

# **United Martial Arts of Maryland**

## **Advanced White Belt**

### **Blocks (Both Sides)**

Inward, Outward, Horizontal Outward, Overhead, Downward

### **Kicks (Both Sides)**

Front Snap, Side Snap, Rear Snap, Rear Thrust, Side Thrust, Scoop, Stomping, Roundhouse, Knee Thrust

### **Foot Form (Both Sides)**

Fighting Position, Cat, Twist, Forward Bow, Rear Bow, Basic Horse

### **Hand Strikes (Both Sides)**

Fist, Vertical Fist, Hammering Fist, Chop, Craning Wrist, Claw, Talons, Knuckle Fist, Elbow Strike Vertical, Elbow Strike Horizontal, Finger Thrust, Back Fist, Palm Strike, Lunge Punch, Reverse Punch.

### **Form**

Box Form

### **Creed**

*I come to you with only karate – empty hands. I have no weapons. But, should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, right or wrong, then here are my weapons, karate, my empty hands.*

