

**MARTIAL ARTS LEADERSHIP  
TRAINING ASSOCIATION**

**CURRICULUM  
CLASS NOTES FOR  
ROTATIONS 1, 2, & 3**



**MALTA**

Martial Arts Leadership Training Association





## Words of the Belt

### Self Control

Control Mouth  
Control Body  
Pay Attention in class  
Don't interrupt  
Work before play  
Attitude of gratitude  
Listen to the teacher  
Follow the rules  
Say "please" and  
"thank you".  
Ask before you do  
things.  
Think before you speak.  
Do what you are told, WHEN  
you are told.

### Knowledge

Concentrate on one thing at a time.  
Eyes, mind, body  
Pay attention  
Focus on one thing at a time  
Dedication  
No distractions  
Concentrate on test  
Write down your goals  
What are your goals?  
Look People in the eyes  
Prepare to focus  
Try your best

### Confidence

Belief in your abilities  
Is it ok to fail?  
Experience  
Success  
Get back up  
Hold yourself up  
Know the details  
Look people in the  
eyes.  
Promote others  
Practice  
Know your strengths  
and weakness.



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Beginner

### Basics Week

### *Self-Control*

#### **Beginners**

Chops

Blocks

Basic Punch

Front Kick

Flip Kick

#### **Black Belt Club Only:**

Sparring (padded sticks, then head and hands)

Chase

#### **Fun Exercises (pick three):**

- ✓ Have student come to front of class and lead blocks, mixing up the rhythm and order to see if they can mess the rest of the class up.
- ✓ Chops on X-Ray paper.
- ✓ Balance on kicks. (4-parts)
- ✓ Do a kick three times in a row to see if they can balance.
- ✓ Face a partner mirror/other side and see who can do more front/flip kicks without putting their leg down.
- ✓ Scoot up next to a bag and see who can do side kicks the fastest.
- ✓ All basic kicks on kicking bags.



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Intermediate

### Basics Week

#### *Knowledge*

#### **Intermediates**

Spinning Hook  
Spinning Side  
Crescent  
Reverse Crescent  
Spinning Reverse Crescent  
Front Roll  
Back Roll

#### **Extra:**

Sparring (padded sticks, then head and hands)  
Chase

#### **Fun Exercises:**

- ✓ Forward stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- ✓ On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- ✓ Spinning side kick on bags, dominoes
- ✓ Spinning hook in the air, on the hand targets
- ✓ Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- ✓ Crescent kicks over a chair
- ✓ Face each other and use your partner's face as a target (at a distance!) for hook/crescent
- ✓ Leg holds – hold front, flip and side kick in the air for 15 seconds each



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Advanced

### Basics Week

*Confidence*

### **Advanced**

Defensive Side

Jump Spinning Defensive Side

### **Extra:**

Sparring

### **Fun Exercises:**

- Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- Spinning Side Kick on Bag
- Spinning Side kicks—dominoes
- Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.



**MALTA**  
Martial Arts Leadership Training Association  
**ROTATION 1 – Pre-Black**  
**Basics Week**

**Adult Pre-Black**

Jump Spinning Reverse Crescent Kick  
Tornado Kick

**Extra:**

Sparring Rounds

**Fun Exercises:**

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Beginner

### Grabs Week

### *Self-Control*

#### **Beginners**

Side Kick  
Hook Kick  
Wrist Escape  
Push  
Single Wrap

#### **Black Belt Club:**

Grabs on Partners  
(Arm up behind the back)

#### **Fun Exercises:**

- ✓ Side kicks on bags
- ✓ Have students get close to bag and do 1 side kick on your command, having them focus on your voice, and see who on the bag can kick it fastest. Try to mix up the timing on when you yell the command to mess them up.
- ✓ Hook kick on x-ray targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Intermediate

### Grabs Week

*Knowledge*

### Intermediates

Twist Offs:

