



MALTA

Martial Arts Leadership Training Association 

Rotation 3 Certification Manual



MALTA

Martial Arts Leadership Training Association

Basics - Stances



Beginner

Testing points

1

#2

#3

Ready	Tight Fists	Feet Shoulder Width Apart	Hands out in front, 45 degrees
Attention	Feet Together	Hands straight down by your side	“Sir!” or “Ma’am!”
Bow	Feet Together, legs straight	Eyes down	Bending at waist just past 45 degrees

NOTES



MALTA

Martial Arts Leadership Training Association

BASICS - STANCES



Beginner

Testing points

1

#2

#3

Horse	# 1	#2	#3
	Knees bent over the big toe	Back Straight	Feet wide knees "bowed"
Forward	Front knee bent so you can't see your toe	Back leg straight	Feet shoulder width wide, double shoulder width long
Fighting	Ball of front foot and heel of back foot on same line	Body at 45 degree	Knees slightly bent
At Ease	Feet shoulder width apart	Hands clasped behind back	Body at attention, eyes straight ahead

NOTES



BASICS – FALLS/Belt

Beginner

Testing points

1

#2

#3

Side Fall	Barrel roll all the way on your side	Smacking the ground with the bottom hand	Body in fetal position, smacking hand protecting the face
Back Fall	Head never touches the ground	Hitting floor with both hands when belt touches ground	Not “catching” yourself
Belt	Knot points to student’s right	Stripes on heart side	If double wrap, knot wraps around both

NOTES



BASICS - Blocks

Beginner

Testing points

1

#2

#3

Low Block	Hand just past knee, 4-6 inches above	Tight fists	Slight bend in the elbow
High Block	Above the head like a roof	Hand in fist	Arm NOT touching the head
Inside Block	Elbow at 90 degrees	Hand in fist	Arm comes to center of body
Outside Block	Hand just past the shoulder	Hand in fist	Elbow 90 degrees
Palm Heel Block	Hand in Chamber	Thumb tight against hand	Hand goes past face
Knee-Elbow	Knee and elbow touches	Body turns totally to the side	Look over shoulder

NOTES



MALTA

Martial Arts Leadership Training Association

BASICS - Kicks



Beginner

Testing points

1

#2

#3

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

NOTES



MALTA

Martial Arts Leadership Training Association

BASICS – Hand Techniques (Punches)

Beginner

Testing points

1

#2

#3

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

NOTES



BASICS – Hand Techniques (Open Hand)

Testing points

Knives

1

#2

#3

Straight Chop	Striking with Shuto edge	Start with hand to ear	Pivot
Overhand Chop	Start with hand to ear	Hand in Chamber	Pivot
Cross Chop	Start with palm to opposing ear	Pivot away	Stop on jawline
Rear Hand Ridgehand	Starts as a Reverse Punch	Come through target with bending of the elbow	Drop elbow immediately
Front Hand Ridgehand	Starts as a jab	Front Heel pivots	Eyes on target

NOTES



GRABS

Beginner

Testing points

Rotation 3

1

#2

#3

Bear Hug	Slide hips	Drop weight fast	Palms up 1 st 2 elbows
Bear Hug Take Down	Left leg step out	Concentrate on “locking” their arm	Their elbow comes to your center
Bulldog	Step back as your hands go out palms up	Grab their chin and hair	“Scootch” along with them as needed.

NOTES



SPARRING COMBINATIONS

Beginner

Testing points

Rotation 3

1

#2

#3

Front Kick Punch High Punch Low Roundhouse	Land forward after front kick	Pivot on Reverse Punch	Ending with a fighting stance
Rear Hand Ridgehand to Body, Backfist to Head	Guarding hand next to face	Elbow points to target with backfist	Keep running

NOTES



Kata – Elbow Sequence

Beginner

Testing points

Rotation 3

1

#2

#3

Elbow Sequence	Start with Left	Start pivots on #5	KIAH at end

NOTES



MALTA

Martial Arts Leadership Training Association

Intermediate Basics

Intermediate

Testing points

1

#2

#3

Back Stance	Horse stance with front foot turned forward	Knife hand block with hands	Slight lean on back leg 60/40
Knife Hand Block	Tips to lips	Hand across stomach, fingertips to edge of ribs	Back Stance

NOTES



Intermediate Basics - Kicks

Intermediate

Testing points

1

#2

#3

Spinning Side Kick	Spin Spot Kick	Turn only half way	Recoil leg into chamber
Spinning Hook Kick	Spin 360 degrees	Pivot on standing foot	Foot ends where it started
Jumping Side Kick	Rear leg kick	Knee comes into chest	Recoil leg into chamber
Jumping Front Kick	Step, knee up, kick	Momentum comes from lifting knee	Land in fighting Stance

NOTES



Intermediate Basics - Kicks

Intermediate

Testing points

1

#2

#3

Crescent Kick	Knee bends	Strike with the “ankle”	Big Arc
Reverse Crescent Kick	Knee bends	Strike with “ankle”	Big Arc
Ax Kick	Half a Reverse Crescent	Land forward	Striking with heel
Skipping Side Kick	Knee rises while standing foot skips	Push the heel	Landing in fighting stance

NOTES



MALTA

Martial Arts Leadership Training Association

Intermediate Grabs

Intermediate

Testing points

Rotation 3

1

#2

#3

Fulcrum Sweep	Step 45	Grab kicking shoulder	Turn $\frac{3}{4}$ turn
Hook Sweep	Step 45 and turn your back	Step behind their ankle	Walk through them
Parry Sweep	“Hollow out”	Grab shoulder	Soccer kick their calf

NOTES



Intermediate Sparring Combinations

Intermediate

Testing points

Rotation 3

1

#2

#3

Side kick, flip kick, backfist, reverse punch	Knee stays in position during kicks	Try two different heights with the kicks	Ending with a fighting stance
Hook kick, flip kick, backfist, reverse punch	Knee stays in position during kicks	Try two different heights with the kicks	Ending with a fighting stance

NOTES



ADVANCED SELF DEFENSES

Advanced

Testing points

Rotation 3

1

#2

#3

Palm Heel, Strike to Throat	Step at 45 degree angle	Smack the punching hand	Recoil strike to throat
Palm Heel, Wrap, Chop	Stay in contact with wrapping hand	Step away at 45 degree angle	Pull grabbed hand to waist as you twist
Palm Heel, Strike to Body	Punch underhand	Fast Recoil	
Palm Heel, Strike to Body, Step behind, Scoop Kick	Elbow forward to face	Land before scoop kicking	

NOTES



Pre-Black Knives

Pre-Black

Testing points

Rotation 3

Knives

1

#2

#3

Point to Throat	Drop fast	Second hand smashes in	Roll their pinkie to your center
Point in the Back	Step away 45 degrees	Other hand gets on quick	Step behind their leg at the end
Around the Throat From Rear	Grab wrist thumb on top	Swim with other arm	Keep their hand in contact with your chest

NOTES
