



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS WHITE TO YELLOW BELT

A. BASIC TECHNIQUES (at least 8 lessons - 1st stripe review)

Student Pledge Memorized

Stances:	Blocks:	Strikes:	Kicks:
ready	upward	front jab	front leg front kick
attention	inward	front backfist	back leg front kick
rest	outward	high punch	slide up side kick
natural	downward	middle punch	back kick
guard			
side			

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review)

(Self defense techniques)

1. Attempted shoulder grab defense: Knifehand block, web hand strike (one step #1)
2. Wild punch defense: Step back, front outward block, finger tip strike, back leg front kick (one step #2)
3. Straight wrist grab defense: Step aside, downward knifehand strike(to clear grab), high punch
4. Crossover wrist grab defense: Regrab, step in, forearm to elbow, push down, elbow strike to head

(Defensive drills)

1. Back leg front kick defense: Step back slide out of range, high punch counter

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. 12 blocks: (one each side) palm heel, knife hand, outward, vertical, upward, downward
2. Kickin' Adult Confidence Form (see back)

D. YELLOW BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

The aspects I enjoy most about the karate classes are...

The reasons I would like to become a Black Belt are...

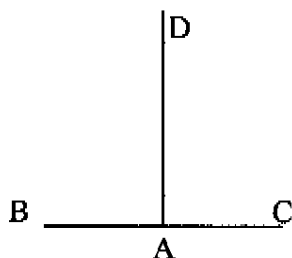
There is no such thing as failure except to those who accept and believe in failure.

-Mardin

Confidence Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Confidence Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Step to your left into guard stance, front outward block
 2. Right middle punch, left slide up jab, step forward, right middle punch (kiai)
 3. Step to your right into guard stance, front outward block
 4. Left middle punch, right slide up jab, step forward, left middle punch (kiai)
 5. Step back with your right into guard stance (facing the front), front outward block
 6. Right high punch, right back leg front kick (advancing forward into side stance)
 7. Right slide up side kick, right front backfist, left middle punch (kiai)
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance





Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS YELLOW TO ORANGE BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Vertical	Slide through jab	Defensive side kick
Middle shield	Stepping jab	Front leg round kick
High shield		Back leg round kick
		Spinning back kick

Combinations: a) Back leg front kick, high punch b) Stepping jab, sliding side kick

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review)

(Self defense techniques)

1. Wild punch defense: Step aside, knifchand block, grab, pull, middle punch, elbow, knee strike (one step #3)
 2. Wild punch defense: Step in, high shield block, palm heel, grab, knee strike (one step #4)
 3. Rear double wrist grab defense: Regrab, step out, turning elbow to jaw, push away
 4. Front double wrist grab defense: Step back, pull up and away, defensive front kick
- (Defensive drills) (Students will need hand pads and forearm pads for the following drills)
1. Front kick defense # 2: Step back, downward block, high punch counter

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. 16 strikes: (one each side) palm heel, web hand, high punch, extended knuckles, finger tips, front kick, side kick, back kick
2. Kickin' Adult Discipline Form (see back)

D. ORANGE BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

Jim Fuller's U.M.A.S. Karate teaches the importance of self discipline. My goals to better my life through self discipline are...

The U.M.A.S. Karate teams and clubs that I would like to participate in are...

Whether you think you can or you think you can't, you're right.

-Henry Ford

Discipline Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
- * Start at ready stance and deliver a loud, strong, confident "kiai"
- * State in a strong, clear voice "Discipline Form"
- * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
- * Bow as you say "thank you sir" or "ma'am"
- * Step back out to the left into ready stance

1. Step to your left into guard stance, front vertical block
2. Right high punch, left slide through jab, step forward, right middle punch (kiai)
3. Step to your right into guard stance, front vertical block
4. Left high punch, right slide through jab, step forward, left middle punch (kiai)
5. Step back with your right into guard stance (facing the front), front vertical block
6. Right middle punch, right back leg round kick (advancing forward into side stance)
7. Left spinning back kick, left front backfist, right middle punch (kiai)
8. Look over left shoulder, turn to the left (stepping with right foot), front vertical block
9. Left high punch, right slide through jab, step forward, left middle punch (kiai)
10. Step to your left into guard stance, front vertical block
11. Right high punch, left slide through jab, step forward, right middle punch (kiai)
12. Step back with your left into guard stance (facing the rear), front vertical block
13. Left middle punch, left back leg round kick (advancing forward into side stance)
14. Right spinning back kick, right front backfist, left middle punch (kiai)
15. Look over right shoulder, turn to the right (stepping with left foot), front vertical block
16. Right high punch, left slide through jab, step forward, right middle punch (kiai)
17. Step to your right into guard stance, front vertical block
18. Left high punch, right slide through jab, step forward, left middle punch (kiai)