- Front
- Pinky Up
- Break the Elbow

### Extra:

Chase

### Fun Exercises:

- ✓ Crescent kicks over a chair
- ✓ Face each other and aim at your partner's face
- ✓ Spinning Hook in air, on hand targets
- ✓ Spinning side kicks—dominoes
- ✓ Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Advanced

### Grabs Week

#### *Confidence*

#### **Advanced**

Board Breaks

Side Kick

#### **Extra:**

Chase

Basic Kata I

Star Form

#### **Fun Exercises:**

- ✓ Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- ✓ Spinning side kick on Bag
- ✓ Spinning side kicks—dominoes
- ✓ Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards.
- ✓ Review Basic and Intermediate Grabs



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 – Pre-Black

### Grabs Week

### Adult Pre-Black

Knives:

Straight— Karate and Aikido

Board Breaks:

Side Kick

Front Kick

### Extra:

Grabs from Intermediate and Beginner cycles 3 and 1

### Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescent Kicks on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Beginners

### Sparring Combination Week

#### **Beginners**

Backfist

Reverse Punch

Shuffle

Flip Kick

Backfist, Reverse Punch

Clear-Head, Punch

Flip Kick, Backfist, Reverse Punch

Flip Kick, Clear-Head, Punch

#### **Black Belt Club Only:**

Sparring

#### **Fun Exercises:**

- Partners try to tag each other's shoulder's without being tagged themselves
  - Variation: Stick a quarter of a White belt in the students belts and see if they can take their partner's piece away without losing their own.
- To work on timing and distance a S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



## **Rotation 1 - Intermediate Sparring Combinations Week**

### **Intermediates**

Side Kick, Flip Kick

Hook Kick, Flip Kick

Side Kick, Flip Kick, Backfist, Reverse Punch

Hook Kick, Flip Kick, Backfist, Reverse Punch

### **Extra:**

Sparring

### **Fun Exercises:**

- Lounge on the beach while doing proper double action kicks in the air
- Slow Double Action kicks on the bags to work on aim and balance
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks—dominoes
- Go up and down the floor practicing Knife hands with the back stance
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



# MALTA

Martial Arts Leadership Training Association

Rotation 1 - Advanced

## Sparring Combinations Week

### Advanced

Palm Heel Block, Strike to Throat

Palm Heel Block, Strike to Throat, Wrap, Chop

Palm Heel Block, Punch to Body

Palm Heel Block, Punch to Body, Elbow to Face, Scoop Kick

### Extra:

Sparring

### Fun Exercises:

- Partner holds Blast Master and charges their partner slowly at first and then speeding up as they do the kicks on the bag.
- Spinning Side Kick on Bag
- Spinning Side kicks—dominoes
- Side Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards.



# MALTA

Martial Arts Leadership Training Association

Rotation 1 – Pre-Black



## Sparring Combinations Week

### Adult Pre-Black

Palm Heel Block, Punch to Body, Strike to Throat

Palm Heel Block, Punch to Body, Strike to Throat, Take Down,  
Punch, Clench Fist

Inside Knifehand, Thumb in the Eye, Palm Heel, Punch to Body,  
Scoot Up, Knee to Groin

Inside Knifehand, Clench Fist to Throat, Hammer Fist to Kidney,  
Chop to Groin, Take Down, Crescent, Front, Ax

### Extra:

Self Defenses from Advanced Cycles 3 and 1

### Fun Exercises:

- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association  
Rotation 1 - Beginner

## Kata Week

### Beginners

Forward Stance  
Basic Punch  
Roundhouse Kick  
1<sup>st</sup> Half of Basic Kata I

### Black Belt Club Only:

Kata to the Numbers  
Chase

### Fun Exercises:

- Have the students put each foot on 2 lines on the floor and have them practice their C-Step with the lines as a guide to where their feet should land.
- Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- Face partner and see who can punch fastest while in a horse stance on command.
- Practice blocks on one side with other hand tucked in belt



