

MIDWEST MARTIAL ARTS

Hybrid Taekwondo (Red – Deputy Black)

<p><u>STRIKES:</u> (Yellow)</p> <p>C-strike Double Scissor Strike Reverse Palm Strike Staff Strike Groin strike (downward palm strike)</p> <p>Kickboxing Drill: (<i>with spin kicks</i>)</p> <ol style="list-style-type: none">1. Jab, cross, jab, spin hook kick2. Jab, (L) body hook, turning back kick	<p><u>KICKS:</u> (Green)</p> <p>Double Tornado Kick Spin Axe Kick</p> <p><u>Creative</u> Create 5 kicking combinations using at least 5 different kicks in each combination.</p> <p>Challenge Kicks: 360 Jump Spin Hook Kick Jump Spin Axe Kick</p>
<p><u>FORM:</u> (Red)</p> <p>Taeguek – Pal Jang</p>	<p><u>BREAK FALLS:</u> (Blue)</p> <p>Breakfall for Tai otoshi</p> <p><u>THROWS:</u> Leg drop throw (Tai otoshi)</p>
<p><u>SELF DEFENSE:</u> (White)</p> <p>Groundwork: Side Control to Mount (<i>knee on belly</i>) Scarf Hold with arm strangle (<i>Kata Gatame</i>) Kesa Gatame with arm lock & arm bar</p> <p><u>Joint Locks:</u> Vertical Wrist Lock Index Finger Lock</p> <p>Flow Drill: Level 1 (complete) Transitional flow (<i>2 minutes</i>) Self-defense randori (<i>2 minutes</i>)</p>	<p><u>WEAPONS:</u></p> <p>Arnis/Escrima: Disarms from 1-6 angles of attack</p> <p><u>ENDURANCE TEST:</u></p> <ul style="list-style-type: none">• 1-mile run• 25 push-ups• 25 sit ups• Doubles (30)• Sparring (2) 2 min rounds
<p><u>KNOWLEDGE:</u> (Silver)</p> <p>LDRSHIP Values Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage</p> <ul style="list-style-type: none">• Integrity: Do the right thing. Even when no one is looking.• Personal Courage: Face fear, danger, and adversity both physical and mental. Overcoming adversity means getting through a difficult and challenging situation.	