- * Return to ready stance
- * Attention stance (bringing your left foot to right)
- * Bow as you say "thank you sir" or "ma'am"
- * Step back out to the left into ready stance





Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS ORANGE TO GREEN BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Front knifehand	Inward elbow	Sliding front kick
Cross body knifehand	Back knifehand	Sliding round kick (high & middle)
High knifehand	Lunge punch (high & middle)	(middle using ball of foot as weapon)
Back high knifehand	Thrusting knee strike	Sliding swing kick

Combinations: a) Back leg round kick, front backfist, middle punch b) Stepping jab, spinning back kick

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review) (Self defense)

1. Attempted bear hug defense: Step back, defensive side kick, spinning back kick, hammerfist, palmheel (one step #5)
 2. Wild punch defense: Step aside, knifehand block, grab, pull, front kick, extended knuckles (one step #6)
 3. Front double choke defense: Bring arm up, over and down, elbow, hammerfist, palm heel
 4. Rear double choke defense: Step out, turning downward elbow, web hand, palm heel, front kick
- (Defensive drills) (Students will need hand, forearm, foot and shin pads, and mouthpiece for the following drills)
1. Back leg round kick defense: Step back slide, shield block, back punch counter

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Elbow set (4 on each side) upward, backward, inward, outward
2. Kickin' Adult Determination Form (see back)

D. GREEN BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

U.M.A.S. Karate teaches me that determination is a key ingredient in accomplishing my goals. The word determination means to me...

The date that I have set to earn my Black Belt is...

The difference between the impossible and the possible lies in determination.

-Tommy Lasorda

Determination Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Determination Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Step to your left into guard stance, front upward block
 2. Right high lunge punch, left middle lunge punch, right middle punch (kiai)
 3. Step to your right into guard stance, front upward block
 4. Left high lunge punch, right middle lunge punch, left middle punch (kiai)
 5. Pivot to the front, left upward knifehand block, back knifehand strike (kiai)
 6. Right back leg round kick middle using ball of foot as weapon (advancing forward into side stance)
 7. Right sliding swing kick, left middle punch (kiai)
 8. Look over right shoulder, turn to the right (stepping with left foot), front upward block
 9. Right high lunge punch, left middle lunge punch, right middle punch (kiai)
 10. Step to your right into guard stance, front upward block
 11. Left high lunge punch, Right middle lunge punch, left middle punch (kiai)
 12. Pivot to the rear, left upward knifehand block, back knifehand strike (kiai)
 13. Left sliding round kick middle using ball of foot as weapon (advancing forward into side stance)
 14. Left sliding swing kick, right middle punch (kiai)
 15. Look over left shoulder, turn to the left (stepping with right foot), confront in guard stance
 16. Slide front foot back, left front kick, left sliding swing kick (to the corner), right middle punch (kiai)
 17. Step to your left (stepping with left foot), confront in guard stance
 18. Slide front foot back, right front kick, right sliding swing kick (to the corner), left middle punch (kiai)
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS GREEN TO PURPLE BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Double knifehand	Back Hammerfist	Pulling side and round kicks
Double forearm	Front straight punch	Spinning swing kick
Pushdown	Front ridgehand	Turning side kick
	Back ridgehand	

Combinations: a) Sliding swing-round kick, middle punch b) Middle punch, sliding double round kick

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review) (Self defense)

1. Attempted left lapel grab defense: Step aside, alternating elbow strikes, grab, knee strike (one step # 7)
 2. Two handed push defense: Step back slide, double knifehand block, grab, pull, alternating front kicks (one step # 8)
 3. Left lapel grab defense: Pin, step back, upward armbars, clear, knifehand chop
 4. Two handed lapel grab defense: Pin, step back, punch, draw in, inward elbow, outward elbow strikes
- (Defensive drills) (Students should have all safety equipment including head gear and rib pad at this level)
1. Sliding round kick defense: Step back slide, back shield block, front jab, high punch
 2. Limited Sparring Drills: Must show knowledge of rules and good control

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Knife hand set: (both sides forward) Front outward knifehand, back inward knifehand, front inward knifehand, spinning knifehand
2. Kickin' Adult Control Form (see back)

D. PURPLE BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

What I have found to be most difficult for me in my martial arts training is...

