

United Martial Arts of Maryland

Green Belt

Techniques

1. Triggered Salute
2. Glancing Salute
3. Retreating Cat
4. Locking Gun

Weapons Techniques

Chain

1. Wrapping Chain
(Overhead Attack)
2. Circling Chain
(Roundhouse Attack)

Knife

1. Averting Death
(Straight Thrust)
2. Thrusting Hoof
(Straight Thrust)
3. Guiding Spear
(Overhead Attack)
(Knife Holdup)
4. De-fanging the Snake
(Straight Thrust)

Club

1. Evading the Storm
(Overhead Attack)
2. Calming the Storm
(Roundhouse Attack)

Throws

1. Tomoe-Nage
2. Craning Kick
3. Body Pin
4. Cannon strike
5. Front Two-Hand Wrist Grab
6. Instant Death
(Gun Holdup)

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
3. Short Form II
4. Long Form II

Weapons Katas

1. Advanced Nuchuckas
2. Staff II