US ACADEMY OF MARTIAL ARTS, INC

KARATE PROGRAM OUTLINE (1)

	Class #	Attend.	Verification				Techniques
Mod. 1	K14					2 min	**Pinan Shodan Complete with Bunkai**
							Creative Self-Defense
Mod. 2	K15					2 min test	**Pinan Nidan A with Bunkai**
							Sparring
	K16						**Pinan Nidan B with Bunkai**
							Pads
	K17						**Pinan Nidan C with Bunkai**
							Creative Self-Defense
Mod. 3	K18					2 min test	**Pinan Sandan A with Bunkai**
							Sparring
	K19						**Pinan Sandan B with Bunkai**
							Pads
Mod. 4	K20					2 min test	**Pinan Yodan A with Bunkai**
							Creative Self-Defense
	K21						**Pinan Yodan B with Bunkai**
							Sparring
	K22						**Pinan Yodan C with Bunkai**
							Pads
Mod. 5	K23					2 min test	**Pinan Godan A with Bunkai**
							Creative Self-Defense
	K24						**Pinan Godan B with Bunkai**
							Sparring
	K25						**Pinan Godan C with Bunkai**
							Pads
Mod. 6	K26						**Kihon 1 (Head Block) T & NT**
							Creative Self-Defense

	Class #	Attend.	Verification				Techniques					
Mod. 6	K27					3 min test	**Kihon 2 (Outside Block) T & NT**	Reflex Development				
							Sparring					
	K28						**Kihon 3 (Inside Block) T & NT**					
							Pads					
	K29						**Kihon 4 (Down Block) T & NT**					
							Creative Self-Defense					
	K30						**Kihon 5 (Chop Block) T & NT**					
							Sparring					
Mod. 7	K31					2 min test	**Kihon 6 (Cross Hand Blocks) T & NT**					
							Pads					
	K32						**Kihon 7 (Front Kick) & 8 (Side Kick) T & NT**					
							Creative Self-Defense					
	K33						**Kihon 9 (R.H. Kick) & 10 (Spin Back Kick) T & NT**					
							Sparring					
Mod. 8	K34					2 min test	**Self Defense 1 (Hair Grab) T & NT**					
							Pads					
	K35						**Self Defense 2 (Front Choke) T & NT**					
							Creative Self-Defense					
	K36						**Self Defense 3 (Looping Punch) T & NT**					
							Sparring					
	K37						**Self Defense 4 (High Shoulder Grab) T & NT**					
							Pads					
Mod. 9	K38						**Self Defense 5 (Low Chest Grab) T & NT**					
							Creative Self-Defense					