# MALTA

Martial Arts Leadership Training Association

## Rotation1 - Intermediate

### Kata Week

### Intermediates

Forward Stance  
C-Step  
2<sup>nd</sup> Half of Basic Kata I

### Extra:

Chase  
Review of 1<sup>st</sup> Half of Basic Kata I

### Fun Exercises:

- Lounge on the beach while doing proper double action kicks in the air
- Slow Double Action kicks on the bags to work on aim and balance
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



# MALTA

Martial Arts Leadership Training Association

## Rotation 1 - Advanced

### Kata Week

### Advanced

1<sup>st</sup> 3<sup>rd</sup> of Moonform

### Extra:

Chase

Basic Kata I

Starform

### Fun Exercises:

- Go up and down the floor practicing Knife hands with the back stance
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



**MALTA**  
Martial Arts Leadership Training Association  
**Rotation 1 – Pre-Black**  
**Kata Week**

**Adult Pre-Black**

All of Moonform  
Kama Kata  
Chase

**Extra:**

Basic Kata I  
Starform

**Fun Exercises:**

- JSRC/Tornado on targets



**MALTA**

Martial Arts Leadership Training Association

# **Rotation 2**

## **Words of the Belt**

### **Respect**

Be nice to people and things  
Obey the rules  
Look people in the eyes  
Doing things with the right attitude  
Attitude of gratitude  
Good manners  
Say "Yes Ma'am, no Ma'am"  
"yes Sir, no Sir"  
of your things  
Don't boast  
Golden Rule  
How to act outside karate  
Take care of your things

### **Focus**

Standing up for what you believe in  
Trying new things  
Peer pressure  
Be truthful, EVEN when it's hard  
Indomitable spirit  
Push your limits  
Standing up vs. being aggressive  
Sometimes you stand alone  
Get back on the horse  
It's ok to be afraid  
Be yourself  
Face your fears

### **Intensity**

Extraordinary power and focus  
Push Yourself  
Always try your best  
Never give up  
Don't quit  
Push your limits  
Never "settle"  
Be alert  
Challenge Yourself Take care  
Be your best  
Put some "snap" into it  
Push your comfort zone



## Rotation 2 - Beginners

### Basics Week

#### *Respect*

#### **Beginners**

Basic punch

Blocks

Chops

Front

Flip

#### **Black Belt Club Only:**

Sparring

Bo Kata I

#### **Fun Exercises:**

- ✓ Face partner and see who can punch fastest on command.
- ✓ Have student come to front of class and lead blocks, endeavoring to mess up the rest of the class.
- ✓ Chops on X-Ray paper.
- ✓ Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- ✓ Balance on kicks. (4-parts)
- ✓ Kick the kick three times in a row and see if they can balance.
- ✓ Turn around and for fifteen seconds face partner and both do as many flip kicks without putting their foot down to see who can do the most.
- ✓ Kicks on bags.
- ✓ S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Intermediate

### Basics Week

### Intermediates

Spinning Side  
Spinning Back  
Spinning Hook  
Crescent  
Reverse Crescent  
Spinning Reverse Crescent  
Jumping Front  
Jumping Roundhouse  
Back Roll  
Forward Roll

### Extra:

Bo Kata I

### Fun Exercises:

- Jumping Roundhouse on the bags
- Crescent kicks over a chair
- Face each other and aim at your partner's face
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



# MALTA

Martial Arts Leadership Training Association

Rotation 2 - Advanced

Basics Week

## Advanced

Jump Spinning Side  
Jump Spinning Back  
Jump Spinning Hook

## Extra:

Sparring

## Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - PreBlack

### Basics Week

### Adult Pre-Black

Jump Spinning Reverse Crescent Kick

Tornado Kick

### Extra:

Sparring Rounds

### Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Beginners

### Grabs Week

*Respect*

#### **Beginners**

Chops

Side kick

Hook kick

Double Wrap from Behind

Double Choke from Behind

#### **Black Belt Club Only:**

Grabs with partners

+Arm up Behind the Back

#### **Fun Exercises:**

- Demonstrate similar wrist position for 1<sup>st</sup> Wrist and Double Choke
- Demonstrate why you need to use Right knee for Double wrap (answer: cause after you punch they will have moved away far enough so your Left knee won't reach)
- Hook kick on hand targets with partners
- Side kick on bags, stand real close and see who can kick fastest on your mark. Helps with focus too.
- See how high they can kick.
- See how slow they can kick without losing balance.



