

MARTIAL ARTS AMERICA

Cobra Curriculum

Little Ninjas Part 1

Cobra Traits/Black Belt Traits

We will be learning about the Cobra this cycle...

1. Cobras can hold still for long periods of time because they have great self-control.
2. Cobras wait until just the right moment to strike quickly and capture their prey. They have great timing and reaction speed.
3. Cobras will only use their skills in self-defense...they never go and attack people for no reason. They show respect.

Kicking Skills

“Crescent / Ax Kicks” - Outside

1. Outside crescent kick
2. Jump Outside crescent kick
3. Outside Ax kick
4. Jump Outside Ax kick

Personal Protection Skills

“Kid’s Stuff vs. Stranger Danger”

We will be learning the differences between “Kid’s Stuff” and “Stranger Danger”. We never kick or punch kids, but against strangers we have no choice because they are bigger and stronger.

“Rising Sun vs. Side Shoulder Grab”

1. Raise the fist of your shoulder that is getting grabbed (the sun rises up each morning into the sky)
2. Step forward w/ your leg closest to the attacker
3. Twist and do an inside block to escape (the sun moves across the sky throughout the day)

“Setting Sun vs. Side Shoulder Grab”

1. Raise your arm of the shoulder that is getting grabbed and point your finger to the sky (the sun starts high in the sky)
2. Step forward or backward w/ one leg (depending on which side of your attacker’s arm your arm is)
3. Drop your elbow down on the attacker’s arm to escape (the sun sets each night)

Cobra Skill Sets

“Hissing Cobra Set”

1. Inside crescent kick
2. Jump inside crescent kick
3. Inside crescent kick
4. Drop elbow strike w/ yell!
5. “Hiss” like a cobra
6. *MAA Team – Little Ninjas are awesome!*

“Striking Cobra Set”

1. Inside ax kick (SDIF)
2. Jumping inside ax kick
3. Cobra position (kneeling like a cobra)
4. Slow motion spearhand / spearhand
5. Fast spearhand / spearhand
6. “Hiss” like a cobra
7. *MAA Team – Little Ninjas are awesome!*

Hand Skills

“Boxing / Kickboxing Set”

- | | |
|------------------------|---------------|
| 1. Jab | “Jab” |
| 2. Cross | “Cross” |
| 3. Lead hook (to jaw) | “Hook” |
| 4. Bob and weave | “Bob & Weave” |
| 5. Rear hook (to body) | “Hook” |
| 6. Lead hook (to jaw) | “Hook” |
| 7. Uppercut (rear arm) | “Uppercut” |
| 8. Uppercut (lead arm) | “Uppercut” |
| 9. Step off round kick | “Round kick” |

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Crane Curriculum

Little Ninjas Part 2

Crane Traits/Black Belt Traits

We will be learning about the crane this cycle...

1. Cranes have outstanding focus / concentration...this helps them to catch fish in the water
2. Cranes have a great balance, they can stand on one leg for a long time
3. Cranes have great self-control, they hold still for a long time...usually on one leg

Kicking Skills

“Front Kicks”

1. Lead leg front kick
2. Jump lead leg front kick
3. Multiple front kick (also slow motion with balance like the crane)
4. Flying front kick

Personal Protection Skills

“Active Avoidance Principle (B-4’s)”

The best personal protection skill is to not get grabbed. We will be learning four applications of the Active Avoidance Principle to learn how to avoid being grabbed.

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

Crane Skill Sets

“Flying Crane Set”

1. Balance like a crane on one leg
2. Lead leg front kick
3. Jump front kick
4. Jump front kick
5. Drop reverse punch w/ yell!
6. *MAA Team – Little Ninjas are awesome!*

“Balancing Crane Set”

1. Lead leg front kick
2. Balance like a crane on one leg
3. Flying front kick
4. Balance like a crane on one leg
5. Triple front kick w/ yell!
6. *MAA Team – Little Ninjas are awesome!*

“Hand Strike Set”

1. Chamber “chamber”
2. Knife hand strike “knife”
3. Chamber “chamber”
4. Reverse knife hand strike “knife”
5. Chamber “chamber”
6. Palm strike “palm”
7. Chamber “chamber”
8. Backfist “backfist”
9. Chamber “chamber”
10. Ridgehand strike “ridge”
11. Chamber “chamber”
12. Spear hand strike “spear”

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Bear Curriculum Little Ninjas Part 3

Bear Traits/Black Belt Traits

We will be learning about the Bear this cycle...

1. Bears are “gentle giants”. They have great self-control and would never use their strength or martial arts to hurt others.
2. Bears are STRONG and POWERFUL. We show how strong and confident that we are by making eye contact and standing tall.
3. Bears eat healthy food like fish, twigs, and berries. You could never find a bear that eats junk food...especially when they are getting ready to hibernate!

Kicking Skills

“Side kicks”

1. Drop side kick to the rear (from all fours)
2. Standing side kick to the rear
3. Lead leg side kick
4. Flying side kick

Personal Protection Skills

We will also be learning the difference between “Kid’s Stuff” and “Stranger Danger” while learning two different ways to escape from a single wrist grab.

