

YOUTH AND ADULT CURRICULUM MA (June 5, 2012)

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| <p>White Belt Min 3 month time HAND REQUIREMENTS Lead jab- Y/stripe Straight punch- Y/stripe * Upper cut- O/stripe Hook- O/stripe * Middle punch- G/stripe Low knife block- B/stripe High knife block- R/stripe</p> <p>STANCES- White stripe Attention/ready/fighting</p> <p>KICK REQUIREMENTS Lead front kick- Y/stripe Rear front kick- O/stripe Lead roundhouse- G/stripe Rear roundhouse- B/stripe Lead side kick- R/stripe 1st freestyle kick- Silver star</p> <p>KATA- Blue star American Freestyle Fm 1</p> <p>SELF DEFENSE REQUIREMENTS SA color codes Legal issues Verbal boundries Front/Rear choke Front/rear bear hugs Wrist grab escape (w/counter) Hair grabs- Black stripe</p> <p>Required gear Mouthpiece Hand wraps</p> | <p>Orange Belt Min 4 month time HAND REQUIREMENTS Back fist- W/stripe Ridge hand- Y/stripe Palm heel strike- Y/stripe * Inverted snap punch- O/stripe Inside knifehand strike- G/stripe Middle knifehand block- B/stripe Downward punch- R/stripe High/low punch- R stripe *</p> <p>STANCES- white stripe Front stance/C-step/Turn</p> <p>KICK REQUIREMENTS Inside/outside crescent- Y/stripe Rear/Lead ax kick- O/stripe Rear side kick- G/stripe Instant Front Kick- B/stripe Pump front kick- R/stripe 2nd freestyle kick- Silver star</p> <p>KATA Basic form one- Blue star</p> <p>SELF DEFENSE REQUIREMENTS Guillotine Side/Rear headlocks Side bear hug Side choke- Black stripe</p> <p>SPARRING- Gold star Blocking kicks/punches Counterattacks</p> <p>Help instruct one class per week</p> <p>Required gear Sparring gear</p> | <p>Green Belt Min 4 month time HAND REQUIREMENTS Downward palm block- W/stripe Wedging block- Y/stripe Low/High hammer fist- O/stripe Guardian knifehand block-G/stripe Outside knife hand strike- B/stripe Inside middle block- B/stripe * High/low spearhand- R/stripe Middle spearhand- R/stripe *</p> <p>STANCES- white stripe Backstance/turn</p> <p>KICK REQUIREMENTS Skipping front kick- Y/stripe Lead/Rear hook kick- O/stripe Spin side thrust- G/Stripe Edge roundhouse- B/stripe Fadeaway side kick- R/stripe 3rd freestyle kick- Silver star</p> <p>KATA Chun gi- Blue star Tan gun Bo kata 1</p> <p>SELF DEFENSE Sprawl defense Roundhouse/front kick defense Full nelson Clinch control Strike from clinch Haymaker defense- Black Stripe</p> <p>SPARRING- Gold star Point sparring-application set-up-to score combos</p> <p>Help instruct one class per week Required gear- Boxing gloves, Staff</p> |
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YOUTH AND ADULT CURRICULUM MA (NOV 24TH, 2010)

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| <p>Blue belt Min 5 month time HAND REQUIREMENTS Low X block-W/stripe High X block- Y/stripe Overhead backfist- O/stripe Clapping strike- G/stripe Hooking block- B/stripe 7 angle elbows- R/stripe</p> <p>KICK REQUIREMENTS Jump front kick- Y/stripe Switch kick- O/stripe Jump L/R side thrust-R/stripe Jam kick- G/stripe Spin crescent kick- B/stripe 4th freestyle kick- Silver star</p> | <p>Red belt Min of 5 month time HAND REQUIREMENTS Inner edge block- W/stripe Upper palmheel strike- Y/stripe U shaped strike- O/stripe U shaped block- B/stripe Double arm block- G/stripe Twin knifehand block- R/stripe 5th freestyle kick- Silver star</p> <p>KICK REQUIREMENTS Jump L/R hook- Y/stripe (optional) Flying side thrust- O/stripe Jump side rear thrust- G/stripe Jump R/L roundhouse- B/stripe Tornado- R/stripe (optional) 5th freestyle kick- Silver star</p> | |
| <p>Stances Horse Stance Horse Stance Turn</p> | <p>SELF DEFENSE REQUIREMENTS Front/side/rear handgun defense</p> | |
| <p>SELF DEFENSE REQUIREMENTS Inside/Outside knife def Control from guard- Black Stripe Escape from guard Submission from guard</p> | <p>Control from mount Escape from mount Submission from mount Crowd control- Black Stripe</p> | front kick ax |
| <p>SPARRING- Gold star Working angles Advanced combinations Intro to kickboxing</p> | <p>SPARRING- Gold star Intermediate kickboxing Intro to MMA</p> | |
| <p>KATA- Blue star To san Wan yo Kama kata 1</p> | <p>KATA- Blue star Yo kuk Chun gun Toi gye Bo kata 2</p> | |
| <p>Help instruct one class per week</p> <p>Required gear Kamas</p> | <p>Help instruct one class per week</p> <p>Required gear Krav maga sparring gear</p> | |