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Intermediate

### Grabs Week

### Intermediates

Offensive Sleeper Choke

Sleeper Choke Escape

Side Head Lock

### Extra:

Bo Kata I

Sparring

### Fun Exercises:

- Jumping Roundhouse on the bags
- Crescent kicks over a chair
- Face each other and aim at your partner's face
- Side Falls
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Advanced Grabs Week

### Advanced

Board Breaks

Front Kick

### Extra:

Universal Kata

Starform

Bo Kata I

### Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Review Beginner and Intermediate Grabs



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 – Pre-Black

### Grabs Week

### Adult Pre-Black

Knives:

Slash– Karate and Aikido

Board Breaks

Front Kick

Palm Heel

### Extra:

Grabs from Intermediate and Beginner cycles 1 and 2

### Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

Rotation 2 - Beginners

Sparring Combination Week

*Respect*

## **Beginners**

Ridgehands

Backfist

Reverse Punch

Shuffle

Side Kick

Backfist, Reverse Punch, Rear-Hand Ridgehand

Backfist, Reverse Punch, Front-Hand Ridgehand

Backfist, Reverse Punch, Clear-Head, Punch

Backfist, Side Kick

## **Black Belt Club Only:**

Sparring

## **Fun Exercises:**

- Partners try to tag each other's shoulder's without being tagged themselves
  - Variation: Stick a quarter of a White belt in the students belts and see if they can take their partner's piece away without losing their own.
- To work on timing and distance a S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.



# MALTA

Martial Arts Leadership Training Association

## **Rotation 2 - Intermediate** **Sparring Combinations Week**

### **Intermediates**

Jab  
Cross  
Hook  
Uppercut  
Full Contact Drills

### **Extra:**

Sparring

### **Fun Exercises:**

- Full Contact Drills on the WaveMasters
- Full Contact Drills on the square hand targets with a partner
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes



# MALTA

Martial Arts Leadership Training Association

Rotation 2 - Advanced

## Sparring Combinations Week

### Advanced

Palm Heel Block, Straight Chop, Sidekick, Spin and Cover

Palm Heel Block, Backfist, Ridgehand

Inside Block, Cross Chop, Punch, Front Kick

Outside Block, Palm Heel, Sidekick, Spin and Cover

### Extra:

Sparring

### Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Have mirror-side student attack partner with a punch repeatedly for 1 minute while student has to use whichever self-defense taught to them today they want, changing it up each time.
- Review Sparring Combinations from Basic and Intermediate levels.



# MALTA

Martial Arts Leadership Training Association

Rotation 2 – Pre-Black

## Sparring Combinations Week

### Adult Pre-Black

Knifehand, Break, Spinning Elbow to Spine, Scoop Kick

Knifehand, Break, Elbow to Body, Elbow to Head, Scoop Kick

Knifehand, Break, Force Over, Elbow to the Spine, Sweep,

Front Kick, Ax Kick

Knifehand, Front Kick, Flip Kick, Palm Heel, Chop, Sidekick,

Take Down, 1, 2, 3, 4

### Extra:

Self Defenses from cycles 1 and 2

### Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Beginners

### Kata Week

*Respect*

#### **Beginners**

Front-Thrust Kick

Roundhouse

Blocks

Forward Stance

Universal Kata

#### **Black Belt Club Only:**

Kata to the Numbers

Bo Kata I

#### **Fun Exercises:**

- Have the students put each foot on 2 lines on the floor and have them practice their C-Step with the lines as a guide to where their feet should land.
- Jump over blocker, land in horse stance, punch punch. (Advanced: spin in air to face person behind them when landing in a horse stance.)
- Face partner and see who can punch fastest while in a horse stance on command.
- Practice blocks on one side with other hand tucked in belt



