

United Martial Arts of Maryland

Black Belt 1st Degree

Techniques

1. Twisted Wings
2. Grip of Death
3. Cradle of Death
4. Devil's Horns
5. Instant Night
6. Whipping Wings
7. Sifting Sands
8. Broken Arrow
9. Snapping Lance
10. Inverted Leopard
11. Spreading Wings
12. Swooping Cranes
13. Leg Lock Choke
14. Reverse Flip Twist
15. Shooting Star
16. Reverse Leg Scissors
17. Spread Eagle
18. Dagger Death
19. Sweeping Branches
20. Twisted Trunk

Katas

1. Judo Whirl (Partners)
2. Red & Blue (Partners)

Weapons Kata

1. Sword (Flashing Blade)

