

MARTIAL ARTS AMERICA

Basic Curriculum Part 1 (Dec, Jan, Feb)

For White, Gold, Orange, & Green Belts

Kicking Skills

“Crescent & Leg Kicks”

1. Rear leg inside crescent kick
2. Rear leg outside crescent kick
3. Sipa kick
4. Outside roundhouse kick

Personal Protection Skills

Defending against punches and grabs

“Active Avoidance Principle (B-4’s)”

We will be learning how to actively avoid getting grabbed, hit or pushed this cycle.

1. “Deviation” – side step
2. “Pushing hands” – side step and push attacker’s hands away
3. “Pressing hands” – step straight back and press the attacker’s hands straight down
4. “Circling hands” – step straight back and block the attacker’s hands outward

Verbal Personal Safety Skills

“Verbal Karate Skills”

We will be learning how to use our voice and body language in a strong, confident way.

1. Safety Gap – at least 6 feet
2. Strong, assertive stance
3. Big, loud voice

Hand Skills

1. “Boxing / Kickboxing Set”

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|------------------------|---------------------|
| 1. Jab / Cross | “Jab, Cross” |
| 2. Lead hook (to jaw) | “Hook” |
| 3. Rear hook (to body) | “Hook” |
| 4. Bob & weave (right) | “Bob & weave” |
| 5. Bob & weave (left) | “Bob & weave” |
| 6. Lead uppercut | “Uppercut” |
| 7. Rear uppercut | “Uppercut” |
| 8. Step off round kick | “Round kick” (left) |

2. Dynamic Boxing/Kickboxing Basics

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“Dequerdas Eskrima Basics”

1. Grip of the stick
2. Twirling basics
3. How to strike w/ the stick
4. Striking angles #1-8
5. Blocking vs. angles #1-8
6. One for one stick sparring
7. Two for two / three for three / etc.

R.E.D. Skills

1. Baseline
2. Anomalies

R.E.D. ESCAPE skills
Scissors Vault

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Basic Curriculum Part 2 (Mar, Apr, May) For White, Gold, Orange, & Green Belts

Kicking Skills

“Front Kicks”

1. Lead leg front kick
2. Rear leg front kick
3. Stepping front kick
4. Push kick

Personal Protection Skills

Defending vs. grabs and holds from the front, side & rear

1. Rotating Principle

2. Collapsing Principle

Hand Skills

1. “Hand Strike Set”

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|-----------------------------|------------|
| 1. Chamber | “Chamber” |
| 2. Knifehand strike | “Knife” |
| 3. Chamber | “Chamber” |
| 4. Reverse knifehand strike | “Knife” |
| 5. Chamber | “Chamber” |
| 6. Palm strike | “Palm” |
| 7. Chamber | “Chamber” |
| 8. Backfist (to the front) | “Backfist” |
| 9. Chamber | “Chamber” |
| 10. Ridgehand strike | “Ridge” |
| 11. Chamber | “Chamber” |
| 12. Spearhand strike | “Spear” |

2. Dynamic application of strikes

R.E.D. Skills

1. RCCR -RED Color Code of Recognition
2. TRT – Threat Recognition Timeline

R.E.D. ESCAPE skills
2 Hand Vault

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“Bo Basics”

We will be learning basic blocks, strikes, and stances with the bo.

“21 Count Basic Bo Set”

Attention / Bow / Left leg steps out to ready stance w/ bo in front of body / Call “21 Count Basic Bo Set”

Ready Position (Right hand in the middle)

1. Switch Grip (Left Hand in the middle)
2. Switch Grip (Right Hand in the middle)
3. Chamber (R), Side strike High
4. Switch Grip (keep Bo on your left side)
5. Chamber (L), Side strike high
6. Switch Grip (keep Bo on your Right side)
7. Ready Position
8. Figure 8 ready position (Bo vertical in front of you, right hand on top)
9. Figure 8 (top tip of Bo dips to the Left side then to right side)
Figure 8 ready position
10. Figure 8 (top tip of Bo dips to the Left side then to right side)
Figure 8 ready position
11. Figure 8 (top tip of Bo dips to the Left side then to right side)
Figure 8 ready position
12. Ready Position
13. (Turn Left) Left cat stance Inside low Block
14. (L) Front Stance push block low
15. (L) Front Stance push block High
16. Ready position
17. (Turn Right) Right cat stance outside low block
18. (R) Front Stance push block low
19. (R) Front Stance push block High
20. Ready Position
21. Return (Tuck Bo behind Right Arm, attention, bow)

