

# MALTA

## 2<sup>nd</sup> Degree Curriculum



**MALTA**

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. Push—Kotegash
2. Push— finger lock
3. Push- Arm bar into reverse figure four
4. Push— Arm bar trip

#### **Self Defenses**

1. Palm heel block, strike to throat, monitor, grab shoulder, left punch to rib, oblique stomp to knee, left hammer fist to jaw.
2. Palm heel block, punch to body, monitor, grab shoulder, stomp to back of knee, eye rake, knee in the spine.
3. Palm Heel, strike to throat, grab wrist, figure four takedown.

#### **Sparring Combinations**

Sticks—4,5,6 & 7 matching

**Kata:** Double Chase



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## *2nd Degree Curriculum* 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 for rear – Kotegash
2. Arm up behind the back – ending in figure four

#### **Self Defenses:**

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 elbowblock. Left palm heel, right elbow, chop to neck, 3 knees

#### **Sparring Combinations:**

1. Sticks – 4, 5, 6 & 7 mirroring
2. Bo Sparring

#### **Kata:**

Honto



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### Habit of Success

*“Put First Things First”*

### Rotation 3

#### **Basics:**

1. Hubud drill off of a straight chop, punch and elbow.
2. Hakama pants

#### **Grabs:**

1. Single lapel grab – elbow, 3 knees
2. Grab Punch
3. Against Roundhouse Kick – smash knee, roll up, choke

#### **Self Defenses:**

5 line knife drill – cut, follows, blocks  
Hudud Knives – stab, cut, disarm, strip, backhand

#### **Sparring Combinations:**

1. Sticks 4, 5, 6 & 7 Complementary
2. Disarm 1 & 2

#### **Kata:**

Sword cuts 1-4



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### **Habit of Success**

*“Think Win Win”*

### **Rotation 4**

#### **Basics:**

1. Spin Hook

#### **Grabs:**

1. Single wrap (2)
2. Full Nelson – finger lock

#### **Self Defenses:**

Palm Heel Block, strike to the throat, reverse figure four takedown  
Gun – Kotegosh from all angles

#### **Sparring Combinations:**

1. Sticks – Inside raps
2. Disarms 3 & 4

#### **Kata:**

Bassai Dai



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### Habit of Success

*“Seek First to Understand”*

### Rotation 5

#### **Basics:**

1. Tornado
2. 360 Hook

#### **Grabs:**

1. Side Head Lock Leg Escape
2. Side Head Lock Roll Up
3. Front Head Lock End In Reverse Figure Four

#### **Self Defenses:**

Knife Template Side 1

#### **Sparring Combinations:**

1. Sticks – Inside cuts
2. Bo Sparring

#### **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 – Knee elbow, front leg sweep
2. Choke from all angles
3. Double lapel – arm bar into reverse figure four

#### **Self Defenses:**

Knife Template side 2

Against Roundhouse Kick, trap, Lock up

#### **Sparring Combinations:**

1. Sticks – Outside raps and cuts
2. 3 Umbrella Blocks

#### **Kata:**

Sword Kata