

Marietta Martial Arts



To become a Orange Belt

BREAKFALLS

1. Standing Right
2. Standing Left
3. Sitting Back
4. Sitting Front

PUNCHES

4. Uppercut – low & high
5. Hook – vertical

KICKS – (F) & (R) LEG

4. Roundhouse
5. Inside crescent
6. Outside crescent

BREAKAWAYS

5. Spinning hammer elbow –
6. Downward –
7. Horizontal inward –
8. Upward –
9. Knee trap –

SAME SIDE WRIST

- 3 Inside twist and rip –
- 4 Forward elbow –
- 5 Polar guidance –

CROSS WRIST

1. Hand over wrist arm bar –
2. Elbow break on shoulder TD –
3. Upper arm lock –

BOXING

1. Level 1 – Jab, Cross, Jab/Cross (2 mitts), Jab/Cross (1 mitt), Jab/Cross/Hook/Cross

JKD INSERTS

1. Attack by combination 1-3
2. Generator – Angle 1 (A,B,C)
3. Lock Flow – Locks 1-7 (both sides)