What I plan to do about it is...

Obstacles are those frightful things you see when you take your eyes off your goal.

-Henry Ford

Control Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Control Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Step to your left into guard stance, front downward block
 2. Right back ridgehand, left front straight punch (kiai)
 3. Step to your right into guard stance, front downward block
 4. Left back ridgehand, right front straight punch (kiai)
 5. Look over right shoulder, right back kick to rear (kiai), come down facing the front in guard stance
 6. Left slide up jab, left front leg round kick middle (using ball of foot as weapon)
 7. Right high punch, right back leg turning side kick, left back leg front kick, right middle punch (kiai)
 8. Look to the right, right pulling side kick, left spinning back kick (kiai), come down 180 degrees in side stance
 9. Right sliding side kick, left spinning back kick (kiai)
 10. Look over left shoulder (to rear), step to rear in guard stance (stepping with left foot)
 11. Left slide through jab, step forward, right high punch, right step through backfist
 12. Left middle lunge punch, right middle punch (kiai)
 13. Look to the right, right pulling side kick, left spinning back kick (kiai), come down 180 degrees in side stance
 14. Right sliding side kick, left spinning back kick (kiai)
 15. Look over left shoulder (to the front), step around to the front with the left foot
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS PURPLE TO BLUE BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Back ridgehand	Front inverted punch	Stutter step pulling round kick
Back vertical	Back inverted punch	Stutter step pulling side kick
Windmill guard	Back uppercut	Back leg sweep

Combinations: a) Slide back, spinning swing kick, back fist, middle punch b) High punch, fake front kick, high round kick c) Front backfist, middle punch, front ridgehand

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review) (Self defense)

1. High punch defense: Step aside, front palm heel block, middle punch, slide up ridgehand, choke (one step # 9)
 2. High punch defense: Step aside, front palm heel block, elbow strike, spinning hammerfist, sweep takedown (one step # 10)
 3. Side shoulder grab defense: Pin, step away, palm heel or eye rake, wrap around
 4. Headlock defense: Double hammerfist, hair pull, palm heel strike
- (Defensive drills) (Students should have all required safety equipment at this level)
1. Sliding front kick defense: Slide back step back, front inward block, high punch counter
 2. Limited Sparring Drills: Must show knowledge of skill and combinations.

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Ridgehand set: (both sides forward) Back ridgehand, front ridgehand, step drag ridgehand, front overhead ridgehand
2. Kickin' Adult Awareness Form (see back)

D. BLUE BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

U.M.A.S. Karate teaches that awareness is the key to safety and self defense. The ways in which increased awareness has helped me are...

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

-George Shaw

Awareness Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Awareness Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Step to your left into guard stance, front outward block, back vertical block
 2. Left inverted punch, right high punch (kiai)
 3. Step to your right into guard stance, front outward block, back vertical block
 4. Right inverted punch, left high punch (kiai)
 5. Step back with your right foot into guard stance (facing the front), front upward block
 6. Right middle punch, right back leg front kick (advancing forward into guard stance)
 7. Flying front kick (faking with the left, kicking with the right), right front backfist, left middle punch (kiai)
 8. Step and confront 180 degrees (facing the rear), immediately look to your right, step back slide with your right foot and confront
 9. Right middle punch, right back leg round kick advancing, left back leg front kick advancing, right high punch (kiai)
 10. Look over left shoulder, step and confront with the left foot (facing the rear)
 11. Left slide through jab, left leg front kick, right back leg turning side kick, right front backfist, left middle punch (kiai)
 12. Step and confront 180 degrees (facing the front), immediately look to your right, step back slide with your right and confront
 13. Right middle punch, right back leg round kick advancing, left back leg front kick advancing, right high punch (kiai)
 14. Bring your left foot back around to the front
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS BLUE TO RED BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Inward parry	Step through backfist	Sliding inside crescent kick
Outward parry	Slide behind backfist	Spinning crescent kick
	Slide behind knifehand	Sliding sweep

