

US ACADEMY OF MARTIAL ARTS, INC
Fundamentals Program Outline



NAME:

Lesson Attendance Test Techniques					Lesson Attendance Test Techniques																				
Karate Mod. 1	K1			2 min test	Pinan Shodan 1/3 with Bunkai	BJJ 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			3 min requirement test & 2 min Creative Self Defense test	Karate Head-Block	BJJ Mod. 2	B7				Triangle Choke - Guard <small>Haymaker Punch Defense</small>														
	K5				Karate Outside-Block		B8				Elevator Sweep - Guard <small>Rear Takedown</small>														
	K6				Karate Inside-Block		B9				Elbow Escape - Mount <small>Pull Guard</small>														
	K7				Karate Down-Block	BJJ Mod. 3	B10				Positional Control - Side Mount <small>Double Leg Takedown (Aggressive)</small>														
	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>														
	K10				Creative Self-Defense Principles		B13				Straight Armlock - Guard <small>Clinch (Aggressive Opponent)</small>														
Karate Mod. 3	K11			3 min test	Sparring Sweep Combo <small>(Spar Combo, High Chop, Rev. Punch, Sweep, Rev. Punch)</small>	Hard Supplemental Mod. 1	TKD1				Side, Hook, Back, Spin Back Kick <small>Taekwondo</small>														
	K12				Sparring Mix Combo <small>(Spar Combo, R. Punch, Chop, Round H, Chop, R. Punch)</small>		KB1				Combos 1-5 <small>Kickboxing</small>														
	K13				Sparring Pressure Combo <small>(Spar Combo, Feint, F. Kick, R. Punch, R. Punc, R. Punch)</small>		T1				Forced Entry <small>Trapping: Modified Wing Chun Punch, Clinch with Strikes</small>														
BJJ Mod. 1	B1			5 min test	Trap and Roll Escape <small>Leg Hook Takedown</small>	Soft Sup. 1	T2				Sensitivity Entry <small>Trapping: Trap Back Knuckle Entry Series, Elbow & Knee Strikes</small>														
	B2				Americana Armlock <small>Clinch - Aggressive Opponent</small>		A1				Bent Elbow Escapes, 4 Direction Throw <small>Aikido</small>														
	B3				Positional Control - Mount <small>Body Fold Takedown</small>	J1				Falls & Rolls, Hip Throw, Heel Pick <small>Judo</small>															

Attend each lesson in a module, practice for the module test vs level 2 Bad Guy.

Meet the minimum attendance and reflex development requirements, pass two module tests, and recite required dojo character traits will make you eligible for belt promotion.