

United Martial Arts of Maryland

Children's Red Belt

Techniques

- 1. Reversing the Mace**
- 2. Shielding Hammer**
- 3. Repeating the Mace**
- 4. Snapping Twig**
- 5. Twisted Twig**

Kata

- 1. Foot Form One**
- 2. Tunn Sit**
- 3. Staff One**

Throws

- 1. Cross-arm Throw**
- 2. Same Side Wrist Grab**
- 3. Eerie**
- 4. Uchi-mata**
- 5. Hanegoshi**
- 6. Overhead Club Throw**
- 7. Knee Takedown**
- 8. Locking Hooves**
- 9. Knife Butterfly Twist**

