US ACADEMY OF MARTIAL ARTS, INC

KARATE PROGRAM OUTLINE (2)

Mod. 9	K39				2 min test	**Self Defense 6 (Behind Back Arm Restraint) T & NT**	Mod. 12	K52				6 min test	**Sparring Multiple Opponents**	Reflex Development						
						Sparring							Sparring								
	K40					**Self Defense 7 (Rear Choke) T & NT**		K53					**Creative Self Defense Multiple Opponents**								
						Pads							Creative Self Defense								
	K41					**Self Defense 8 (Standing Headlock) T & NT**	Mod. 13	K54				3 min requirements & 2 min CSD	**Club 1 (Overhead Strike)**								
						Creative Self Defense							Pads								
Mod. 10	K42				5 min test	**Sparring Entries (Movement, Timing, Reading)**		K55					**Club 2 (Sideways Swing)**								
						A, B, C (Sparring)							Sparring								
	K43					**Sparring Pressure (Transportation, Press. the Press.)**		K56					**Club 3 (Club Choke from Behind)**								
						(Sparring)							Creative Self-Defense								
	K44					**Sparring Lies (Feint)**		K57					**Club 4 (45 Degree Downward Strike)**								
						A (Sparring)							Pads								
	K45					**Sparring Lies (Using Front Kick)**		K58					**Club 5 (45 Degree Strike from Behind)**								
						B (Sparring)							Sparring								
	K46					**Sparring Lies (Using Side Kick)**	Mod. 14	K59				3 min requirements & 2 min CSD	**Knife 1 (Overhead Stab)**								
						C (Sparring)							Creative Self-Defense								
	K47					**Sparring Lies (Using Spins)**		K60					**Knife 2 (Sideways Swing)**								
						D (Sparring)							Pads								
Mod. 11	K48				5 min test	**Sparring Counters (From Kicks)**		K61					**Knife 3 (Belly Thrust)**								
						A (Sparring)							Creative Self-Defense								
	K49					**Sparring Counters (From Retreat)**		K62					**Knife 4 (Straight Stab Attack)**								
						B (Sparring)							Pads								
	K50					**Sparring Counters (From Pressure)**		K63					**Knife 5 (Behind Back Hold-Up)**								
						C (Sparring)							Sparring								
	K51					**Sparring Counters (Stop Hits)**															
						D (Sparring)															