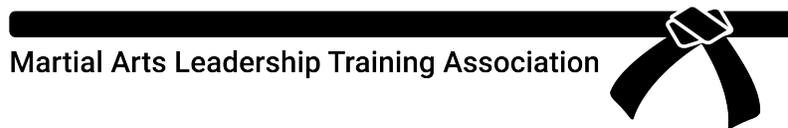


MARTIAL ARTS LEADERSHIP TRAINING ASSOCIATION

CURRICULUM CLASS NOTES



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Rotation 3

Words of the Belt

Self Discipline Review

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

Knowledge

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

Pick one for

WIP - Honor



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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.



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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



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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



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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



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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



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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



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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



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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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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



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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