1. **“Pass the Pizza, Please”** – 1. Turn hand of wrist that is being grabbed so that the palm faces up (the plate), 2. Put your other hand (the pizza) on top, 3. Step forward and push both hands to escape
2. **“Pass the Pizza Back, Please”** – Same as above, but then grab your hands together and pull them back to escape

Bear Skill Sets

“Roaring Bear Set”

1. Standing side kick to the rear (Right / Left)
2. Drop side kick to the rear (Right / Left)
3. Palm strike / palm strike (bear paws!)
4. Roar like a bear!
5. *MAA Team – Little Ninjas are awesome!*

“Flying Bear Set”

1. Slow motion palm strike / palm strike
2. Full speed and power palm / palm
3. Lead leg side kick
4. Flying Side Kick w/ yell
5. Roar like a bear!
6. *MAA Team – Little Ninjas are awesome!*

“Elbow & Knee Set”

1. Reach with left hand “Chamber”
2. Front elbow “Front”
3. Reach forward “Chamber”
4. Rear elbow “Rear”
5. Reach with left hand “Chamber”
6. Rising elbow “Rise”
7. Reach arm up “Chamber”
8. Downward elbow “Drop”
9. Reach across body “Chamber”
10. Side elbow “Side”
11. Reach both hands “Chamber”
12. Rear knee “Knee”

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Tiger Curriculum Little Ninjas Part 4

Tiger Traits/Black Belt Traits

We will be learning about the Tiger this cycle...

1. Tigers are “powerful cats”. They are known for being very strong and confident.
2. Tigers are very graceful...they have great balance and coordination.
3. Tigers protect their cubs, but only in self-defense...they would never hurt people (just like we only use our karate for self-defense).
4. Tigers have a loud ROAR!

Kicking Skills

“Roundhouse Kicks”

1. Lead leg roundhouse kick
2. Jump lead leg roundhouse kick
3. Skipping roundhouse kick
4. Double / triple roundhouse kick

Personal Protection Skills

We will be practicing the “Kid’s Stuff” and “Stranger Danger” versions of both escapes.

“Leaping Tiger vs. single & double wrist grab”

1. Grab both of your “tiger paws” together
2. Step back with one leg
3. Throw your arms over your rear shoulder

“Twisting Tiger vs. single & double lapel grab”

1. Trap one arm and grab your “tiger paws” together
2. Step back with one leg
3. Twist your hips and shoulders

Tiger Skills Sets

“Tiger Claw Set”

1. Left leg roundhouse kick to the left
2. Right leg roundhouse kick to the right
3. Left leg roundhouse kick to the middle
4. Jump lead leg roundhouse kick
5. Drop reverse punch w/ yell!
6. *MAA Flying Dragon Team!*

“Growling Tiger Set”

1. Skipping roundhouse kick
2. Double roundhouse kick
3. Triple roundhouse kick
4. Tiger palm / Tiger palm w/ yell!
5. “Growl / Roar” like a tiger
6. *MAA Flying Dragon Team!*

Hand Skills

“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” |

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“Dragon” Curriculum Little Ninjas Part 5

Dragon Traits / Black Belt Traits

We will be learning about the Dragon this cycle...

1. Dragons are powerful, scaly creatures. There are many different colors of Dragons.
2. They can breathe fire, kind of like we use our loud yell to show our energy or best effort.
3. Dragons can fly long distances, and if their wings get tired they never give up!
4. The Dragon is one of the most noble and respectful animals.

Kicking Skills

“Crescent & Ax Kicks” - Inside

1. Inside crescent kick
2. Jump crescent kick
3. Inside ax kick
4. Jumping inside ax kick

Personal Protection Skills

Defending against punches and kicks

“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

Dragon Skill Sets

“Dragon Tail Set”

1. Inside crescent kick
2. Jump Inside crescent kick
3. Jab
4. Drop reverse punch w/ yell!
5. *MAA Team – Little Ninjas are awesome!*

“Stomping Dragon Set”

1. Inside ax kick
2. Inside ax kick
3. Jumping inside ax kick
4. Drop elbow strike w/ yell!
5. *MAA Team – Little Ninjas are awesome!*

“Boxing / Kickboxing Set”

- | | |
|------------------------|---------------|
| 1. Jab | “Jab” |
| 2. Cross | “Cross” |
| 3. Lead hook (to jaw) | “Hook” |
| 4. Bob and weave | “Bob & Weave” |
| 5. Rear hook (to body) | “Hook” |
| 6. Lead hook (to jaw) | “Hook” |
| 7. Uppercut (rear arm) | “Uppercut” |
| 8. Uppercut (lead arm) | “Uppercut” |

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“Eagle” Curriculum **Little Ninjas Part 6**

Eagle Traits / Black Belt Traits

We will be learning about the Eagle this cycle...

