

MARTIAL ARTS LEADERSHIP TRAINING ASSOCIATION

CURRICULUM CLASS NOTES



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Rotation 1

Words of the Belt

Self Control

Control Mouth
Control Body
Pay attention in class
 Eyes, Mind, Body
Don't Interrupt
Work before play
Attitude of gratitude
Listen to the teacher
Follow the rules
Say please and Thank you
Ask before you do
 things
Think before you speak
Do what you are told
 WHEN you are told

Focus

Concentrate on one
 thing at a time.
Pay attention
Dedication
No distractions
Concentrate on tests
Write down your goals
Prepare to focus

Confidence

Believe in your abilities
Is it ok to fail?
Experience success
Get back up
Hold yourself up
Know the details
Look people in the eye
Promote others
Know your strengths
 and weakness
Practice



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Rotation 1 - Intermediate

Basics Week

Knowledge

Intermediates

Spinning Hook
Spinning Side
Crescent
Reverse Crescent
Spinning Reverse Crescent
Front Roll
Back Roll

Extra:

Sparring (padded sticks, then head and hands)
Chase

Fun Exercises:

- ✓ Forward stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- ✓ On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- ✓ Spinning side kick on bags, dominoes
- ✓ Spinning hook in the air, on the hand targets
- ✓ Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- ✓ Crescent kicks over a chair
- ✓ Face each other and use your partner's face as a target (at a distance!) for hook/crescent
- ✓ Leg holds – hold front, flip and side kick in the air for 15 seconds each



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Rotation 1 - Advanced Basics Week *Confidence*

Advanced

Defensive Side

Jump Spinning Defensive Side

Extra:

Sparring

Fun Exercises:

- Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- Spinning Side Kick on Bag
- Spinning Side kicks—dominoes
- Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.



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ROTATION 1 – Pre-Black Basics Week

Adult Pre-Black

Jump Spinning Reverse Crescent Kick
Tornado Kick

Extra:

Sparring Rounds

Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



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Rotation 1 - Beginner

Grabs Week

Self-Control

Beginners

Side Kick
Hook Kick
Wrist Escape
Push
Single Wrap

Black Belt Club:

Grabs on Partners
(Arm up behind the back)

Fun Exercises:

- ✓ Side kicks on bags
- ✓ Have students get close to bag and do 1 side kick on your command, having them focus on your voice, and see who on the bag can kick it fastest. Try to mix up the timing on when you yell the command to mess them up.
- ✓ Hook kick on x-ray targets



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Rotation 1 - Intermediate

Grabs Week

Knowledge

Intermediates

Twist Offs:

- Front
- Pinky Up
- Break the Elbow

Extra:

Chase

Fun Exercises:

- ✓ Crescent kicks over a chair
- ✓ Face each other and aim at your partner's face
- ✓ Spinning Hook in air, on hand targets
- ✓ Spinning side kicks—dominoes
- ✓ Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



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Rotation 1 - Advanced Grabs Week *Confidence*

Advanced

Board Breaks
Side Kick

Extra:

Chase
Basic Kata I
Star Form

Fun Exercises:

- ✓ Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- ✓ Spinning side kick on Bag
- ✓ Spinning side kicks—dominoes
- ✓ Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards.
- ✓ Review Basic and Intermediate Grabs



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Rotation 1 – Pre-Black
Grabs Week

Adult Pre-Black

Knives:

Straight— Karate and Aikido

Board Breaks:

Side Kick

Front Kick

Extra:

Grabs from Intermediate and Beginner cycles 3 and 1

Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescent Kicks on Targets
- JSRC/Tornado on targets



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Rotation 1 - Beginners **Sparring Combination Week**

Beginners

Backfist

Reverse Punch

Shuffle

Flip Kick

Backfist, Reverse Punch

Clear-Head, Punch

Flip Kick, Backfist, Reverse Punch

Flip Kick, Clear-Head, Punch

Black Belt Club Only:

Sparring

Fun Exercises:

- Partners try to tag each other's shoulder's without being tagged themselves
 - Variation: Stick a quarter of a White belt in the students belts and see if they can take their partner's piece away without losing their own.
- To work on timing and distance a S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



Rotation 1 - Intermediate Sparring Combinations Week

Intermediates

Side Kick, Flip Kick

Hook Kick, Flip Kick

Side Kick, Flip Kick, Backfist, Reverse Punch

Hook Kick, Flip Kick, Backfist, Reverse Punch

Extra:

Sparring

Fun Exercises:

- Lounge on the beach while doing proper double action kicks in the air
- Slow Double Action kicks on the bags to work on aim and balance
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks—dominoes
- Go up and down the floor practicing Knife hands with the back stance
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



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Rotation 1 - Advanced Sparring Combinations Week

Advanced

Palm Heel Block, Strike to Throat

Palm Heel Block, Strike to Throat, Wrap, Chop

Palm Heel Block, Punch to Body

Palm Heel Block, Punch to Body, Elbow to Face, Scoop Kick

Extra:

Sparring

Fun Exercises:

- Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- Spinning Side Kick on Bag
- Spinning Side kicks—dominoes
- Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards.



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Rotation 1 – Pre-Black

Sparring Combinations Week

Adult Pre-Black

Palm Heel Block, Punch to Body, Strike to Throat

Palm Heel Block, Punch to Body, Strike to Throat, Take Down,
Punch, Clench Fist

Inside Knifehand, Thumb in the Eye, Palm Heel, Punch to Body,
Scoot Up, Knee to Groin

Inside Knifehand, Clench Fist to Throat, Hammer Fist to Kidney,
Chop to Groin, Take Down, Crescent, Front, Ax

Extra:

Self Defenses from Advanced Cycles 3 and 1

Fun Exercises:

- JSRC/Tornado on targets



Rotation 1 - Beginner
Kata Week

Beginners

Forward Stance

Basic Punch

Roundhouse Kick

1st Half of Basic Kata I

Black Belt Club Only:

Kata to the Numbers

Chase

Fun Exercises:

- Have the students put each foot on 2 lines on the floor and have them practice their C-Step with the lines as a guide to where their feet should land.
- Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- Face partner and see who can punch fastest while in a horse stance on command.
- Practice blocks on one side with other hand tucked in belt



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Rotation1 - Intermediate Kata Week

Intermediates

Forward Stance

C-Step

2nd Half of Basic Kata I

Extra:

Chase

Review of 1st Half of Basic Kata I

Fun Exercises:

- Lounge on the beach while doing proper double action kicks in the air
- Slow Double Action kicks on the bags to work on aim and balance
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



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Rotation 1 - Advanced
Kata Week

Advanced

1st 3rd of Moonform

Extra:

Chase

Basic Kata I

Starform

Fun Exercises:

- Go up and down the floor practicing Knife hands with the back stance
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



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Rotation 1 - Pre-Black
Kata Week

Adult Pre-Black

All of Moonform
Kama Kata
Chase

Extra:

Basic Kata I
Starform

Fun Exercises:

- JSRC/Tornado on targets