

NAME:

8 YEAR DATE:

Pee Wee Fundamentals



US ACADEMY OF MARTIAL ARTS, INC  
Pee Wee Fundamentals Program Outline

Class #		Attend. Verification		Techniques													
Karate Mod.1	K1				Pinan Shodan 1/3	BJJ Mod. 1	B4			<b>Take Back from Mount + RNC</b> Take the back, Rear Naked Control, Wild Horse	White Belt	White/Black	Yellow/White	Yellow	Yellow/Black	4 Week Trial	Start Date
	K2				Pinan Shodan 2/3		B5			<b>Punch Block Series 1-4</b> Stop bad lipstick							
	K3				Pinan Shodan 3/3		B6			<b>Straight Armlock - Mount</b> Check Heartbeat - Arm Hug							
Karate Mod. 2	K4				Karate Head-Block 1/2	BJJ Mod.2	B7			<b>Triangle Leg Lock</b> Triangle Blocker Drag, Shoulder Walk						4 Week Trial	End Date
	K5				Karate Outside-Block 1/2		B8			<b>Elevator Sweep</b> Standard Variation from Stage 1, end with High & Low Swim							
	K6				Karate Inside-Block 1/2		B9			<b>Knee to Elbow Escape</b> Shrimp Drill vs Lightsaber, Shrimp out from Top Mount #2							
	K7				Karate Down-Block 1/2		B10			<b>Posit. Control - S. Mount</b> Guard Prevention - (Floating leg drill) Push hip countered by baseball slide							
	K8				Karate Chop-Block 1/2		B11			<b>Headlock Counters - Mount</b> Basic Positioning, Modified Mount, Arm hug Finish							
	K9				Karate "X"- Block 1/2		B12			<b>Body Fold Takedown</b> Body Fold							
Karate Mod. 3	K10				Sparring Sweep Combo	TKD & KB M. 1	B13			<b>Straight Armlock - Guard</b> High Variation - Trapeze artists (spin, hips up, legs hook, stick to arm)						Reflex Development Classes	
	K11				Sparring Mix Combo (Spar Combo #3 - F. Leg Front Kick, Chop, Rev. Punch)		TKD1			<b>Side, Hook, Back, Spin Back Kicks</b> Taekwondo							
	K12				Sparring Pressure Combo (Spar Combo 5, Feint, F. Kick, Rev Punch)		KB1			<b>Kickboxing 1-3 Combos</b> Double Jab, Jab/Cross, Jab/Cross/Hook							
	K13				CSD Principles (Dodgeball) 8 directions of movement, closest weapon, closest target		A1			<b>Bent Elbow Escapes, 4 Direction Throw</b> Aikido							
BJJ Mod. 1	B1				Trap and Roll Escape Say Your Prayers & Sit up and Hug	A & J Mod. 1	J1			<b>Falls &amp; Rolls, Foot Sweeps 1-4</b> Judo							
	B2				Americana Armlock "Mouse Trap" Americana Arm control		T1			<b>Forced Entry</b> Trapping: Modified Wing Chun Punch, Clinch							
	B3				Positional Control - Mount Low & High Swim	T2			<b>Sensitivity Entry</b> Trapping: Trap Back Knuckle Entry - Elbow & Knee Strike pads								