

NAME:



US ACADEMY OF MARTIAL ARTS, INC  
Fundamentals Program Outline

FUNDAMENTALS

Class # Attend. Verification Techniques				Class # Attend. Verification Techniques														
Karate Mod. 1	K1			Pinan Shodan 1/3 with Bunkai	BJJ Mod. 1	B4			Take Back + RNC - Mount Clinch-Conservative Opponent	13th Kyu Stripes	12th Kyu Stripes	11th Kyu Stripes	10th Kyu Stripes	Reflex Development Classes			4 Week Trial	Start Date
	K2			Pinan Shodan 2/3 with Bunkai		B5			Punch Block Series (1-4) - Guard Guillotine Choke (Standing)									
	K3			Pinan Shodan 3/3 with Bunkai		B6			Straight Armlock - Mount Guillotine Defense									
K4			Karate Head-Block	B7			Triangle Choke - Guard Haymaker Punch Defense											
Karate Mod. 2	K5			Karate Outside-Block	B8			Elevator Sweep - Guard Rear Takedown								4 Week Trial	End Date	
	K6			Karate Inside-Block	B9			Elbow Escape - Mount Pull Guard										
	K7			Karate Down-Block	B10			Positional Control - Side Mount Double Leg Takedown (Aggressive)										
	K8			Karate Chop-Block	B11			Headlock Counters - Mount Standing Headlock Defense										
	K9			Karate Cross Hand-Block	B12			Headlock Escape 1 - Side Control Standing Armlock										
Karate Mod. 3	K10			Sparring Sweep Combo (Spar Combo, High Chop, Rev. Punch, Sweep, Rev. Punch)	B13			Straight Armlock - Guard Clinch (Aggressive Opponent)										
	K11			Sparring Mix Combo (Spar Combo, R. Punch, Chop, Round H, Chop, R. Punch)	TKD1			Side, Hook, Back, Spin Back Kick Taekwondo										
	K12			Sparring Pressure Combo (Spar Combo, Feint, F. Kick, R. Punch, R. Punc, R. Punch)	KB1			Compos 1-5 Kickboxing										
	K13			Creative Self-Defense Principles	A1			Bent Elbow Escapes, 4 Direccion Throw Aikido										
BJJ Mod. 1	B1			Trap and Roll Escape Leg Hook Takedown	J1			Falls & Rolls, Hip Throw, Heel Pick Judo										
	B2			Americana Armlock Clinch - Aggressive Opponent	T1			Forced Entry Trapping: Modified Wing Chun Punch, Clinch with Strikes										
	B3			Positional Control - Mount Body Fold Takedown	T2			Sensitivity Entry Trap Back Knuckle Entry Series, Elbow & Knee Strikes										