Combinations: a) Stutter step pulling round kick, slide back, spinning back kick, high punch b) Pulling side kick round kick, middle punch, back leg round kick c) Back leg double turning side kick, spinning swing kick

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review) (Self defense)

1. High punch defense: Step drag, palm heel block, ridgehand, uppercut, elbow, grab, knee strike (one step # 11)
 2. High punch defense: Windmill guard, grab, round kick, arm break, elbow, grab, knee strike (one step # 12)
 3. Rear armlock defense: Step back, back elbow, step away, front kick
 4. Rear bear hug defense: Scrape shin, stomp foot, heel kick, finger peel, palm heel strike
- (Defensive drills) (Students should have all required safety equipment at this level)
1. Slide through jab, step forward middle punch defense: Slide back, back palm heel block, step back, front forearm block, high punch counter
 2. Limited Sparring Drills: Must show improvement in blocking and countering ability

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. P.J.-8 count: Slide through jab, step forward high punch, sweep, uppercut, grab, round kick, high punch, sweep, uppercut
2. Kickin' Adult Focus Form (see back)

D. RED BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

Training at U.M.A.S. Karate has helped me to Focus and Concentrate on the task at hand. So far focus and concentration has helped me in the following ways...

The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.

-Denis Watley

Focus Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Focus Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Step to your left into guard stance, front outward block
 2. Right middle punch, right back leg front kick advancing, left high punch (kiai)
 3. Step to your right into guard stance, front outward block
 4. Left middle punch, left back leg front kick advancing, right high punch (kiai)
 5. Step to your left into guard stance (facing the front), left upward block
 6. Right middle punch, right back leg front kick advancing, left back leg round kick (middle) advancing forward into side stance
 7. Right spinning swing kick, right front backfist, left middle punch, right front ridgehand (kiai)
 8. Look over the right shoulder, left spinning back kick to the right, left sliding round kick (kiai)
 9. Step to the right into side stance, right sliding side kick, right sliding round kick (kiai)
 10. Step back with right foot into guard stance (facing the rear), front upward block
 11. Right middle punch, flying front kick (faking with the right, kicking with the left), Right back leg turning side kick (kiai)
 12. Look over the right shoulder, step to the right with left foot and confront
 13. Slide left foot back, right front kick, right side kick to corner (without putting foot down), left high punch (kiai)
 14. Look over the right shoulder, step to the right with right foot and confront
 15. Slide right foot back, left front kick, left side kick to corner (without putting foot down), right high punch (kiai)
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS RED TO ADVANCED RED BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
High "X" block	Defensive spinning knifehand	Step over spinning back kick
Low "X" block	Offensive spinning knifehand	Step over spinning swing kick
	Back spearhand	Back leg outside crescent kick
	Drop punch straight	Spinning sweep

Combinations: a) Sliding inside crescent kick, high punch, front ridgehand b) Stepping jab, slide through jab, step forward high punch, front ridgehand, spinning crescent kick c) Stepping jab, jump spinning back kick

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review) (Self defense)

1. Side club defense: Step in, double forearm block, hammerfist, backfist, side kick, back kick (one step #13)
2. Side club defense: Step aside, inward block, slide up knifehand, scissors takedown (one step #14)
3. Overhead club defense: Step in, upward block, wrap around, pull in, shoulder separation (one step #15)
4. Overhead club defense: Step in, upward knifehand block, web hand, takedown, arm break (one step #16)

(Defensive drills) (Students should have all required safety equipment at this level)

1. Sliding side kick defense (open stance): Step back slide, front inward block, middle punch, back leg round kick, front backfist, middle punch counter
2. Free Sparring: Must show skill in footwork and strategy

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Kickin Combo # 1: Back leg front kick, sliding side kick, back leg round kick, spinning back kick, sliding swing kick
2. Kickin Adult Leadership Form (see back)

D. ADVANCED RED BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

As a new member of the U.M.A.S. Karate Leadership Team I plan to make a difference by...

Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.

