



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS WHITE TO YELLOW BELT

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

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 test)

(Self defense techniques)

1. Attempted shoulder grab defense: Knifehand block, web hand strike (one step #1)
2. Straight wrist grab defense: Bring hands together, step back and pull away, side kick and run
3. Stranger danger: Who is a stranger? Anyone we do not know. Explain.

(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 test)

1. 12 blocks: (one each side) palm heel, knife hand, outward, vertical, upward, downward
2. Junior Ninja 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 things I like most about my 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 Tiny Tigers, Lil' Dragons and Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
1. Step back with your right foot into guard stance, front outward block
  2. Right high punch, right back leg front kick (advancing into side stance)
  3. Right slide up side kick
  4. Right front backfist, left drop middle punch
- \* Stand up to attention stance and say "sir"
  - \* Cross your hands in front of your chest and say "black belt"
  - \* Extend both arms up and out in a "V" shape and say "victory"
  - \* Step out with your left foot into natural stance as you bring both arms down and out and say "humility"
  - \* Snap back into attention stance bringing the left foot to the right and say "sir"
  - \* Bow as you say "thank you sir"

|B

|A



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS YELLOW TO ORANGE BELT

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

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 test)

(Self defense techniques)

1. Wild punch defense: Step back, outward block, finger tip defense (one step # 2)
2. Rear two handed wrist grab defense: Step forward, back kick and run
3. Stranger danger: Trust your instincts! If you feel something is wrong, assume it is, run, tell an adult.

(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 test)

1. 16 strikes: (one each side) palm heel, web hand, high punch, extended knuckles, finger tips, front kick, side kick, back kick
2. Junior Ninja 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 me to develop and use self discipline. The ways that I show 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 Lil' Dragons and Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
- 
1. Step back with your right into guard stance (facing the front)
  2. Front vertical block, right middle punch
  3. Right back leg round kick (advancing forward into side stance), left spinning back kick
  4. Left front backfist, right drop middle punch, left fade away back kick (kiai)
- 
- \* Stand up to attention stance and say "sir"
  - \* Cross your hands in front of your chest and say "black belt"
  - \* Extend both arms up and out in a "V" shape and say "victory"
  - \* Step out with your left foot into natural stance as you bring both arms down and out and say "humility"
  - \* Snap back into attention stance bringing the left foot to the right and say "sir"
  - \* Bow as you say "thank you sir"



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS ORANGE TO GREEN BELT

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

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 test)

(Self defense)

1. Wild punch defense: Step out and away, knifehand block, grab, pull, middle punch (one step # 3)
2. Front double choke defense: Step back, punch up and away, back kick, and run
3. Stranger danger: When confronted keep moving. Never stand still.

(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 test)

1. Elbow set (4 on each side) upward, backward, inward, outward
2. Junior Ninja 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 Junior Black Belt is...

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

-Tommy Lasorda

## **Determination Form**

(for Lil' Dragons and Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
1. Look to your left, right, then left
  2. Step to your left into guard stance, front upward block
  3. Right high lunge punch, left middle lunge punch, right middle punch (kiai)
  4. Step to your right into guard stance, front upward block
  5. Left high lunge punch, right middle lunge punch, left middle punch (kiai)
  6. Pivot to the front, left upward knifehand block, back knifehand strike (kiai)
  7. Right back leg round kick middle using ball of foot as weapon (advancing) right sliding swing kick
  8. Left drop middle punch, right fade away back kick, turn to the front, left high punch (kiai)
- \* Stand up to attention stance and say "sir"
  - \* Cross your hands in front of your chest and say "black belt"
  - \* Extend both arms up and out in a "V" shape and say "victory"
  - \* Step out with your left foot into natural stance as you bring both arms down and out and say "humility"
  - \* Snap back into attention stance bringing the left foot to the right and say "sir"
  - \* Bow as you say "thank you sir"





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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS GREEN TO PURPLE BELT

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

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

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 test)

(Self defense)

1. Wild punch defense: Step in, high shield block, palm heel strike (one step # 4)
2. Left lapel grab defense: Pin, step back, upward armbar, clear, knifehand chop, run (star block set)

(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 test)

1. Knife hand set: (both sides forward) Front outward knifehand, back inward knifehand, front inward knifehand, spinning knifehand
2. Junior Ninja 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)

The instructors at U.M.A.S. Karate teach us to use self control. The way I use self control at home and at school are...