1. Eagles are proud animals, just like we are proud of ourselves too!
2. Eagles have great eyesight or focus.
3. Eagles can fly great distances...they never give up!
4. Eagles have outstanding attitude of gratitude

Kicking Skills

“Front Kicks”

1. Lead leg front kick
2. Jump lead leg front kick
3. Skipping front kick
4. Jumping front snap kick

Personal Protection Skills

“Rising Hands vs. push or grab”

1. Step back with one leg
2. Both hands rise to block attacker’s arms away

“Falling Eagle Bridge vs. single lapel grab”

1. Form a bridge over attacker’s arm
2. Step back with one leg
3. Press down with both hands to escape

“MAA Power Salute vs. rear shoulder grab”

1. Raise elbow of shoulder being grabbed
2. Step back with one leg
3. Twist to escape

“Eagle Wings vs. rear bear hug”

1. Both hands together in front
2. Step forward with one leg
3. Drive both “eagle wings” up to escape

Eagle Skill Sets

“Flying Eagle Set”

1. Lead leg front kick
2. Jump lead leg front kick
3. Jump switch, lead leg front kick
4. Jump lead leg front kick
5. Drop reverse punch w/ yell!
6. *MAA Team – Little Ninjas are awesome!*

“Diving Eagle Set”

1. Lead leg front kick
2. Skipping front kick
3. Jumping front snap kick
4. Drop elbow strike w/ yell!
5. *MAA Team – Little Ninjas are awesome!*

“Hand Strike Set”

- | | |
|-----------------------------|------------|
| 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” |

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Monkey Curriculum Little Ninjas Part 7

Monkey Traits/Black Belt Traits

We will be learning about the “Monkey”...

1. Monkeys love to have fun and are always excited (they have great attitudes!)
2. Monkeys are very intelligent and are quick learners (focus / concentration)
3. Monkeys can move around very quickly
4. Monkeys are very caring and enjoy helping others (courtesy / respect)

Kicking Skills

“Side Kicks”

1. Drop side kick to the rear (from all fours)
2. Side kick to the rear
3. Jump side kick to the rear
4. Lead leg side kick

Personal Protection Skills

“Keep Away Skills from your back & from your Side”

We will be learning how to keep a stranger away if we have fallen down on the ground –

1. *On back*
2. *On hands and knees*

“Collapsing Principle vs. Single & Double Lapel Grab”

We will be learning how to collapse and use our bodyweight to escape from a single & double lapel grab.

Monkey Skill Sets

“Rolling Monkey Set”

1. Side kick to the rear
2. Drop side kick to the rear
3. Side roll to the right
4. Drop side kick to the rear
5. Make “Monkey” noises!
6. *MAA Team – Little Ninjas are awesome!*

“Kicking Monkey Set”

1. Side kick to the rear
2. Jump side kick to the rear
3. Lead leg side kick
4. Jab/cross w/ yell!
5. Scratch like a “Monkey”!
6. *MAA Team – Little Ninjas are awesome!*

“Elbow & Knee Set”

1. Reach with left hand “Chamber”
2. Front elbow (to hand) “Elbow”
3. Reach across “Chamber”
4. Side elbow “Elbow”
5. Reach forward “Chamber”
6. Rear elbow “Elbow”
7. Reach up “Chamber”
8. Drop elbow “Elbow”
9. Cross arms in front “Chamber”
10. One leg steps back “Guard” (stance)
11. Reach both hands “Chamber”
12. Rear knee “Knee”

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Wolf Curriculum Little Ninjas Part 8

Wolf Traits/Black Belt Traits

We will be learning about the wolf...

1. Wolves always travel together in packs (teamwork)
2. Wolves love to howl at the moon (they have loud yells and lots of spirit!)
3. Wolves can run very fast (they always work their hardest!)
4. Wolves never go around attacking others (or misusing martial arts), but they will defend themselves with confidence in self-defense only

Kicking Skills

“Roundhouse Kicks”

1. Lead leg roundhouse kick
2. Jump lead leg roundhouse kick
3. Skipping roundhouse kick
4. Jumping roundhouse kick
5. Flying roundhouse kick

Personal Protection Skills

“Verbal Karate Skills”

We will be learning how to use our voice and body language in a strong, confident way to avoid being chosen by a stranger.

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

“Closest Hand Principle”

We will be learning how to block and defend our body against grabs and strikes by using the closest hand.

1. Start in a defensive stance w/ hands up and palms facing away
2. Block w/ the closest hand (vs. high attacks and middle attacks)
3. Disengage (get away) and tell a grown up that you trust

Wolf Skill Sets

“Howling Wolf Set”

1. Lead leg roundhouse kick
2. Jump lead leg roundhouse kick
3. Lead leg roundhouse kick
4. Drop elbow strike w/ yell!
5. Howl to the moon like a wolf
6. *MAA Flying Dragon Team Salute!*

“Wolf Pack Set”

1. Lead leg roundhouse kick
2. Skipping roundhouse kick
3. Jumping roundhouse kick
4. Drop double punch w/ yell!
5. *MAA Flying Dragon Team Salute!*

Hand Skills

“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” |