

NAME:

8 YEAR DATE:

US ACADEMY OF MARTIAL ARTS, INC

Pee Wee Fundamentals Program Outline

Lesson		Attend. Verification		Technique		Lesson		Attend. Verification		Technique									
Karate Mod. 1	K1			2 min test	Pinan Shodan 1/3 *Three Ninjas*	1	B4			5 min test	Take Back from Mount + RNC Log Roll & Wild Horse	White Belt	White/Black	Yellow/White	Yellow	Yellow/Black	4 Week Trial	End Date	
	K2				Pinan Shodan 2/3 *Bow & Arrow Punch*	BJJ Mod. 2	B5				Punch Block Series 1-4 *Bad Lipstick*								
	K3				Pinan Shodan 3/3 *Crane Pose*		B6				Straight Armlock - Mount *Firepole*								
Karate Mod. 2	K4			3 min requirement & 2 min Creative Self-Defense	Karate Head-Block 1/2 *Don't be Tricked...Your Shoe's untied* *Whac-A-Mole*	BJJ Mod. 2	B7			5 min test	Triangle Leg Lock *Snake Wrangler*						4 Week Trial	Start Date	
	K5				Karate Outside-Block 1/2 *Iron Palm*		B8				Elevator Sweep *Butterfly*								
	K6				Karate Inside-Block 1/2 *Bad Pizza*		BJJ Mod. 3	B9				Knee to Elbow Escape *Shrimp Escape Earthquake*							
	K7				Karate Down-Block 1/2 *Belly Button Bop*	B10					Posit. Control - S. Mount *Floating Ghost Leg*								
	K8				Karate Chop-Block 1/2 *Sword Play*	B11					Headlock Counters - Mount *Monkey in Your Tree*								
	K9				Karate "X"- Block 1/2 *Farmer vs Samurai*	B12					Body Fold Takedown *Angry Giant in Town*								
	K10				CSD Principles *The Recipe*	B13			Straight Armlock - Guard *Trapeze Artist*										
Karate Mod. 3	K11			3 min test	Sparring Sweep Combo *The Bigger the Stance, the Harder the Fall*	Hard Supplemental Mod. 1	TKD1			8 min test	Side, Hook, Back, Spin Back Kicks *Kick-Trick*						Promo Code	Media Access	
	K12				Sparring Mix Combo *Point Machine*		KB1				Kickboxing 1-3 Combos *Fortress*								
	K13				Sparring Pressure Combo *Lier, Lier*		T1				Forced Entry *Bicycle Hands*								
BJJ Mod. 1	B1			5 min test	Trap and Roll Escape *Say Your Prayers*	Soft Sup. Mod. 1	T2			3 min test	Sensitivity Entry *Fighting Blind*								
	B2				Americana Armlock *Mouse Trap*		A1				Bent Elbow Escapes, 4 Direction Throw *Going Fishing*								
	B3				Positional Control - Mount *Bank Robber*	J1			Falls & Rolls, Foot Sweeps 1-4 *Sensei's Having a Bad Day*										

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.