

# MIDWEST MARTIAL ARTS

## Hybrid Taekwondo (Blue to Brown Belt)

<p><b><u>STANCES:</u></b></p> <p>X Stance Short Stance</p> <p>All previous</p>	<p><b><u>KICKS:</u> (Green)</b></p> <p>Slap Kick or Twist Kick Immediate Hook Kick - Roundhouse Spin Hook Kick Spin Hook - Roundhouse</p> <p><b><u>Kicking combos:</u></b></p> <p>- Immediate Hook Kick – Roundhouse, step down, spin hook, roundhouse. - Slap kick, roundhouse, spin hook - roundhouse</p>
<p><b><u>BLOCKS &amp; Strikes:</u> (Yellow)</b></p> <p>Knuckle Strike (downward) Assisted Elbow Strike (from Oh Jang) Ridge Hand Strike Hammer Fist</p> <p><b><u>Boxing:</u></b> Jab, Cross</p> <p><b><u>Boxing Footwork:</u></b> Forward, left, right, back</p>	<p><b><u>FORM:</u> (Red)</b></p> <p>Taeguek – Oh Jang</p>
<p><b><u>BREAK FALLS:</u> (Blue)</b></p> <p>High Front Fall (assisted) Handstand into front roll (challenge)</p> <p><b><u>Throws:</u></b> Major Outer Reap (Osoto gari) Breakfall for Osoto gari</p> <p>Show understanding of Kuzushi triangle theory.</p>	<p><b><u>SELF DEFENSE:</u> (White)</b></p> <p>Lapel Side Choke Kick Defense (Round Kick, Push Kick, Side Kick)</p> <p><b><u>Locks:</u></b> Bent elbow wrist lock</p> <p><b><u>Lock Flow:</u> Level 1.a</b></p> <p><b><u>Armbars:</u> Reverse Armbars</b> Elbow to elbow</p> <p><b><u>Drill:</u></b></p> <ol style="list-style-type: none"><li>1. Basic wrist lock, belt elbow, elbow to elbow</li></ol>

## **KNOWLEDGE: (Silver)**

### **What is the Triangle?**

The triangle is the reference to where you should place your feet when performing many throws in the art of Judo.

### **LDRSHIP Values**

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

- **Duty:** Fulfilling your obligations. If you commit to something, see it through. Your word is important because it shows your character.