

# **United Martial Arts of Maryland**

## **Children's Purple Belt**

### **Techniques**

1. Clutching Feathers
2. Striking Serpent
3. Thrusting Prongs
4. Tiger's Claw
5. Scrapping Hoofs
6. Thrusting Salute
7. Buckling Branch
8. Striking Wing

### **Kata**

1. Basic Finger Set
2. Short One / Mirror Image
3. Basic Nunchuka Form

### **Advanced Kicks**

1. Front Snap, Side Snap, and Rear Snap. (Both Sides)
2. Front Snap to Front Side Snap (Both Sides)
3. Left Crescent to Right Rear Heel Thrust
4. Left Crescent to Right Roundhouse

### **Advanced Blocks**

1. Inward Heel Palm Strike  
Followed by Outward Inverse Hanging Palm (Both Sides)
2. Double Arm Break Blocks (Both Sides)

### **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
5. Front Tackle Throw
6. Right Uppercut followed by Choke

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