

# ***United Martial Arts of Maryland***

## **Children's Green Belt A**

### **Techniques**

1. Triggered Salute
2. Glancing Salute
3. Retreating Cat
4. Dance of Death

### **Throws**

1. Tomoe-Nage
2. Craning Kick
3. Body Pin
4. Cannon strike
5. Front Two-Hand Wrist Grab

### **Chokes**

1. Cross Choke  
(Outside Leg Sweep)
2. Straight Collar Choke  
(Tomoe-Nage)
3. Rear Sliding Lapel Choke  
(Right Uppercut Throw)
4. Neck and Shoulder Lock  
(Flip Twist)

### **Katas**

1. Hand Dance
2. Long Form I

### **Weapons Katas**

**Staff II**