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

-Henry Ford

## Control Form

(for Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
1. Look to your left, right, then left, step out to the left into guard stance
  2. Front downward block, right back ridgehand, left front straight punch (kiai)
  3. Look to your right, step out to the right into guard stance
  4. Front downward block, left back ridgehand, right front straight punch (kiai)
  5. Look over your right shoulder, right back kick to the rear (kiai)
  6. Come down to the front into guard stance, left slide up jab, left front leg round kick middle (using ball of foot)
  7. Right high punch, right turning side kick, left back leg jump front kick
  8. Right drop middle punch (kiai)
- \* Stand up to attention stance and say "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock out into ready stance with a loud "kiai"





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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS PURPLE TO BLUE BELT

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

<b>Blocks:</b>	<b>Strikes:</b>	<b>Kicks:</b>
Back ridgehand	Front inverted punch	Flying front kick (form 2)
Back vertical	Back inverted punch	Flying side kick (form 1)
Windmill guard	Back uppercut	Stutter step pulling round kick
		Stutter step pulling side kick
		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 test)

(Self defense)

1. Attempted front bear hug defense: Step back, defensive side kick (one step # 5)
2. Wild punch defense: Step aside, knifchand block, grab, pull, defensive front kick (one step # 6)
3. Side shoulder grab defense: Pin, step away, wrap around

(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 test)

1. Ridgehand set: (both sides forward) Back ridgehand, front ridgehand, step drag ridgehand, front overhead ridgehand
2. Junior Ninja 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)

Jim Fuller's U.M.A.S. Karate teaches us the importance of showing respect and courtesy. Showing respect and courtesy to others is important because...

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

-George Shaw

## Awareness Form

(for Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
1. Look to your left, right, then left
  2. Step to your left into guard stance, front outward block, back vertical block
  3. Left inverted punch, right high punch (kiai)
  4. Step to your right into guard stance, front outward block, back vertical block
  5. Right inverted punch, left high punch (kiai)
  6. Step back with your right foot into guard stance (facing the front), front upward block
  7. Right middle punch, right back leg front kick (advancing forward into guard stance)
  8. Flying front kick (faking with the left, kicking with the right), right front backfist, left drop middle punch (kiai)
- \* Stand up to attention stance and say "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock out into ready stance with a loud "kiai"



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS BLUE TO RED BELT

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

<b>Blocks:</b>	<b>Strikes:</b>	<b>Kicks:</b>
Inward parry	Step through backfist	Sliding inside crescent kick
Outward parry	Slide behind backfist	Spinning crescent kick
	Slide behind knifehand	Jump spinning back kick
		Flying round kick (form 2)
		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 test)

(Self defense)

1. Attempted left lapel grab defense: Step aside, left elbow strike (one step # 7)
2. Two handed push defense: Step back slide, double knifehand block, grab, pull, front kick (one step # 8)
3. Rear armlock defense: Step back, back elbow, step away, front kick and run

(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 test)

1. P.J.-8 count: Slide through jab, step forward high punch, sweep, uppercut, grab, round kick, high punch, sweep, uppercut
2. Junior Ninja 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)

Through U.M.A.S. Karate I have learned to Focus and Concentrate on the task at hand. So far focus and concentration has helped me in the following ways at home and at school...

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 Junior Ninjas)

- \* 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"
  - \* Heart shape attention (bring your hands in front and upward then circle them around and down until you are in attention stance with hands by your side, feet together, chest out)
  - \* Bow as you say "thank you sir" or "ma'am"
1. Look to your left, right, then left, step out to the left into guard stance
  2. Front outward block, right middle punch, right back leg front kick advancing, left high punch (kiai)
  3. Look to your right, step out to the right into guard stance
  4. Front outward block, left middle punch, left back leg front kick advancing, right high punch (kiai)
  5. Look over your left shoulder to the front, step to the front with the left foot into guard stance
  6. Front upward block, right middle punch, right back leg front kick advancing
  7. Left back leg round kick (middle) advancing, right spinning swing kick
  8. Right front backfist, left drop middle punch (kiai)
- \* Stand up to attention stance and say "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock out into ready stance with a loud "kiai"



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS RED TO ADVANCED RED BELT

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

**Blocks:**

High "X" block

Low "X" block

**Strikes:**

Defensive spinning knifehand

Offensive spinning knifehand

Back spearhand

Drop punch straight

**Kicks:**

Jump spinning crescent kick

Step over spinning back kick

Step over spinning swing kick

Back leg outside crescent kick

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 test)

(Self defense)

1. Guard stance: High punch defense: Step aside, front palm heel block, middle punch (one step # 9)

2. Guard stance: High punch defense: Step aside, front palm heel block, elbow strike (one step # 10)

3. Rear double shoulder grab defense: Step under, ridgehand, side kick, and run

(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 test)

1. Kickin Combo # 1: Back leg front kick, sliding side kick, back leg round kick, spinning back kick, sliding swing kick

2. Junior Ninja 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)

The U.M.A.S. Karate leadership team teaches us to help others. The way I help others at home, school and in karate class is...

