

MIDWEST MARTIAL ARTS

Hybrid Taekwondo (Brown to 2nd Brown Belt)

<p><u>STRIKES:</u> (Yellow)</p> <p>Palm Block Reverse outside knife hand strike</p> <p><u>Boxing:</u> All previous</p> <p><u>Kickboxing Drill:</u></p> <ol style="list-style-type: none">1. Jab, Cross, Hook, Roundhouse2. Jab, Cross, Knee, Jab	<p><u>KICKS:</u> (Green)</p> <p>Spin Crescent Kick Tornado Kick 360 Spin Roundhouse (Tornado Round) Drop Knee Turn Hook Kick (Sweep) Drop Knee Turning Side Kick</p> <p>Jump Spin Crescent Kick Challenge</p> <p><u>Kicking combos:</u></p> <ul style="list-style-type: none">- Inside crescent, spin crescent, axe kick, tornado, turning side kick, drop knee turn hook kick.- Double roundhouse, switch tornado, turning back kick.
<p><u>FORM:</u> (Red)</p> <p>Taeguek – Yuk Jang</p>	<p><u>BREAK FALLS:</u> (Blue)</p> <p>High front fall for turning wrist lock throw High side fall (assisted)</p> <p>What is the breakfall for O goshi?</p> <p><u>Throws:</u></p> <p>Turning Wrist Lock Throw (kneeling) Big Hip Throw (O goshi)</p>
<p><u>SELF DEFENSE:</u> (White)</p> <p>Full Nelson Back Choke</p> <p><u>Groundwork:</u> Scarf Hold (Kesa Gatame)</p> <p><u>Locks:</u> Index finger lock Reverse two finger lock Standing Triangle Choke</p> <p><u>Lock Flow:</u> Level 1.b</p>	<p><u>WEAPONS:</u></p> <p><u>Arnis/escrima:</u> Sinawali (single & double stick) 12 angles of attack</p>

KNOWLEDGE: (Silver)

LDRSHIP Values

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

- **Respect:** Treat others as they should be treated.
- **Selfless Service:** As a leader, everything you do should be for the wellbeing of your team or students. A good leader does not act with pride or ego, but with compassion and understanding.