 4; Three Count Box Sumbrada

Next Testing Date:

Animal Forms

Dragon #1	Dragon #2	Dragon #3
12:00 Mace of Aggression	6:00 Twirling Wings	6:00 Crossed Twigs
10:30 Alternating Mace	9:00 Hooking Wings	4:30 Fatal Cross
9:00 Attacking Mace	10:30 Leaping Crane	3:00 Flashing Mace
7:30 Thrusting Salute (L)	9:00 Swinging Pendulum	12:00 Rotating Destruction
4:30 Captured Twigs	9:00 Crushing Hammer	3:00 Gift of Destiny
9:00 The Grasp	1:30 Circling Wing	1:30 Destructive Twins
10:30 Checking the Storm R	12:00 Calming the Storm	12:00 Securing the Storm



Junior Black – Dragon III

ATTACK

Two handed Rear Wrist Grab

Review level 1

Two Handed Low Push

Review level 2

Right Step through Punch

Review level 3

Right Roundhouse Club

Review level 4

REQUIRED TECHNIQUES

Crossed Twigs

Mace of Aggression
 Captured Twigs
 Rolling Mace
 The Grasp

Fatal Cross

Alternating Mace
 Attacking Mace
 Thrusting Salute Left
 Checking the Storm Right

Flashing Mace

Swinging Pendulum
 Crushing Hammer
 Circling Wing
 Calming the Storm

Securing the Storm

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

FREE STYLE COMBINATION

Dragon 1: Back Fist/Rear Crossover Back Kick

(Back fist/Reverse Punch-Adv.)(Spin Back Kick-Spinning)

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

Dragon 4: Jab/Cross/Spin Crescent /Step through Round/Shuffle Side/Hook/Round

KATA

Mantis I, II, & III, Red: Short Form 3, Brown: Long Form 3 Review: Universal 1 complete, Finger Set 1

BBC: Judo Ippon Seonage: Reverse Arm Shoulder Throw;

Sinawalis 1, 2, 3, & 4; Five Count Box Sumbrada

Next Testing Date:

Animal Forms

Dragon #1

12:00 Mace of Aggression

10:30 Alternating Mace

9:00 Attacking Mace

7:30 Thrusting Salute (L)

4:30 Captured Twigs

9:00 The Grasp

10:30 Checking the Storm R

Dragon #2

6:00 Twirling Wings

9:00 Hooking Wings

10:30 Leaping Crane

9:00 Swinging Pendulum

9:00 Crushing Hammer

1:30 Circling Wing

12:00 Calming the Storm

Dragon #3

6:00 Crossed Twigs

4:30 Fatal Cross

3:00 Flashing Mace

12:00 Rotating Destruction

3:00 Gift of Destiny

1:30 Destructive Twins

12:00 Securing the Storm