-Mario Andretti

Leadership Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Leadership Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Look to your left, right, then left, step out to the left (at 10 o'clock) into guard stance
 2. Front vertical block, right high punch (kiai)
 3. Look to your right, step out to the right (at 2 o'clock) into guard stance
 4. Front vertical block, left high punch (kiai)
 5. Look over right shoulder and turn to the rear sliding left foot to the right, right leg front kick (kiai)
 6. Come down facing the front in guard stance, left slide through jab, step forward, right high punch
 7. Right step through backfist, right slide behind descending backfist, right leg triple side kick (slow showing balance and focus)
 8. Come down facing the rear in an open handed guard stance, right back knifehand strike, right back leg front kick (advancing forward to 4 o'clock)
 9. Turn 180 degrees (facing 10 o'clock), right back inward block, right step through backfist
 10. Look over left shoulder to rear, step to rear with right foot into guard stance, right vertical block
 11. Left back spearhand strike, left back leg round kick (advancing), right spinning back kick, right sliding swing kick
 12. Look over left shoulder to front, slide right leg to left, tornado kick to front (faking with the left, kicking with the right)
 13. Right leg bounce-off side kick (to front), right leg front kick to rear (without setting foot down)
 14. Come down facing the front, right drop high punch (dropping on right knee), left upward knifehand block
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS ADVANCED RED TO BROWN BELT

A. BASIC TECHNIQUES AND COMBINATIONS (at least 8 lessons - 1st stripe review)

Blocks:	Strikes:	Kicks:
Inside Universal	Stepover offensive spinning backfist	Front leg and back leg ax kick
Outside Universal	Drop punch downward	Spinning hook kick
	Inverted palmheel	Step over spinning crescent kick
		Tornado kick

Combinations: a) Fake pulling round kick, front jab, slide through jab, step forward middle punch b) Stepping jab, spinning hook kick, high punch c) Step over spinning swing kick, middle punch, front ridgehand

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review)

(Self defense)

1. Knife thrust defense: Step back, inward parry, palmheel, eye strike, arm break, elbow, choke (one step #17)
2. Knife thrust defense: Step in, low X block, wrist lock, front kick, takedown, arm break (one step #18)
3. Slashing knife defense: Lean back, step in, double forearm block, arm break, elbow, choke (one step #19)
4. Slashing knife defense: Lean back, step in, double forearm block, knifehand, arm break, hammerfist, takedown (one step #20)

(Defensive drills) (Students should have all required safety equipment at this level)

1. Sliding side kick defense (closed stance): Step in, front "stop" jab, high punch, front ridgehand
2. Free Sparring: Must show improvement in skill level and effort

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Kickin Combo # 2: Sliding front kick, sliding double round kick, back leg turning side kick, spinning swing kick, back leg front kick
2. All forms learned so far

D. BROWN BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

U.M.A.S. Karate stresses the importance of patience and delayed gratification. In my experience this is important because...

The ultimate aim of karate lies not in victory or defeat but in the perfection of the character of its participants.

-Gichin Funakoshi



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS BROWN TO ADVANCED BROWN BELT

A. ADVANCED COMBINATIONS (at least 8 lessons - 1st stripe review)

- 1) Full body feint, slide back, spinning hook kick, high punch, back leg ax kick
- 2) Pulling round kick, bounce off side kick, backfist, middle punch
- 3) Sliding hook kick, middle punch, front ridgehand
- 4) Stutter step, front leg ax kick, high punch

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review)

(Self defense)

1. Overhead knife defense: Step in, upward knifehand block, snake maneuver, disarm, punch (one step #21)
2. Overhead knife defense: Step aside, X block, redirect weapon, step through, takedown, disarm (one step #22)
3. Knife at neck defense: Palm heel block, grab, knifehand, step under break, hammerfist, takedown (one step #23)
4. Knife at neck defense: Palm heel block, eye strike, step around break, elbow, front choke (one step #24)

(Defensive drills) (Students should have all required safety equipment at this level)

1. Spinning back kick defense: Step back slide back (to avoid kick), spinning swing kick, middle punch counter
2. Free Sparring: Must show improvement in effort and level of intensity

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Kickin' Combo # 3: Stutter step pulling side kick - round kick, spinning crescent kick, flying front kick, bounce off side kick, spinning back kick
2. Kickin' Adult Loyalty Form (see back)

D. ADVANCED BROWN BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

With the experience I now have in karate, my goal in the study of martial arts is...

The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything either as a blessing or a curse.

