



# Rotation 1 Certification Manual



## Basics - Stances

### Beginner

### Testing points

# 1

#2

#3

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

### NOTES

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# MALTA

Martial Arts Leadership Training Association

## BASICS - STANCES

**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

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

**NOTES**

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## BASICS – FALLS/Belt

**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

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

### Beginner

### Testing points

# 1

#2

#3

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

### NOTES

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**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

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

**NOTES**

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# MALTA

Martial Arts Leadership Training Association



## BASICS – Hand Techniques (Punches)

**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

|                      |                                            |                                             |                                                   |
|----------------------|--------------------------------------------|---------------------------------------------|---------------------------------------------------|
| <b>Basic Punch</b>   | Chamber on belt<br>on hip                  | Hand turns over<br>last three inches        | Striking with first<br>two knuckles               |
|                      |                                            |                                             |                                                   |
| <b>Backfist</b>      | Elbow out first                            | Striking with<br>back of hand               | Concentrate on<br>bringing the hand<br>back fast! |
|                      |                                            |                                             |                                                   |
| <b>Reverse Punch</b> | Elbow grazes the<br>ribs on the way<br>out | Hand turns over<br>the last three<br>inches | Pivot foot and hips                               |
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## BASICS – Hand Techniques (Open Hand)

### Testing points

#### Knives

# 1

#2

#3

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

### NOTES

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## GRABS

**Beginner**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

|                     |                                  |                                          |                                         |
|---------------------|----------------------------------|------------------------------------------|-----------------------------------------|
| <b>Wrist Escape</b> | Twist Hand<br>“Down”             | Pull towards<br>Center                   | End with possible<br>Backfist position  |
|                     |                                  |                                          |                                         |
| <b>Push</b>         | Right hand over<br>top of theirs | Left hand grabs<br>arm close to<br>wrist | Step back and then<br>bow to throw knee |
|                     |                                  |                                          |                                         |
| <b>Single Wrap</b>  | Step outside to<br>45 degree     | Lock their arm<br>above the elbow        | Punch underhand                         |
|                     |                                  |                                          |                                         |

## NOTES

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## SPARRING COMBINATIONS

**Beginner**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

|                                                 |                                                     |                                                   |                          |
|-------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|--------------------------|
| <b>Backfist<br/>Reverse Punch</b>               | Halfway through shuffle Backfist should be extended | Backfist hand comes back to guard face            | Pivot on Reverse Punch   |
| <b>Clear Head<br/>Punch</b>                     | Clear to the front                                  | Only clear a little                               | Reverse punch to face    |
| <b>Flip Kick<br/>Backfist<br/>Reverse Punch</b> | Shuffle, then kick                                  | Unless on a target always kick as high as you can | After kick, land forward |
| <b>Flip Kick Clear<br/>Head Punch</b>           | Shuffle, then kick                                  | Unless on a target always kick as high as you can | After kick, land forward |

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## Kata – Basic Kata 1

**Beginner**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

|                     |                                                   |                              |                                                                                        |
|---------------------|---------------------------------------------------|------------------------------|----------------------------------------------------------------------------------------|
| <b>Basic Kata 1</b> | Do each move as if it is the only one in the kata | Step, then “crank” the punch | When throwing the 3 punches down the middle, make sure they are straight basic punches |
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## Intermediate Basics

Intermediate

Testing points

# 1

#2

#3

|                             |                                                   |                                                          |                                  |
|-----------------------------|---------------------------------------------------|----------------------------------------------------------|----------------------------------|
| <b>Back Stance</b>          | Horse stance<br>with front foot<br>turned forward | Knife hand block<br>with hands                           | Slight lean on<br>back leg 60/40 |
|                             |                                                   |                                                          |                                  |
| <b>Knife Hand<br/>Block</b> | Tips to lips                                      | Hand across<br>stomach,<br>fingertips to edge<br>of ribs | Back Stance                      |
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## Intermediate Basics - Kicks

### Intermediate

### Testing points

# 1

#2

#3

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

### NOTES

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## Intermediate Basics - Kicks

Intermediate

Testing points

# 1

#2

#3

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

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## Intermediate Grabs

Intermediate

Testing points

Rotation 1

# 1

#2

#3

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|---------------------|------------------------------------|-------------------------------|---------------------------------------------------------|
| <b>Pinkie Up</b>    | Stun                               | Twist hand until pinkie is up | Bring their elbow "in" in a z pattern                   |
|                     |                                    |                               |                                                         |
| <b>Break Elbow</b>  | Pin their hands against your chest | Step back into horse stance   | Drop your elbow on top of their elbow going to your hip |
|                     |                                    |                               |                                                         |
| <b>Kick to Face</b> | Hand goes above shoulder           | Cross thumbs                  | Snap down to center, then kick                          |
|                     |                                    |                               |                                                         |

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## Intermediate Sparring Combinations

**Intermediate**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

|                                                      |                                     |                                          |                               |
|------------------------------------------------------|-------------------------------------|------------------------------------------|-------------------------------|
| <b>Side kick, flip kick, backfist, reverse punch</b> | Knee stays in position during kicks | Try two different heights with the kicks | Ending with a fighting stance |
|                                                      |                                     |                                          |                               |
| <b>Hook kick, flip kick, backfist, reverse punch</b> | Knee stays in position during kicks | Try two different heights with the kicks | Ending with a fighting stance |
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## ADVANCED SELF DEFENSES

**Advanced**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

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

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## Pre-Black Knives

**Pre-Black**

**Testing points**

**Rotation 1**

**Knives**

**# 1**

**#2**

**#3**

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