



EAGLE CURRICULUM

Mantis Series

ATTACK

REQUIRED TECHNIQUES

Front Bear Hug

Review

Tripping the Bear

Defensive Maces, Outward
Defense A and B

Left Hand Shoulder Grab

Review

Obscure Wing

Outward Block Inward
Sword, Sword of Defense

FREE STYLE COMBINATIONS

Spinning Mantis – Back Fist/ Reverse Punch/ Step-through

Round Kick/Spin Back Kick

Review - Lion, Cobra, Mongoose, Leopard

KATA

Traditional Form 2

Review: Traditional Form 1, Kicking Kata

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: Kata: Short form #1

Progressive guard & Flying Side Kicks

Required Equipment: All Sparring Gear, Current UMAA Membership