US ACADEMY OF MARTIAL ARTS, INC

TAEKWONDO / KICKBOXING / TRAPPING PROGRAM OUTLINE

	Lesson	Attend. Verification				Techniques		Lesson	Attend. Verification				Techniques				
Mod. 1	KB1				3 min test	**Combos 5-10**		Mod. 2	TKD4				3 min test	**Outside & Inside Crescent Kicks**				
						Jabs								Form & Focus Targets				
	KB2					**Combos 5-10**			TKD5					**Spin & Jump Spin Outside Crescent Kicks**				
						Power Cross								Form & Focus Targets				
	KB3					**Combos 5-10**			TKD6					**Jumping Spinning Inside Crescent & Axe Kick**				
						Hook								Form & Focus Targets				
Mod. 2	KB4				3 min test	**Combos 11-16**		Mod. 3	TKD7				3 min test	**Jumping Front & Roundhouse Kicks**	Reflex Development Classes			
						Counters & Ducking								Double Front & Round, Single Front. Form & Focus Targets				
	KB5					**Combos 11-16**			TKD8					**Jump Spin Back Kick & Flying Side Kick**				
						Uppercut								Form & Power Targets				
	KB6					**Combos 11-16**		Mod. 1	T3				3 min test	**Trapping Range Fight Simulations 1 & 2**				
						Muay Thai Back Round, Skip Round Kick								"Leg Drag" & "Chain Together"				
	KB7					**Combos 11-16**			T4					**Trapping Range Fight Simulation 3 & Hubud**				
						Muay Thai Push Front Kick								"Wedge Punch" & Hubud Sensitivity Drill				
	KB8					**Combos 11-16**			T5					**Trapping Range Fight Simulations 4 & 5**				
						Combos with Replacements (Knees & Elbows)								"Arm Tie" & "Dragon" - Combine all Simulations with Hubud				
Mod. 1	TKD1				3 min test	**Thrust Front & Roundhouse Kicks**		Mod. 2	T6				3 min test	**Hubud with Club & Hubud with Joint Locks**				
						Focus Targets & Power Targets								Two Club Long, Single Club Close Range, 5 Joint Locks				
	TKD2					**Side & Spin Back Kicks**			T7					**Hubud with Knife & Knife Box Drill**				
						Form & Power Targets								Knife flow drills, Creative Self-Defense with Weapons				
	TKD3					**Hook & Spin Hook Kicks**												
						Form & Focus Targets												