# MALTA

Martial Arts Leadership Training Association

## Rotation 2 - Intermediate

### Kata Week

### Intermediates

1<sup>st</sup> Half of Starform

Forward Stance

### Extra:

Bo Kata I

### Fun Exercises:

- Forward Stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- Side Falls
- Review Universal Kata
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



# MALTA

Martial Arts Leadership Training Association

Rotation 2 - Advanced

Kata Week

## Advanced

2<sup>nd</sup> 3<sup>rd</sup> of Moonform

### Extra:

Universal

Starform

Bo Kata I

### Fun Exercises:

- Spinning Side Kick on Bag
- Spinning Side Kicks—dominoes
- Spinning Hook Kick on the targets
- Front Kick on bags aiming at a piece of tape so their aim is good enough for breaking boards later the next week.
- Go up and down the floor practicing Knife hands with the back stance
- Students partner up and watch each other do the kata and give helpful tips on how the other student can make it better.



# MALTA

Martial Arts Leadership Training Association

Rotation 2 – Pre-Black

Kata Week

## Adult Pre-Black

All of Moonform

Kama Kata

Chase

## Extra:

Basic Kata I

Starform

## Fun Exercises:

- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 3

### Words of the Belt

#### Self Discipline

Do what you know you should do even when it's inconvenient  
Prioritize  
Eat the right foods  
Learning attitude  
Pay off  
Follow the rules  
Don't be lazy  
Setting goals and sticking to them  
Try your best  
What is a goal?  
Obey with a good attitude

#### Courage

Open yourself to the wisdom of others  
Know your strengths and weaknesses  
Ask questions  
Know the details  
Listen to the teacher  
Be humble  
Let me teach you  
Let other speak  
Put what you know into practice  
Don't say "I know" say "ok"  
Think about things

#### Honor



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 - Beginner

### Basics Week

### *Self-Discipline*

#### **Beginners**

Chops

Blocks

Basic Punch

Front Kick

#### **Black Belt Club Only:**

Sparring (padded sticks, then head and hands)

Kama Kata

#### **Fun Exercises (pick three):**

- ✓ Have student come to front of class and lead blocks, mixing up the rhythm and order to see if they can mess the rest of the class up.
- ✓ Chops on X-Ray paper.
- ✓ Balance on kicks. (4-parts)
- ✓ Do a kick three times in a row to see if they can balance.
- ✓ Face a partner mirror/other side and see who can do more front/flip kicks without putting their leg down.
- ✓ Scoot up next to a bag and see who can do side kicks the fastest.
- ✓ All basic kicks on kicking bags.



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 - Intermediate

### Basics Week

#### *Courage*

#### **Intermediates**

Skipping Side  
Spinning Hook  
Spinning Side  
Crescent  
Reverse Crescent  
Spinning Reverse Crescent  
Front Roll  
Back Roll

#### **Extra:**

Sparring (padded sticks, then head and hands)  
Kama Kata

#### **Fun Exercises:**

- ✓ Forward stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- ✓ On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- ✓ Skipping side kick on bags then dominoes
- ✓ Spinning hook in the air, then on hand targets
- ✓ Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- ✓ Crescent kicks over a chair
- ✓ Face each other and use your partner's face as a target (at a distance!) for hook/crescent
- ✓ Leg holds – hold front, flip and side kick in the air for 15 seconds each



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 - Advanced

### Basics Week

### Advanced

Jump Spinning Reverse Crescent Kick

Tornado Kick

### Extra:

Sparring

### Fun Exercises:

- Spinning Hook Kick on Targets
- Jumping Front Kicks
- Spinning Reverse Crescents on Targets
- Crescent/Reverse Crescent over chairs or in the air
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

