

MALTA

3rd 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

Self Defenses

1. Salute Series
2. Roundhouse Punch, Elbow Series
3. Straight Punch – Cut monitor, cut neck

Sparring Combinations:

4, 5, 6, 7 Matching, Mirroring, Complementary

Kata:

Double Chase to music



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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 from rear – Kotegash (Left side)
2. Arm up behind the back – ending in figure four (Left side)

Self Defenses (Left Side)

1. Right palm heel block, backfist into knife hand block against second punch, ridgehand, over the leg take down, stomp
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 (Shinai)

Kata:

Honto



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Habit of Success

“Think Win Win”

Rotation 3

Basics:

1. Spin Hook

Grabs:

1. Shio Nage

Self Defenses:

Palm Heel block, strike to the throat, reverse figure four takedown
Gun – Front, stomach, back, side

Sparring Combinations:

1. Sticks - Inside raps 2, 4, 6
2. Disarm 3 and 4
3. Kickboxing Drills

Kata:

Empi



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Habit of Success

“Seek First to Understand”

Rotation 5

Basics:

1. Tornado
2. 360 Hook

Grabs (Self Defenses):

Roundhouse punch – Peel off
Roundhouse punch – Unbendable arm

Self Defenses:

2nd Knife Template Side 1

Sparring Combinations:

1. Sticks – Inside cuts
2. Bo Sparring (Shinai)

Kata:

Honto



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Habit of Success

“Synergy & Sharpen the Saw”

Rotation 6

Basics:

1. Hakama Pants
2. Jump Spinning Reverse Crescent

Grabs:

1. Grappling – Ankle lock from Fulcrum sweep
2. Knee Bar from Fulcrum Sweep

Self Defenses:

2nd Knife Template side 2

Sparring Combinations:

1. Sticks – Outside raps and cuts 2, 4, 6
2. 3 Umbrella blocks

Kata:

Sword Kata/ Bokken Drills