

## Monroe County Martial Arts Red & Black Belt

### Kicks

front	tornado	jump backside
half-moon	thunder	drop back spin
roundhouse	back spin	jump outside crescent
side	jump roundhouse	jump 360 backside
inside crescent	hook	jump reverse front
outside crescent	axe	jump inside axe
backside	jump tornado	jump outside axe
jump front	jump rev. roundhouse	double roundhouse
back crescent		twist

### Hand Techniques

horse stance-triple punch	ridge hand	spear hand
low block	outside knifehand	roundhouse elbow
high block	knifehand blocks	elbow thrust
inside block	tiger claw	leopard paw
outside block	upper cut	ox jaw
palm heel	backfist	eagle claw
inside knifehand	outside hammer fist	tiger mouth

### Forms

Palgue 1-8

### Self-Defense (ages 16 and up)

choke from front	gun defense high	roundhouse punch defense
choke from rear	gun defense low	double wrist grab
mounted choke	gun finger lock	full nelson
front hair pull	overhand stick strike	slap defense
rear hair pull	forehand stick strike	throat grab
front bear hug-arms pinned	backhand stick strike	double lapel grab
front bear hug-arms free	straight knife thrust	rear collar grab
rear bear hug-arms free	ice pick knife	gun to back
rear bear hug-arms pinned	upper cut knife thrust	rear headlock
gun defense high	forehand knife slash	front headlock
gun defense low	backhand knife slash	
gun finger lock		

### **Falling & Roll Outs**

Training Time: 6-12 months (3-4 classes per week) At least 20 sparring classes

Test Fee: \$65