



MALTA

Martial Arts Leadership Training Association



Certification Manual

2nd Degree



Basics -

Testing points

1

#2

#3

Fold Uniform	Fold Sleeves and then sides of top	Pants folded up 3 times	Belt tied properly
360 Roundhouse Kick	“Drift” past target	Knee points to target before kick	Midline strike
360 Hook Kick	Knee comes up first and high	Delayed kick	Kicking foot comes all the way back
Hubud Drill	“Push” elbow to center	Stay “inside” your body	Off of a chop, punch, elbow
Hakama Pants	Fold to rectangle	Ties after tied look like belt	Ends are hidden

NOTES



GRABS

Testing points

1

#2

#3

Push – Kotegash	Step Forward	Bring their hand to your center	Spin 360 then 180
Push – Finger Lock	Step back to absorb the energy	Same side hand grabs perpendicular	Other forearm need to be braced against your chest
Push – Arm bar into Reverse Figure 4	Arms locked straight and against thigh	Turn ALL the way around	Pull up on knuckles
Push – Arm bar trip	Flowing knife hand block	Left leg steps into hip	“Lead” them down to ground
Two Hand Grip From Rear - Kotegash	Left hand thumb slides around to pinkie knuckle	Roll pinkie knuckle around	Keep turning body until the end
Arm Up Behind the Back	After side kick step forward	Walk forward with other foot	Spin 360 degrees
Single Lapel Grab	Elbow to Face	Hook neck	Step slide 3 times



MALTA

Martial Arts Leadership Training Association



Grab Punch	Step away as you block	Hidden technique is a slap	Their head should land on your big toe
Against Roundhouse Kick	Drop down to smash their knee	Your belly button should be on the small of their back	Hook their thigh as SOON as there is space
Single Wrap (1)	Lock above the elbow	Make sure you step around for the sweep	Straighten back to make them tap
Single Wrap (2)	Hand on Shoulder	Make sure you step around for the sweep	Push against shoulder to make them tap
Full Nelson – Finger Lock	Trap arms immediately	Two steps away	Keep forearm braced against your chest
Side Head Lock Leg escape	As you go down, left arm under their cheekbone	Push their head into your knee	Pull your heel to your butt
Side Head Lock Roll Up	As you go down slam their head across you into floor	Right arm immediately under chin	Hook immediately as soon as there is space



Front Head Lock Ending Reverse Figure Four	Hand “Rips” the grip apart	Push pull on their arm	After kick step up and around
Grappling – Knee elbow, front leg sweep	Arm needs to come down and then up	Push in center of back	Step slide up stomp with heel
Choke From All Angles	Front and Sides the wrap is outside in	Elbow to face immediately	Step slide 3 times
Double Label – Arm bar into reverse figure four	Snake and rip away close to chest	Walk with correct arm bar form	Step up and around on the reverse figure four

NOTES



Self Defenses

Testing points

1

#2

#3

Palm heel block, strike to throat, monitor, grab shoulder...	Grab back of shoulder	Stomp knee going forward	Hammerfist to jaw
Palm heel block, strike to throat, monitor, grab shoulder stomp back of knee...	Stomp and follow knee into ground	Slide foot between the legs	Fingers in eye sockets
Palm heel block, strike to throat, grab wrist, figure four takedown	Step away on 45 when grabbing wrist	Step up and around on takedown	Pull up on knuckles
Right Palm Heel Block, backfist into knife hand block against second punch overleg takedown, stomp	Opponent stands square for safety against the sweep	Ridgehand to temple	Sweep so head lands on toe



MALTA

Martial Arts Leadership Training Association



(Against Front Kick) Low block, backfist, reverse punch, shin kick, cut elbow	Pivot on Reverse punch	Shin kick just above knee	Bring kicking leg back where it started
(Against Roundhouse Kick) Knee elbow block, left palm heel, right elbow, chop to neck, 3 knees	Land forward after palm heel	Snake after the chop	Step slide each time.
Side Head Lock Roll Up	As you go down slam their head across you into floor	Right arm immediately under chin	Hook immediately as soon as there is space
Five Line Knife Drill	Cuts – make sure knife is closest to heart	Follows – quick strikes	Blocks – block perpendicular

Hubud Knives	Step slide back to break balance	Strip – hit flat of blade	Backhand – their chest against your back and bring their wrist to your center
Gun – Kotegash from all angles	Bring gun to your center	Roll wrist around using gun for leverage	Push pull when taking away



MALTA

Martial Arts Leadership Training Association



Knife Template #1	Stay inside your body	Know all 9 kills	Don't bang bones

NOTES



Sparring Combinations

Testing points

1

#2

#3

Sticks 4,5,6,7 matching	Cutting knuckles	Striking points – temple and knee	Pivots when appropriate
Sticks 4,5,6,7 Mirroring	Full range of motion	Stay on beat	Full strikes
Sticks 4,5,6,7 Complimentary	Full range of motion	Start with left hand on number 5	Full strikes
Bo Sparring	Stay inside your body	Be fluid	Every block is a strike
Disarms 1	Reinforce block	“Clutch”	Disarm going into opponent’s foot
Disarms 2	Punio end hooks their attack	Move your body out of way	Stab and cut directly against them
Disarms 3	Step slide	Disarm 45 angle behind them	Cut their stomach on the way past



MALTA

Martial Arts Leadership Training Association



Disarms 4	Against backhand – Reinforce block	Your palm grips their upturned wrist	Strip 45 past them
Sticks Inside cuts	Block catch immediately	Cutting knuckles	Full motion
Sticks – Outside Raps and Cuts	Stick goes directly to target	When elbow takes away, get deep	Don't cross feet
3 Umbrella Blocks	Hit down and up monitoring the hand	Reinforce block fingers facing down	Pivot

NOTES



MALTA

Martial Arts Leadership Training Association

