

# Marietta Martial Arts



## To become a Purple Belt

### **KICKS – (F) & (R) LEG**

9. Upward knee
10. Roundhouse knee

### **STRIKES**

3. Knife hand
4. Spear hand
5. Ox jaw – bend fingers towards (inside) wrist and strike with the (top part of the) wrist or boney part

### **2 ON 1 – BREAKAWAYS**

1. Elbow to face –
2. Elbow to solar plexus –
3. Downward elbow strike –

### **SAME SIDE WRIST**

- 11 Double action ‘S’ –
- 12 Lifting elbow lower reverse armbar –
- 13 Elbow to face lower reverse armbar –
- 14 Spin out and under –
- 15 Step under center lock –

### **CROSS WRIST**

7. Outside lead quick drop –
8. Outside finger lock and twist TD –

### **SIDE WRIST**

1. Trap forearm to wrist lock –
2. Under trap over arm wrist lock –

### **PUNCH DEFENSE**

1. Armbar –
2. Armbar across chest choking head twist –

## **CANE**

6. Cane and Leg Choke -
  
7. Standing Cane Forearm Choke -
  
8. Groin Strike, Groin Hook -
  
9. Quick Standing Cane Forearm Choke -

## **CANE SINGLE HAND BLOCKS**

1. Striking Sweeping (Broom) -
2. Middle Perry -
3. Roof with Perry -
4. Downward Fan -
5. Upward Fan -
6. Post -