Rotation 3 – Pre-Black

Basics Week

## Adult Pre-Black

Jump Spinning Reverse Crescent Kick

Tornado Kick

## Extra:

Sparring Rounds

## Fun Exercises:

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 - Beginner

### Grabs Week

#### **Beginners**

Flip Kick  
Roundhouse  
Side Roll  
Bear Hug  
Bear Hug Take-Down

#### **Black Belt Club Only:**

Grabs on Partners

#### **Fun Exercises:**

- See how high they can kick.
- See how slow they can kick without losing balance.
- Side Kicks on bags
- Have students get close to bag and do 1 side kick on your command, having them focus on your voice, and see who on the bag can kick it fastest. Try to mix up the timing on when you yell the command to mess them up.
- Hook kick on an x-ray target
- Have students partner up and sit in a horse stance while punching at each other to see who can go faster on your mark.
- Have instructor/S.T.O.R.M. members throw students over knee to get them used to falling



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 - Intermediates

### Grabs Week

### Intermediates

Fulcrum Sweep

Hook Sweep

Parry Sweep

### Extra:

Kama Kata

### Fun Exercises:

- Skipping Side Kicks on the bags
- Side falls
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- Crescent kicks over a chair
- Face each other and aim at your partner's face



# MALTA

Martial Arts Leadership Training Association

Rotation 3 - Advanced

Grabs Week

## Advanced

Board Breaks

Palm Heel

## Extra:

Elbow Sequence

Kama Kata

## Fun Exercises:

- Spinning Hook Kick on Targets
- Jumping Front Kicks
- Crescent/Reverse Crescent over chairs or in the air
- JSRC/Tornado on targets
- Review Basic and Intermediate Grabs



# MALTA

Martial Arts Leadership Training Association

## Rotation 3 – Pre-Black

### Grabs Week

### **Adult Pre-Black**

Knives:

- Point to Throat
- Point to Back
- Blade Against Throat from the Rear

Board Breaks:

- Palm Heel
- Side Kick

### **Extra:**

All Grabs from Intermediate and Beginner cycles 2 and 3

### **Fun Exercises:**

- Spinning Hook Kick on Targets
  - Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



**Rotation 3 - Beginner**  
**Sparring Combination Week**  
*Self-Discipline*

**Basics**

Ridgehands

Front Kick

**Sparring Combinations**

Front Kick, Punch High, Punch Low, Roundhouse

Rear Hand Ridgehand, Backfist (dashing)

**Black Belt Club Only:**

Sparring (padded sticks, then hands and head)

**Fun Exercises (pick three):**

- ✓ Partners try to tag the other person's shoulder without getting tagged themselves.
- ✓ Put flags in belts and see who can grab their partner's without theirs getting taken.
- ✓ Ridgehand, Backfist on a bag or partner
- ✓ S.T.O.R.M. person is surrounded by students and attack them with a Blast Master. Students have to front kick them away.
- ✓ From above, do front kick, punch high, punch low, round kick on the Blaster Master.
- ✓ "Glue" feet together and hop side to side across your tape.



## **Rotation 3 - Intermediate Sparring Combinations Week**

### **Intermediates**

Skipping Side, Backfist, Ridgehand, Roundhouse, Spinning Back Kick  
Hook Kick, Punch High, Punch Low, Roundhouse, Spinning Hook Kick

### **Extra:**

Sparring

### **Fun Exercises:**

- Forward Stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- On the two lines used for forward stances on the mat and hold a x-ray target in front of them so they have to hit it with their front kick and then land (after recoiling) back on the appropriate line.
- Side Falls
- Spinning Hook in air, on hand targets
- Spinning Side kicks and Jumping Front Kicks—dominoes
- Have students partner up and squat. Have them high five with both hands and try to knock the other person over or have them fall forward without falling themselves. If they do fall they have to do a back roll.
- Review Elbow Sequence
- Crescent kicks over a chair
- Face each other and aim at your partner's face



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Martial Arts Leadership Training Association

Rotation 3 – Advanced

## Sparring Combination Week

### Advanced

Knife Hand Block, Palm Heel, Cross Chop

Knife Hand Block, Flip Kick, Rear Leg Sweep, Backfist

Knife Hand Block, Flip Kick, Punch, Straight Chop, Take Down,  
Punch, Clench Fist

### Extra:

Sparring

### Fun Exercises:

- Spinning Hook Kick on Targets
- Jumping Front Kicks
- Spinning Reverse Crescents on Targets
- Crescent/Reverse Crescent over chairs or in the air
- JSRC/Tornado on targets
- Have mirror-side student attack partner with a punch repeatedly for 1 minute while student has to use whichever self-defense taught to them today they want, changing it up each time.
- Review Sparring Combinations from Basic and Intermediate levels.



