



## ***Youth Level One – Eagle Cycle***

### **ATTACK**

#### **Left Hand Shoulder Grab**

Review:

#### **Right Kick**

Review:

#### **Left Hand Shoulder Grab**

Review:

### **REQUIRED TECHNIQUES**

#### **Sword and Hammer**

Delayed Sword \* Sword of Defense

#### **Deflecting Hammer (Right)**

Parting the Sea

#### **Wrap Around**

Rolling Mace

### ***FREE STYLE COMBINATION***

**Eagle 1.** – Lunging Back Fist / Reverse Punch / Step-through Round Kick/ Shuffle Side

**Review** - Lion, Cobra, Mongoose, Leopard

#### ***KATA***

White Belts – Universal Form One

Yellow Belts – Universal Form One Extended

Orange Belts – Universal Form One Advanced

**Black Belt Club: Traditional Short Form One**

#### ***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***

Jump Front Kicks

Wheel 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:**

**Rear Arm Lock: Passing the Horizon** (Advanced)

**Nunchaku form**

***Theme of Cycle: Stranger Alert***

***Character Word: Honesty***



## ***Youth Level Two – Eagle Cycle***

### **ATTACK**

#### **Two Handed Push**

Review: **Sword and Hammer** \* **Delayed Sword** \* **Sword of Defense**

#### **Right Step through punch      Windmill Guard**

Review: **Deflecting Hammer** \* **Parting the Sea** \* **Rolling Mace**

#### **Rear Bear Hug** (arms pinned)      **Spreading the Branch**

Review: **Windmill Guard** \* **Deflecting the Branch**

#### **Left overhead club      Checking 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

**Eagle 1.**      Lunging Back Fist / Reverse Punch / Step through Round Kick/ Shuffle Side Kick

**Eagle 2.**      Back Fist / Reverse Punch / Step through Inward Crescent / Spin Power Hook

### ***KATA***

#### **Stance Set #1**

#### ***BO REQUIREMENTS:***

Sho Bo Kata

Bo Strikes & Defenses

#### ***ADVANCED KICKS***

*Spin Power Hook*

*One Step Hop Round*

*Crescent Kicks*

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

**Rear Arm Lock: Passing the Horizon** (Advanced)

#### **Nunchaku Form**

***Theme of Cycle: Stranger Alert      Character Word: Honesty***

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



## ***Youth Level Three– Eagle Cycle***

### **ATTACK**

#### **Rear Right Shoulder Grab**

Review: Sword and Hammer \* Wrap Around

#### **Two Handed Push**

Review: Deflecting Hammer \* Aggressive Twins

#### **Right Upper Cut**

Review: Windmill Guard \* Spreading the Branch

#### **Right Overhead Club**

Overhead Club: Checking the Storm

### **REQUIRED TECHNIQUES**

#### **Obscure Sword**

#### **Parting Wings**

#### **Raining Claw**

#### **Evading 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

**Eagle 1.**   Lunging Back Fist / Reverse Punch / Step through Round Kick/ Shuffle Side Kick

**Eagle 2.**   Back Fist / Reverse Punch / Step through Inward Crescent / Spin Power Hook

**Eagle 3.**   Back Fist / Reverse Punch / Muay Thai Round / Butterfly / Step through Spin Crescent

### **KATA**

“The Eagle” (Adult Series One Form)  
 Universal Form One Complete version  
 Stance set #1  
 Bo Kata \* Strikes & Defenses

#### **KICKS**

Butterfly  
 360 Hook

Step through spin crescent

#### **The Eagle Form**

Sword and Hammer	3:00
Aggressive Twins	12:00
Windmill Guard	1:30
Deflecting Hammer (R)	7:30
Spreading the Branch	12:00
Passing the Horizon	9:00
Checking the Storm (L)	10:30

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

**Rear Arm Lock: Passing the Horizon** (Advanced)

**Nunchaku Forms, Judo Throw – O Soto Gari**

**Theme of Cycle: Stranger Alert**

**Character Word: Honesty**

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



## ***Junior Black – Eagle I***

### **ATTACK**

#### **Left Step through Side Kick**

Review level 1

#### **Rear Bear Hug Arm Free**

Review Level 2

#### **Finger Lock**

Review Level 3

#### **Right Overhead Club**

### **REQUIRED TECHNIQUES**

#### **Buckling Branch**

Sword and Hammer  
Deflecting Hammer Right  
Windmill Guard  
Passing the Horizon

#### **Crashing Wings**

Aggressive Twins  
Wrap Around  
Spreading the Branch  
Checking the Storm Left

#### **Captured Leaves**

Obscure Sword  
Parting Wings  
Raining Claw  
Evading the Storm

#### **Capturing the Storm**

### ***FREE STYLE COMBINATION***

- Eagle 1:** Back Fist/Reverse Punch/Step through Round Kick/Shuffle Side  
**Eagle 2:** Back Fist/Reverse Punch/Step through Inward Crescent/Spin Hook  
**Eagle 3:** Back Fist/Reverse Punch/Muay Thai Round/Butterfly/Step through Spin Crescent  
**Eagle 4:** Jab/Cross/Shuffle Hook-Pull Drag Round/Jump Spin Crescent/360 Hook

