

United Martial Arts of Maryland

Children's Orange Belt

Techniques

1. Thundering Hammers
2. Five Swords
3. Locked Wing
4. Circling Wing
5. Obscure Wing
6. Twirling Wings
7. Crossing Talons

Kata

1. Basic Blocking Form
2. Riding Horse and Mirror Image

Advanced Kicks

1. Spinning Back Kick
2. Crossover Kick (Both Sides)
3. Crescent Kick (Inside & Outside, Both Sides)
4. Front Ball Thrust
5. Chicken Kick
6. Dragon Heel kick

Advanced Blocks

1. Double Hammer Fists (Both Sides)
2. Outward Chop Blocks (Both Sides)

Throws and Mat Work

Basic Falls

1. Forward Roll into Fighting Position
2. Forward Roll into a Kick
3. Back Fall
4. Backwards Roll
5. Pushup Side Roll

Basic Throws

1. Roundhouse Punch to Pull Down
2. Outside Leg Sweep
3. Hip Throw
4. Choke from Behind – Drop Shoulder

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