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## **Rotation 3 –Pre-Black** **Sparring Combinations Week**

### **Adult Pre-Black**

Knifehand, Flip Kick, Break, Palm Heel Chop, Double Chop, Knee to Spine, Snap the Neck

Knifehand, Flip Kick, Break, Step Under, Break, Elbow to Face, Take Down, Laydown Armbar

Chokes:

Straddle

Between the Legs

### **Extra:**

All Self Defenses from Intermediate and Beginner cycles 2 and 3

### **Fun Exercises:**

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets



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## Rotation 3 - Beginners

### Kata Week

#### *Self-Discipline*

#### **Basics**

Chops

Ridge Hands

Flip Kick

#### **Kata**

Elbow Sequence

#### **Black Belt Club Only:**

Kama Kata

Elbow Sequence by the numbers

#### **Fun Exercises (pick three):**

- ✓ Roundhouse kick on a blast master/bag
- ✓ Chops on the x-ray targets
- ✓ Have students face partners and see who can hold their balance doing many as many flip kicks as they can in 30 seconds
- ✓ Chop on the ground to pretend they are cutting carrots
- ✓ Face a partner in Horse Stance and see who can punch faster on cue
- ✓ Line up and jump over blast master into Horse Stance, punch and yell (GO FAST)
- ✓ Sit in Horse Stance and jump/spin on command
- ✓ Push ups by call – “down,” “up!”
- ✓ With partners, face each other in push up position and clap hands



# MALTA

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## Rotation 3 - Intermediate

### Kata Week

*Courage*

### Intermediate

#### Basics

Crescent kick  
Spinning side kick

#### Kata

Star Form

#### Review

Elbow Sequence

#### Fun Exercises (pick three):

- ✓ Forward Stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- ✓ Chop on the ground to pretend they are cutting carrots
- ✓ Face a partner in Horse Stance and see who can punch faster on cue
- ✓ Sit in Horse Stance and jump/spin on command
- ✓ Push ups by call – “down,” “up!”
- ✓ With partners, face each other in push up position and clap hands
- ✓ Practice leg holds – front, flip, side kick in the air
- ✓ “Dominoes” on the bag with spinning side kick
- ✓ Flying side kick at the bags



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## Rotation 3 - Advanced

### Kata Week

*Intensity*

#### **Advanced**

##### **Basics**

Crescent kick  
Spinning side kick

##### **Kata**

Moon Form

##### **Review**

Elbow Sequence  
Star Form

#### **Fun Exercises (pick three):**

- ✓ Forward Stance into a front kick, stick the leg out and then recoil it but still keep it in the air and see if they can hold it as long as the instructor can. After make sure to land off to the side.
- ✓ Chop on the ground to pretend they are cutting carrots
- ✓ Face a partner in Horse Stance and see who can punch faster on cue
- ✓ Sit in Horse Stance and jump/spin on command
- ✓ Push ups by call – “down,” “up!”
- ✓ With partners, face each other in push up position and clap hands
- ✓ “Dominoes” on the bag with spinning side kick
- ✓ Flying side kick at the bags



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## Rotation 3 – Pre-Black

### Kata Week

### **Adult Pre-Black**

All of Moonform

Bo Kata I

Kama Kata

### **Extra:**

Elbow Sequence

Basic Kata I

Starform

### **Fun Exercises:**

- Spinning Hook Kick on Targets
- Spinning Reverse Crescents on Targets
- JSRC/Tornado on targets