

# **United Martial Arts of Maryland**

## **Children's Blue Belt**

### **Techniques**

1. Raining Claw
2. Breaking Hammer Lock
3. Obscure Sword
4. Twin Butterflies
5. Spinning Butterfly
6. Breaking Limb
7. Gift of Destruction

### **Kata**

1. Form One
2. Yellow Form

### **Advanced Kicks**

1. Leaping Side Snap Kick
2. Thrust Hook Kick
3. Left Roundhouse to Right Wheel Kick

### **Throws**

1. Taitoshi
2. Ogoshi
3. Haraigoshi
4. Osotogari
5. Inside Leg Sweep
6. Thundering Hammers Leg Sweep
7. Rear Over-Arm Bear Hug Throw
8. Flip Twist

