

United Martial Arts of Maryland

Orange Belt

Techniques

1. Thundering Hammers
2. Five Swords
3. Locked Wing
4. Circling Wing
5. Obscure Wing
6. Twirling Wings
7. Crossing Talons
8. Clutching Feathers
9. Striking Serpent
10. Thrusting Prongs

Kata

1. Basic Blocking Form
2. Basic Finger Set
3. 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

Advanced Throws

1. Grab from Behind – Spinout to Trip
2. Grab from Behind – Move Under to Armlock
3. Handshake to Foot-Block Throw
4. Handshake to Turn Around Wrist Break