



MALTA

Martial Arts Leadership Training Association



ROTATION 2 CERTIFICATION MANUAL



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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



BASICS - STANCES

Beginner

Testing points

1

#2

#3

| Horse | 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



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



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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

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|-----------------------------|---------------------------------|---|------------------------|
| 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 2

1

#2

#3

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|----------------------------------|------------------------|--------------------------------|--------------------------------|
| Two Hand Choke | Raise hand straight up | Drop weight into horse stance | Palm monitors their arm |
| | | | |
| Double Wrap | Step between the legs | Arm goes all the way around | Punch with palm up |
| | | | |
| Arm Twist Behind the Back | Grab them first | Make arm go above the shoulder | Pull them in for the side kick |
| | | | |

NOTES



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SPARRING COMBINATIONS

Beginner

Testing points

Rotation 3

1

#2

#3

| | | | |
|---|----------------------------|---|------------------|
| Backfist, Reverse Punch, Rearhand Ridgehand | Specific different targets | Pivot on the Ridgehand | Hand by the face |
| | | | |
| Backfist, Reverse Punch, Fronthand Ridgehand | Specific different targets | Pivot Heel | Hand by the face |
| | | | |
| Backfist, Reverse Punch, Clearhead Punch | Clear to the inside | Momentum going forward | Don't let go |
| | | | |
| Backfist, Sidekick | Shoot the backfist high | As punch comes back, side kick goes out | Recoil kick |

NOTES



Kata – Universal

Beginner

Testing points

Rotation 3

1

#2

#3

| Universal | Proper foot Placement | Horse Stance with chamber | Solid Stances and hand position last half |
|------------------|------------------------------|----------------------------------|--|
| | | | |

NOTES



Intermediate Basics

Intermediate

Testing points

1

#2

#3

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|-------------------------|---|---|-------------------------------|
| 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



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Intermediate Grabs

Intermediate

Testing points

Rotation 2

1

#2

#3

| | | | |
|-----------------------------|------------------------------------|---|---|
| Sleeper Choke | Hit two points, shoulder and elbow | Your elbow needs to be under their chin | Squeeze with the "vise" |
| | | | |
| Sleeper Choke Escape | Grab their elbow | Drop straight down, near leg up | Your finger goes to your center |
| | | | |
| Side Headlock | Turn face into their side | Grab elbows and step | Punch a straight punch while hanging on |
| | | | |

NOTES



Intermediate Sparring Combinations

Intermediate

Testing points

Rotation 3

1

#2

#3

| Full Contact Drills | Hand by the face | Pivoting hips | Elbow and hips connected |
|----------------------------|-------------------------|----------------------|---------------------------------|
| | | | |

NOTES



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Advanced Self Defenses

Advanced

Testing points

Rotation 3

1

#2

#3

| | | | |
|--|---------------------|---------------------------|-------------------------------------|
| Palm Heel, Straight Chop, Side Kick | Step to right | Pivot on Chop | Make it a side kick |
| Palm Heel, Backfist Ridgehand | Step to right | Elbow points to face | Pivot on the Ridgehand |
| Inside Block, Cross Chop, Punch, Front Kick | Step to the right | Glancing block with pivot | Front kick when balanced |
| Outside Block, Groin Grab, Chop, Side Kick | Step out 45 degrees | Pivot out on chop | Target the midsection for side kick |
| | | | |

NOTES
