

# MALTA



## ROTATION 2 CERTIFICATION MANUAL



*MALTA Staff Training*

**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

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*MALTA Staff Training*

**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

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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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*MALTA Staff Training*

**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

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*MALTA Staff Training*

**BASICS - Kicks**

**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

<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

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## **BASICS – Hand Techniques (Punches)**

**Beginner**

**Testing points**

**# 1**

**#2**

**#3**

<b>Basic Punch</b>	Chamber on belt on hip	Hand turns over last three inches	Striking with first two knuckles
<b>Backfist</b>	Elbow out first	Striking with back of hand	Concentrate on bringing the hand back fast!
<b>Reverse Punch</b>	Elbow grazes the ribs on the way out	Hand turns over the last three 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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## MALTA Staff Training

### GRABS

Beginner

Testing points

Rotation 2

# 1

#2

#3

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

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*MALTA Staff Training*

**SPARRING COMBINATIONS**

**Beginner**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

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

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## Kata - Universal

**Beginner**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

<b>Universal</b>	Proper foot Placement	Horse Stance with chamber	Solid Stances and hand position last half

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## Intermediate Basics

**Intermediate**

**Testing points**

**# 1**

**#2**

**#3**

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

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## Intermediate Basics - Kicks

**Intermediate**

**Testing points**

**# 1**

**#2**

**#3**

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

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*MALTA Staff Training*

**Intermediate Grabs**

**Intermediate**

**Testing points**

**Rotation 2**

**# 1**

**#2**

**#3**

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

**NOTES**

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## Intermediate Sparring Combinations

**Intermediate**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

<b>Full Contact Drills</b>	Hand by the face	Pivoting hips	Elbow and hips connected

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*MALTA Staff Training*

**Advanced Self Defenses**

**Advanced**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

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

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## MALTA Staff Training

### Pre-Black Knives

**Pre-Black**

**Testing points**

**Rotation 3**

**Knives**

**# 1**

**#2**

**#3**

<b>Slash – Karate</b>	Block and ridgehand with step	Solid Figure Four	Take down in a circle
<b>Slash – Aikido</b>	Handshake off centered	Go under lower than their shoulders	Sit on Heel

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