

United Martial Arts of Maryland

Blue Belt

Techniques

1. Breaking Limb
2. Gift of Destruction
3. Reversing the Mace
4. Shielding Hammer
5. Repeating the Mace
6. Snapping Twig
7. Twisted Twig
8. Dance of Death

Kata

1. Form One
2. Foot Form One (Foot Dance)
3. Tunn Sit
4. Staff One

Advanced Kicks

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

Throws

1. Rear Over-Arm Bear Hug Throw
2. Flip Twist
3. Cross-arm Throw
4. Same Side Wrist Grab
5. Eerie
6. Uchi-mata
7. Hanegoshi
8. Overhead Club Throw
9. Knee Pulldown
10. Locking Hooves
11. Knife Butterfly Twist
12. Advancing Sweep

