

Youth MA Curriculum

Essentials

- Proper Warm-ups
- Belt-Tying
- Attribute Development Exercises
 - Stretching Methods
 - Rising Kicks (Front, Side)
 - Leg Whips
 - Push-ups (Wide, Narrow, Diamond, Dive Bomber)
 - V-ups
 - Hip-ups
 - Squats
 - Lunges
 - Mountain Climbers
 - Floor Movement Drills
 - (Bear Walk, Crab Walk, Alligator Crawl, Duck Walk, etc.)
 - Body Builders
- Communication Skills

Primary Attributes of a Martial Artist

- Respect
- Kindness
- Awareness
- Patience
- Dedication
- Discipline
- Humility
- Imagination

Goals

- Physical
- Technical
- Personal Achievement
- Area of Specialty

Contributions

I. Forms

1st Series Forms

Chon-Ji
Dan-Gun
Do-San
Yul-Guk
Hwa-Rang
Chung-Mu

Escrima Forms

#1
#3
#4, 4+
#7, 7+
#8

Competition Form

Suishi No Kan

II. Movement

Tumbling

Proper Standing from Prone Position
3 Point Landing
Forward Rolls
Backward Rolls
Cartwheel
Roundoff

Footwork

Shuffle Step
Male Triangle
Female Triangle
Lateral Triangle
Side Stepping
Stutter Step

Breakfalls

Forward
Backward
Side

III. Defense

Proper Cover

Hands Up
Shoulder Stop Cover
Body Cover

Palm Blocks

Inside
Outside
Low Inside
Low Outside

Forearm Blocks

Inside
Outside
Inner Forearm
High
Low
X-Blocks

IV. Strikes

Hand Techniques

Proper Hand Positions & Contact Areas

Proper Delivery & Body Mechanics

Closed Fisted

Boxing Punches

Jab

Cross

Hook

Uppercut

Overhand

#1,2,3 Punches

Backfist

Lead

Rear

Spinning

Hammerfist

Lead

Rear

Spinning

Open Handed

Ridgehand

Horizontal

Downward

Inverted

Hooking

Knifehand

Open

Closed

Spinning

Spearhand

Bent Wrist

Archand

Palmheel

Clawhand

Advanced Strikes

Thumbridge

Flat Fist

Rap Knuckle

Phoenix Punch

Forearm Strikes

Kicks

Primary

Front (Snap, Thrust)

Round

Side

Crescent Kicks

Inside Crescent

Outside Crescent

Heel Crescent

Advanced Kicks

Axe

Twist

Heel Spur

Hook

Oblique

Foot Sweep (Inside, Outside)

Grounded

Front Stomp

Round

Side Stomp (Low, High)

Oblique Stomp

Heel

Double Rising Kick

Delivery Method

Standing (Lead Leg, Rear Leg)

Double Motion

Stepping

Jumping

Lead Leg

Rear Leg

Sliding/Hopping

4 Directions

2 Directions Pivoting

Spinning

Step-Spinning

Tornado

Jumping

Flying

Fade-away

Elbow Strikes

Downward

Dropping

Rising

Snapping

Rear

Knee Strikes

Proper Range & Clinch

Straight

Side

Angled

Skipping Knees

Double Motion Knee

V. Grappling

Chokes

Difference between Pain & Blood Chokes
Mata Leao (Rear)
Guillotine (Side)
Cross Choke (Front)

Movement

Tenkan
Irimi

Wristlocks

Outside
Inside
Center
Open
Inverted
4-Corner

Takedowns & Throws

Standing
 Outside Leg Takedown
 Outside Hip Bump Takedown
 Hip Throw
 Head Throw
 Foot Stop Takedown
Kick Takedowns
 Round Kick (Tenkan, Irimi)
 Side Kick (Tenkan, Irimi)
Prone
 Hip Extension
 Double Heels (Shake'n'Bake)
 Stomp Leg
 Scissors Leg
 Wrap Leg
 Split Legs

Grab Defense

Arm Grab (Single, Double, 2 on 1, 2 on 2, Reversed,
Long Choke
Short Choke (Rear, Side, Front)
Bear Hug (Rear, Front, Over, Under, ½ and ½)
Full Nelson
Parts Grab (Lapel, Hair, Sleeve)

VI. Advanced

Primary Nerve Motor Points

Head/Neck

Jugular Notch
Mandibular Angle
Sternocleidomastoid
Vagus Nerve
Infra-Orbital/Philtrum

Arms

Median Nerve at Biceps
Radial Nerve at Biceps
Ulnar Nerve (Elbow)
Median Nerve at Forearm
Radial Nerve at Forearm
Flexor Tendons

Torso

Super Clavicular
Sub Clavicular
Trapezes
Deltoid Attachment & Separation
Pectoral
Latissimus Dorsai

Hips/Legs

Inguinal Crease
Femoral Nerve
Peroneal Nerve

Targets

Use of Force Continuum

Primary Targets

Nose
Corner of Jaw
Solar Plexus
Lower Abdominals
Groin
Legs
Instep/Toes

Tero Grave Targets

Temples
Eyes
Ear Drums
Throat
Knees
Floating Ribs
Armpit
Clavicle

Types of Knockouts

Rotational Concussion
Jaw Hinge Compression
Cerebellum Concussion
Blood Pressure Interruption
Exhaustion
Nervous Overload
Chi Interruption

Lateral Concussion
Temple Concussion
Blood Choke
Taking the Wind
Internal Bleeding
Global Trauma/Shock

VII. Weapons Skills

Proper Stick Warm-ups

Types of Strikes

Wittik
Lobtik
Abaniko
Punto
Punyol
Post

Delivery

Escala Pattern
Arco-Reverse Arko
Amarras 1-6
Redondo/Hulob/Flywheel
Uno-Dos
Songkite

Defense

Meet
Follow
Sweep
Shield/Wing
Payong
Umbrella
Crossada

Counter Sets

Punyol
Wittik
Abaniko
Lobtik
5th Set Counters

Drills

Carenza
Abecedario (Block, Check, Counter)
Hubud
Sinawali
4 Count
6 Count
Twins
Singles
Kob, Kob-Kob
Pai-Pai
6 Off 4
6 Count Variables
Heaven 6
IBB Pattern
Uppercut Pattern

Standard 6
IBI Pattern

Earth 6
BBB Pattern

Staff Twirling

Downward 8's
Upward 8's
Hand to Hand Transitions
Vertical
Horizontal
Behind Back
Overhead)
Pass Around the Body
Body Around the Staff

Staff Basics

Blocking
Thrusting
Striking
Disarms