

United Martial Arts of Maryland

Yellow Belt

Techniques

1. **Roundhouse Punch Defense**
2. **Right Straight Punch Defense**
3. **Right Lunge Punch Defense**
4. **Left Uppercut to the Stomach Defense**
5. **Front Two Hand Choke Defense (New)**
6. **Rear Two Hand Choke Defense (New)**
7. **Rear Over Arm Bear Hug Defense**
8. **Rear Under Arm Bear Hug Defense**
9. **Headlock Defense**
10. **Left Hand Lapel Grab Defense**
11. **Left Cross Arm Wrist Grab Defense**
12. **Butterfly Wrist Twist Defense**
13. **Wrist Arm Lock (Figure 4) Defense**

Kata

Basic Blocks and Reverse Punch