### ***KATA***

Eagle I & II, Long Form 1

Review: Universal 1 complete, Stance Set 1

#### **The Eagle Form L1**

Sword and Hammer	3:00
Aggressive Twins	12:00
Windmill Guard	1:30
Deflecting Hammer (R)	7:30
Spreading the Branch	12:00
Passing the Horizon	9:00
Checking the Storm (L)	10:30

#### **The Eagle Form L2**

Obscure Sword	6:00
Parting Wings	3:00
Raining Claw	1:30
Buckling Branch	10:30
Crashing Wings	9:00
Captured Leaves	7:30
Evading the Storm	1:30

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



## ***Junior Black – Eagle II***

### **ATTACK**

#### **Double Lapel Grab**

Review level 1

#### **Right Flank Punch**

Review Level 2

#### **Right Punch**

Review Level 3

#### **Right Overhead Club**

Review Level 4

### **REQUIRED TECHNIQUES**

#### **Raking Mace**

Sword and Hammer  
Deflecting Hammer Right  
Windmill Guard  
Passing the Horizon

#### **Kneel of Compulsion**

Aggressive Twins  
Wrap Around  
Spreading the Branch  
Checking the Storm Left

#### **Shield and Mace**

Obscure Sword  
Parting Wings  
Raining Claw  
Evading the Storm

#### **Capturing the Storm**

Buckling Branch  
Crashing Wings  
Captured Leaves

### ***FREE STYLE COMBINATION***

- Eagle 1:** Back Fist/Reverse Punch/Step through Round Kick/Shuffle Side  
**Eagle 2:** Back Fist/Reverse Punch/Step through Inward Crescent/Spin Hook  
**Eagle 3:** Back Fist/Reverse Punch/Muay Thai Round/Butterfly/Step through Spin Crescent  
**Eagle 4:** Jab/Cross/Shuffle Hook-Pull Drag Round/Jump Spin Crescent/360 Hook

### ***KATA***

Eagle I, II, & III Long form 2, Stance Set 2  
 Review: Universal 1 complete, Stance Set 1

#### **The Eagle Form L1**

Sword and Hammer	3:00
Aggressive Twins	12:00
Windmill Guard	1:30
Deflecting Hammer (R)	7:30
Spreading the Branch	12:00
Passing the Horizon	9:00
Checking the Storm (L)	10:30

#### **The Eagle Form L2**

Obscure Sword	6:00
Parting Wings	3:00
Raining Claw	1:30
Buckling Branch	10:30
Crashing Wings	9:00
Captured Leaves	7:30
Evading the Storm	1:30

#### **The Eagle Form L3**

Raking Mace	12:00
Kneel of Compulsion	1:30
Shielding Mace	4:30
Circle of Doom	7:30
Tripping Arrow	10:30
Fallen Cross	4:30
Capturing the Storm	1:30

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



## ***Junior Black – Eagle III***

### **ATTACK**

#### **A High Right Front Kick**

Review level 1

#### **Front Bear Hug Arms Free**

#### **Rear Two Handed Choke**

Review Level 3

#### **Right Overhead Club**

Review Level 4

### **REQUIRED TECHNIQUES**

#### **Circle of Doom**

Sword and Hammer  
Deflecting Hammer  
Windmill Guard  
Passing the Horizon

#### **Tripping Arrow**

Wrap Around  
Spreading the Branch  
Checking the Storm

#### **Fallen Cross**

Obscure Sword  
Parting Wings  
Raining Claw  
Evading the Storm

#### **Capturing the Storm**

Buckling Branch, Raking Mace  
Crashing Wings, Kneel of Compulsion  
Captured Leaves, Shield and Mace

### ***FREE STYLE COMBINATION***

- Eagle 1:** Back Fist/Reverse Punch/Step through Round Kick/Shuffle Side  
**Eagle 2:** Back Fist/Reverse Punch/Step through Inward Crescent/Spin Hook  
**Eagle 3:** Back Fist/Reverse Punch/Muay Thai Round/Butterfly/Step through Spin Crescent  
**Eagle 4:** Jab/Cross/Shuffle Hook-Pull Drag Round/Jump Spin Crescent/360 Hook

### ***KATA***

Eagle I, II & III, Long Form 3, and Stance Set 2  
 Review: Universal 1 complete, Stance Set 1

Eagle form #1		Eagle Form #2		Eagle form #3	
3:00	Sword and Hammer	6:00	Obscure Sword	12:00	Raking Mace
12:00	Aggressive Twins	3:00	Parting Wings	1:30	Kneel of Compulsion
1:30	Windmill Guard	1:30	Raining Claw	4:30	Shield and Mace
7:30	Deflecting Hammer (right)	10:30	Buckling Branch	7:30	Circle of Doom
12:00	Spreading the Branch	9:00	Crashing Wings	10:30	Tripping Arrow
9:00	Passing the Horizon	7:30	Captured Leaves	4:30	Fallen Cross
10:30	Checking the Storm (left)	1:30	Evading the Storm	1:30	Capturing the Storm

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