



**MALTA**

Martial Arts Leadership Training Association 

## **Rotation 3 Certification**



## 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

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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

### NOTES

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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

### NOTES

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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

# 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 3**

**# 1**

**#2**

**#3**

<b>Bear Hug</b>	Slide hips	Drop weight fast	Palms up 1 <sup>st</sup> 2 elbows
<b>Bear Hug Take Down</b>	Left leg step out	Concentrate on “locking” their arm	Their elbow comes to your center
<b>Bulldog</b>	Step back as your hands go out palms up	Grab their chin and hair	“Scootch” along with them as needed.

### NOTES

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## SPARRING COMBINATIONS

**Beginner**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

<b>Front Kick Punch High Punch Low Roundhouse</b>	Land forward after front kick	Pivot on Reverse Punch	Ending with a fighting stance
<b>Rear Hand Ridgehand to Body, Backfist to Head</b>	Guarding hand next to face	Elbow points to target with backfist	Keep running

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## Kata – Elbow Sequence

**Beginner**

**Testing points**

**Rotation 3**

**# 1**

**#2**

**#3**

<b>Elbow Sequence</b>	<b>Start with Left</b>	<b>Start pivots on #5</b>	<b>KIAH at end</b>

### 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

### NOTES

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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 3**

**# 1**

**#2**

**#3**

<b>Fulcrum Sweep</b>	Step 45	Grab kicking shoulder	Turn $\frac{3}{4}$ turn
<b>Hook Sweep</b>	Step 45 and turn your back	Step behind their ankle	Walk through them
<b>Parry Sweep</b>	“Hollow out”	Grab shoulder	Soccer kick their calf

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## Intermediate Sparring Combinations

**Intermediate**

**Testing points**

**Rotation 3**

**# 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 3**

**# 1**

**#2**

**#3**

<b>Knife hand block, Break, spinning elbow, Scoop kick</b>	Step to outside	Break with pivot	Step down before scoop kick
<b>Knife Hand Block, Flip kick, Sweep, Backfist</b>	Make contact with instep on the kick	Step through the sweep	After backfist, RUN
<b>Knife Hand Block, Punch, Chop, Take down, Punch clench fist</b>	Make contact with instep on the kick	Chop and sweep at same time	Bring their head to your big toe

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