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Basic Curriculum Part 3 (June, July, Aug)
For White, Gold, Orange, and Green Belts

Kicking Skills

“Side Kicks”

1. Side kick to the rear – kneeling
2. Side kick to the rear – standing
3. Lead leg side kick
4. Side Kick Defense on the ground

Personal Protection Skills

“Tools & Targets”

Students will learn to identify the proper tools to use against each target.

“Optical Target Recognition - OTR”

Students will learn to quickly and effectively identify targets on their attacker’s body.

Ground Defense Skills

Turtle on it’s back, knees & side

Hand Skills

1. Simple Dynamic Knees and Elbows

2. Simple Dynamic Palm & hammer strikes and slaps

R.E.D. Skills

1. Intention Cues – Interested/Uninterested
2. Intention Cues – Comfortable/Uncomfortable

R.E.D. ESCAPE skills
Step Vault

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“Siniwali Eskrima”

1. Twirling basics
2. Four count siniwali
3. Five count siniwali
4. Replacing footwork
5. Chaining (four count / five count)
6. One stick vs. four / five count
7. Sipa kick

“Traditional One Step Basics”

“One Step Basic #1”

1. Start in ready stance
2. Chamber for down block
3. Slide back to front stance
4. Down block over lead leg w/ yell! (to symbolize that you are ready to attack)

“One Step Basic #2”

5. When partner is ready (by doing a yell!), slide forward to front stance / middle punch

Defense

Step forward into front stance –

Inside (variation Outside) Middle Block
Triple punch to solar plexus
Palm strike to face

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Basic Curriculum Part 4 (Sep, Oct & Nov)
For White, Gold, Orange, and Green Belts

Kicking Skills

“Roundhouse Kicks”

1. Lead leg roundhouse kick
2. Rear leg roundhouse kick
3. Stepping roundhouse kick
4. Roundhouse Kick Defense
 - a. Step back
 - b. Turn leg

Personal Protection Skills

KFM - Keysi Principles & Basics

- “Hunting, Predator & Prey Attitude”
- Movement/footwork
- Building Windows & Doors

Quick Covers –

Standing, sitting & on the ground

1. Front
2. Side

Hand Skills

1. “Star Block Set”

- | | |
|------------------|-----------|
| 1. Chamber | “Chamber” |
| 2. High Block | “High” |
| 3. Chamber | “Chamber” |
| 4. Inside Block | “Inside” |
| 5. Chamber | “Chamber” |
| 6. Down Block | “Down” |
| 7. Chamber | “Chamber” |
| 8. Outside Block | “Outside” |
| 9. Chamber | “Chamber” |
| 10. Push Block | “Push” |

2. Dynamic Application of Blocks

1. Black Belt Life Skills & Leadership Program

“Bo Basics”

We will be learning basic blocks, strikes, and stances with the bo.

“15 Count Basic Bo Set”

Attention / Bow / Left leg steps out to ready stance w/ bo in front of body / Call “15 Count Basic Bo Set”

1. Diagonal strike in right front stance
2. Thrust
3. Outside block in cat stance
4. High block in right front stance
5. Half-moon strike
6. Diagonal strike
7. Side strike / side strike
8. Up / Down
9. Side strike / side strike
10. Slide poke w/ yell!
11. Low block in right cat stance
12. Diagonal strike
13. Thrust w/ yell!
14. Outside block slowly
15. Right leg returns to ready stance

Attention / Bo behind right shoulder / Bow

R.E.D. Skills

1. Instinct & Filters
2. QDA – Quick Decisive Action

R.E.D. ESCAPE skills
Rider Vault