

NAME:

ONLINE MEDIA TRAINING TRACKER

FUNDAMENTALS

US ACADEMY OF MARTIAL ARTS, INC Fundamentals Program Outline

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