



**MALTA**

Martial Arts Leadership Training Association



# Rotation 1 Certification Manual



# MALTA

Martial Arts Leadership Training Association



## 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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## 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

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## 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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## GRABS

**Beginner**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

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

### NOTES

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## SPARRING COMBINATIONS

**Beginner**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

<b>Backfist Reverse Punch</b>	Halfway through shuffle Backfist should be extended	Backfist hand comes back to guard face	Pivot on Reverse Punch
<b>Clear Head Punch</b>	Clear to the front	Only clear a little	Reverse punch to face
<b>Flip Kick Backfist 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 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

### NOTES

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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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## Intermediate Grabs

**Intermediate**

**Testing points**

**Rotation 1**

**# 1**

**#2**

**#3**

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

### 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

### NOTES

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