

MIDWEST MARTIAL ARTS

Hybrid Taekwondo (2nd Brown Belt - Red)

<p><u>STRIKES:</u> (Yellow)</p> <p>Double Hammer Block Scissor Strike Double Knife Block – Low (back stance) Long Punch (Hang Jin) Twin Uppercut (X Stance)</p> <p><u>Boxing:</u> Hook, Uppercut, Slip</p> <p><u>Kickboxing Drill:</u></p> <ol style="list-style-type: none">1. Step Jab, Cross, Slip, knee2. Step Jab, Cross, Slip, Hook, Uppercut, knee	<p><u>KICKS:</u> (Green)</p> <p>Jump Turning Side Kick Jump Turning Back Kick Spin Roundhouse Kick</p> <p>360 Jump Turning Side Kick</p> <p><u>Kicking combos:</u></p> <ul style="list-style-type: none">- Spin roundhouse, back leg roundhouse, jump turn back kick.- 360 jump turn side kick, immediate axe kick, tornado round, step forward fake, jump turn side kick.
<p><u>SELF DEFENSE:</u> (White)</p> <p><u>Groundwork:</u> Mount escape Guard sweep Guard pass Japanese armbar</p> <p>Kesa Gatame escape/counter</p> <p><u>Joint Locks:</u> C-lock</p> <p><u>Flow Drill:</u> Level 1.c</p> <p><u>Arm Bars:</u> Armbar inside wrap</p>	<p><u>BREAK FALLS:</u> (Blue)</p> <p>Breakfall for Ippon Seoinage</p> <p><u>Throws:</u> One Arm Shoulder Throw (Ippon Seoinage)</p> <p><u>FORM:</u> (Red)</p> <p>Taeguek – Chil Jang</p> <p><u>WEAPONS:</u></p> <p><u>Arnis/Escrima:</u></p> <p>Heaven 6</p> <p>Block, Check, Counter Cut Slice Check</p>

KNOWLEDGE: (Silver)

LDRSHIP Values – *Explain all previous Leadership Values*

Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage

- **Honor:** Live up to these Leadership Values!