

MALTA

4th Degree Curriculum



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Martial Arts Leadership Training Association





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Habit of Success

“Be Proactive”

Rotation 1

Basics

1. Fold Uniform
2. 360 Roundhouse Kick

Grabs

1. First Wrist – cross grip
2. First Wrist – Straight grip
3. Bar Trick

Self Defenses

1. Palm Heel, strike to throat, grab wrist, chop to throat, scissor sweep.
2. Palm Heel, strike to throat, spin sweep.

Sparring Combinations

Sticks—4,5,6 & 7 matching, mirroring, complementary
4 Wall Defense

Kata: Whip, four wall strikes



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4th Degree Curriculum Habit of Success

“Begin with the End in Mind”

Rotation 2

Basics:

1. History of Karate
2. 360 Hook Kick

Grabs:

1. Two hand grab for rear – Kotegash (left Side)
2. Arm up behind the back – ending in figure four (Left Side)
3. Handshake – ending in roll

Self Defenses:

1. Right palm heel block, backfist into knife hand block against second punch, ridgehand, over the leg take down, stomp (Knife)
2. (Against a front kick) Low block, backfist, reverse punch, shin kick, left cut elbow.
3. (Against roundhouse kick). Knee elbow block. Left palm heel, right elbow, chop to neck, 3 knees
4. Roundhouse Peel Off
5. Unbendable Arm

Sparring Combinations:

1. Sticks – 4, 5, 6 & 7 mirroring
2. Bo Sparring (Sai)

Kata:

Honto



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Habit of Success

“Put First Things First”

Rotation 3

Basics:

1. Folding Hakama Pants.
2. Tornado and Jump Spinning Reverse Crescent

Grabs:

1. Bear Hug leg lift
2. Continuations left side

Self Defenses: Tapi Tapi Knife Defenses (Left Side)

1. Kotegash
2. Strip
3. Backhand
4. Hand on Shoulder

Sparring Combinations:

1. Sticks 4, 5, 6 & 7 Matching, Mirroring, Complementary
2. Kickboxing Drills

Kata:

Sword cuts – Escort (2)

Kama Kata - Rope



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Habit of Success

“Think Win Win”

Rotation 4

Basics:

1. Spin Hook

Grabs:

1. Shio Nage, left side
2. Jacket Grab

Self Defenses:

Palm Heel Block, strike to the throat, reverse figure four, left gun – Front, stomach, back, side

Sparring Combinations:

1. Sticks – Inside raps 2,4,6
2. Disarms 3 & 4
3. Snake Disarms
4. Kickboxing Drills

Kata:

Tekki Shodan



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Habit of Success

“Seek First to Understand”

Rotation 5

Basics:

1. Tornado
2. 360 Hook

Grabs:

1. Roundhouse punch – Peel Off
2. Roundhouse punch – Unbendable arm

Self Defenses:

1st and 2nd Knife Template
Template Isolations

Sparring Combinations:

1. Sticks – Inside cuts 2, 4, 6
2. Bo Sparring (Shinai) complete

Kata:

Honto



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Habit of Success

“Synergy & Sharpen the Saw”

Rotation 6

Basics:

1. Folding Hakama Pants
2. Jump Spinning Reverse Crescent

Grabs:

1. Grappling – Bear hug knee bar
2. Wheel Throw

Self Defenses:

Knife Template 1 Flow Strip on one side

Sparring Combinations:

1. Sticks – Broken 8
2. Double Sinawali and Applications

Kata:

Sword Kata Basic with Roll