

Intention Martial Arts Curriculum

Adult Intermediate 202

1. **First Stripe FITNESS, BREAKFALLS & ROLLS**

1. Push ups, Sit ups, Deepquats and Skipping
2. Back Break Falls (From standing)

2. **Second Stripe KATA & TAE WAZA**

- Shi Ho Hei
- Hean Nidan
- Heain Sandan
- Ne Sei Si Sho
- Seisan (part one)

3. **Third Stripe COMBINATIONS & STRIKES**

Back kick, Skip Front kick, Skip Turning kick

1. Jab, Lunge, BK, Jab, Cross, Back leg front kick return
2. Jab, Lunge, Turning kick, Cross, Round kick, Back kick

4. **Fourth Stripe SELF DEFENCE (Hapkido & Ninjutsu)**

1. Front Choke (1 hand) -4 Basic Stiking Types
 - Finger strike to cternal knoch
 - Thread the needle
 - Wristlock to arambar

5. **Fith Stripe REACTION DRILL**

Knife hand block

1. Side fist
 - Knife hand block – Turning kick – Backfist Reverse Punch
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