Leadership requirements: Must assist with at least 10 classes prior to graduation

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 Junior Ninjas)

- \* 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"
- \* Bring your left foot to your right as you "snap to attention"
- \* Bow as you say "thank you sir" or "ma'am"
- \* Lock back out into ready stance

1. Look to your 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 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 drop high punch (dropping down on right knee), left upward knifehand block
10. Right vertical block (slow with tension), left knifehand strike, right knifehand strike

- \* Stand up to ready stance
- \* Snap to attention stance with a loud "sir"
- \* Bow as you say "thank you sir"
- \* Lock back out into ready stance with a loud "kiai"



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

## EXAMINATION REQUIREMENTS: JUNIOR NINJAS ADVANCED RED TO BROWN BELT

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

**Blocks:**

Inside Universal  
Outside Universal

**Strikes:**

Stepover offensive spinning backfist  
Drop punch downward  
Inverted palmheel

**Kicks:**

Jump spinning swing kick  
Front leg and back leg ax kick  
Spinning hook kick  
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 test)

(Self defense)

1. Guard stance: High punch defense: Step drag, front palm heel block, low ridgehand (one step #11)
2. Guard stance: High punch defense: Windmill guard, back leg round kick middle (one step # 12)
3. Rear bear hug arms trapped defense: Scrape shin, stomp, heel kick, back elbow, back elbow, and run

(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 test)

1. Kickin Combo # 2: Sliding front kick, sliding double round kick, back leg turning side kick, spinning swing kick, jump back leg front kick
2. Full Leadership Form (see back)

### D. BROWN BELT TEST/GRADUATION

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

My instructor teaches me that I must have patience. Patience 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

## **Full Leadership Form**

(for Junior Ninjas and 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"
  - \* Bring your left foot to your right as you "snap to attention"
  - \* Bow as you say "thank you sir" or "ma'am"
  - \* Lock back out into ready stance
1. Look to your 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
- \* Stand up to ready stance
  - \* Snap to attention stance with a loud "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock back out into ready stance with a loud "kiai"





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

## **EXAMINATION REQUIREMENTS: JUNIOR NINJAS BROWN TO ADVANCED BROWN BELT**

### **A. ADVANCED COMBINATIONS (at least 8 lessons - 1st stripe test)**

- 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 test)**

(Self defense)

1. Side club attack defense: Step in, double forearm block, hammerfist, backfist, side kick, disarm(one step #13)
2. Side club attack defense: Step in, forearm block, slide up knifehand chop, scissors takedown(one step #14)
3. Rear choke defense: Grab wrist, step under, rising knee strike, front kick, and run

(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 test)**

1. Kickin Combo # 3: Stutter step pulling side kick - round kick, spinning crescent kick, flying front kick, bounce off side kick, jump spinning back kick
2. Junior Ninja 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)

When practicing forms we say "humility". What the word humility means to me 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 Junior Ninjas)

- \* 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"
  - \* Bring your left foot to your right as you "snap to attention"
  - \* Bow as you say "thank you sir" or "ma'am"
  - \* Lock back out 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 jump 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 flying side kick (kiai)
- \* Return to ready stance
  - \* Snap to attention stance with a loud "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock back out into ready stance with a loud "kiai"



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

## **EXAMINATION REQUIREMENTS: JUNIOR NINJAS ADVANCED BROWN TO JUNIOR BLACK BELT**

### **A. ADVANCED COMBINATIONS (at least 8 lessons - 1st stripe test)**

- 1) Spinning tornado kick, offensive spinning knifehand, high punch
- 2) Fake back leg round kick, tornado 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 test)**

(Self defense)

1. Overhead club defense (upward): Step in, high block, wrap around, shoulder separation (one step # 15)
2. Overhead club defense (downward): Step aside, back high knifehand block, takedown (one step # 16)
3. Headlock defense: Double hammerfist, hair pull, foot stomp, and run

(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 test)**

1. Kickin Combo # 4: Sliding swing kick - round kick - side kick, step over spinning swing kick, stutter step front leg ax kick, tornado kick, bounce off side kick
2. Full Loyalty Form (see back)

### **D. JUNIOR BLACK 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 the importance of Loyalty. What I understand loyalty to mean is...

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

-Aldous Huxley

## **Full Loyalty Form**

(for Junior Ninjas and 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"
  - \* Bring your left foot to your right as you "snap to attention"
  - \* Bow as you say "thank you sir" or "ma'am"
  - \* Lock back out 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 jump 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 flying 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
  - \* Snap to attention stance with a loud "sir"
  - \* Bow as you say "thank you sir"
  - \* Lock back out into ready stance with a loud "kiai"