

MALTA



ROTATION 2 CERTIFICATION TESTS



MALTA Staff Training

Basics –Test SCORE _____

Beginner

Testing points

1

#2

#3

Ready	Tight Fists	Feet – _____	Hands - _____
Attention	Feet - _____	Hands _____	“Sir!” or “Ma’am!”
Bow	Feet Together, legs straight	Eyes _____	Bending at waist _____ degrees

1

#2

#3

Horse	Knees bent over the big toe	Back _____t	Feet wide knees _____
Forward	Front knee bent so you can’t see _____	Back leg straight	Feet _____ wide, _____ width long



MALTA Staff Training

Fighting	Ball of front foot _____ on same line	Body at 45 degree	Knees slightly bent
At Ease	Feet _____ apart	Hands clasped behind back	Body at attention, eyes straight ahead

BASICS – FALLS/Belt

Beginner

Testing points

1

#2

#3

Side Fall	Barrel roll all the way on your side	Smacking the ground with the _____ hand	Body in fetal position, smacking hand protecting _____
Back Fall	Head never touches the _____	Hitting floor with both hands when _____ touches ground	Not_ yourself
Belt	Knot points to student's right	Stripes on _____ side	If double wrap, knot wraps around both

BASICS - Blocks

Beginner

Testing points



MALTA Staff Training

1

#2

#3

Low Block	Hand just past knee, _____ inches above	Tight fists	Slight bend in the _____
High Block	Above the head like _____	Hand in fist	Arm NOT touching _____
Inside Block	Elbow at 90 degrees	Hand in fist	Arm comes to _____
Outside Block	Hand just past the _____	Hand in fist	Elbow _____ degrees
Palm Heel Block	Hand in Chamber	Thumb tight against hand	Hand goes past _____
Knee-Elbow	Knee and elbow _____	Body turns totally to the _____	Look over shoulder

BASICS - Kicks

Beginner

Testing points

1

#2

#3

Front Kick	Knee bent before _____	Toes up striking with _____ of foot	Recall foot so knee bends again
Side Kick	Knee chambers with heel pointing to target	Heel pushes out _____ to target	Toes pointing _____
Hook Kick	Starts as _____	Bend knee so heel comes	Hands by the face
Flip Kick	_____ points to target	Striking with instep	_____ before landing
Roundhouse Kick	Pivot _____	Striking with _____	Don't over rotate



BASICS – Hand Techniques (Punches)

Beginner

Testing points

1

#2

#3

Basic Punch	Chamber on belt on hip	Hand turns over last _____	Striking with _____
Backfist	Elbow out first	Striking with _____	Concentrate on bringing the hand back fast!
Reverse Punch	Elbow grazes the _____ on the way out	Hand turns over the last three inches	Pivot foot and _____

BASICS – Hand Techniques (Open Hand)

Testing points

1

#2

#3

Straight Chop	Striking with _____	Start with hand to ear	_____
Overhand Chop	Start with hand to _____	Hand in Chamber	_____
Cross Chop	Start with palm to opposing ear	Pivot _____	Stop _____
Rear Hand Ridgehand	Starts as a _____	Come through target with bending of the elbow	Drop _____
Front Hand Ridgehand	Starts as a jab	Front Heel _____	Eyes _____



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Fronthand Ridgehand			
Backfist, Reverse Punch, Clearhead Punch	Clear to the _____	Momentum going _____	Don't let ____
Backfist, Sidekick	Shoot the backfist _____	As punch comes _____, side kick goes _____	Recoil _____

Kata – Universal

Beginner

Testing points

Rotation 1

1

#2

#3

Universal	Proper _____t	Horse Stance with _____	Solid_____and _____ position last half



MALTA Staff Training

Intermediate Basics - Test SCORE _____

Intermediate

Testing points

1

#2

#3

Back Stance	Horse stance with front foot _____	Knife hand block with hands	Slight lean on back leg _____
Knife Hand Block	Tips to _____	Hand across stomach, fingertips to edge _____	Back Stance

Intermediate Basics - Kicks

1

#2

#3

Spinning Side Kick	Spin Spot Kick	Turn only _____	Recoil leg into _____
Spinning Hook Kick	Spin 360 degrees	Pivot on _____	Foot ends _____
Jumping Side Kick	_____ leg kick	Knee comes into chest	Recoil leg into _____
Jumping Front Kick	Step, knee up, kick	Momentum comes from _____	Land in _____

Intermediate Basics - Kicks

Intermediate

Testing points



MALTA Staff Training

1

#2

#3

Crescent Kick	Knee _____	Strike with the “ankle”	Big ____
Reverse Crescent Kick	Knee _____	Strike with “ankle”	Big ____
Ax Kick	Half a Reverse Crescent	Land _____	Striking with _____
Skipping Side Kick	Knee rises while standing foot skips	Push the _____	Landing in _____



Intermediate
Grabs/Sparring Combos/Knives Test SCORE _____

Intermediate	Testing points	Rotation 1
	# 1	#2
		#3

Sleeper Choke	Hit two points, shoulder and _____	Your elbow needs to be under their _____	Squeeze with the “ _____ ”
Sleeper Choke Escape	Grab their _____	Drop straight _____, near leg	Your finger goes to your _____
Side Headlock	Turn face into their _____	Grab elbows and _____	Punch a straight punch while _____

Intermediate Sparring Combinations

Intermediate	Testing points	Rotation 1
	# 1	#2
		#3

Full Contact Drills	Hand by the _____	Pivoting _____	Elbow and hips _____



ADVANCED SELF DEFENSES

Advanced

Testing points

Rotation 1

1

#2

#3

Palm Heel, Straight Chop, Side Kick	Step to _____	Pivot on _____	Make it a _____ kick
Palm Heel, Backfist Ridgehand	Step to _____	Elbow points to _____	Pivot on the _____
Inside Block, Cross Chop, Punch, Front Kick	Step to the _____	Glancing block with _____	Front kick when _____
Outside Block, Groin Grab, Chop, Side Kick	Step out _____ degrees	Pivot out on _____	Target the _____ for side kick

Pre-Black Knives

Pre-Black

Testing points

Rotation 1

Knives

1

#2

#3

Slash – Karate	Block and _____ with step	Solid _____ Four	Take down in a _____
Slash – Aikido	Handshake off _____	Go under lower than their _____	Sit on _____



MALTA Staff Training Notes