-Don Juan

Loyalty Form

(for Kickin' Adults)

- * Walk or run briskly and confidently to the position from which you will begin
 - * Start at ready stance and deliver a loud, strong, confident "kiai"
 - * State in a strong, clear voice "Loyalty Form"
 - * Attention stance (bring your left foot to right, hands by your side, chest out, back straight)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance
1. Look to your right, step out to the right (at 2 o'clock) into side stance
 2. Right inside universal block, right slide behind knifehand strike, right side kick (kiai)
 3. Come down 180 degrees (facing 8 o'clock) in an open handed guard stance
 4. Right spinning sweep, left takedown (dropping down on left knee), right downward drop punch, left downward drop punch (kiai)
 5. Stand up bringing both feet together at same time, look over left shoulder, right spinning crescent kick to front 360 degrees (kiai)
 6. Drop and turn to the left (facing rear), left upward knifehand block, right drop high punch (dropping down on right knee)
 7. Left sliding triple side kick (to 4 o'clock) (slow showing balance and focus)
 8. Come down 180 degrees (facing 10 o'clock) in an open handed guard stance
 9. Left middle lunge punch, right defensive spinning knifehand, step forward, left drop high punch (dropping down on left knee) (kiai)
 10. Stand up in an open handed guard stance (facing the front), step forward with the left, right turning side kick (kiai)
 11. Come down 180 degrees (facing the rear), left stepping jab, right high punch, right back leg round kick (middle)
 12. Right slide behind knifehand, right side kick, right step over spinning swing kick, left middle punch (kiai)
 13. Look and turn 180 degrees left (facing the front), front knifehand block, right back ridgehand, right triple back leg round kick
 14. Flying front kick (faking with the left, kicking with the right), right front backfist, left middle punch, right front ridgehand
 15. Confront 180 degrees (facing the rear), left stutter step front leg ax kick, right back kick (to the front), left high punch (to the front)
- * Return to ready stance
 - * Attention stance (bringing your left foot to right)
 - * Bow as you say "thank you sir" or "ma'am"
 - * Step back out to the left into ready stance



Jim Fuller's U.M.A.S. Karate

EXAMINATION REQUIREMENTS: KICKIN' ADULTS ADVANCED BROWN TO FIRST DEGREE BLACK BELT

A. ADVANCED COMBINATIONS (at least 8 lessons - 1st stripe review)

- 1) Spinning crescent kick, outside crescent kick, offensive spinning knifehand, high punch
- 2) Fake back leg round kick, fake crescent kick, outside crescent kick, bounce off side kick, high punch
- 3) Stutter step back leg ax kick, backfist, middle punch, front ridgehand
- 4) Step over spinning hook kick, stutter step front leg ax kick, high punch

B. SELF DEFENSE TECHNIQUES AND DEFENSIVE DRILLS (at least 16 lessons - 2nd stripe review)

(Self defense)

1. Knife at throat defense: Palm heel block, redirect weapon, wrist lock, disarm (one step #25)
2. Knife at throat defense: Weapon control, hammerfist, redirect weapon, arm lock (one step #26)
3. Front gun defense: Palm heel block and pivot, disarm, counter strike w/ weapon (one step #27)
4. Rear gun defense: Downward block and pivot, catch and pin, knifehand strike (one step #28)

(Defensive drills) (Students should have all required safety equipment at this level)

1. Sliding swing kick (closed stance): Sliding front leg sweep, shoulder grab takedown (strategic defense # 1)
2. Sliding swing kick (open stance): Slide in, inside universal block, shoulder and knee grab, lifting sweep take down (strategic defense # 2)
3. Free Sparring: Must show improvement in all aspects learned so far
4. Board Breaking: Must break one board with hand or foot technique

C. SETS AND FORMS (at least 24 lessons - 3rd stripe review)

1. Kickin Combo # 4: Sliding swing kick - round kick - side kick, step over spinning swing kick, stutter step front leg ax kick, fake spinning crescent kick, outside crescent kick, bounce off side kick
2. All forms learned so far

D. BLACK BELT TEST/ GRADUATION

Written requirements: (to be turned in on a separate sheet to your instructor prior to testing)

The confidence I feel from my participation in karate has made me... When I earn my 1st degree black belt I plan to...

Experience is not what happens to a man. It is what a man does with what happens to him.

-Aldous Huxley