



# Martial Arts Training Alliance

# Adult Belt Requirements

Progression	Combinations	Kempos	Forms	Jiu Jitsu and Specials
	6	1	8 Point Blocking System 5 Basic Club Strikes	Parry Set Same Side Wrist Grab 2 Hand Choke, De Ashi Harai
	Advanced 6, 7, 3	2, 3	8 Point with Counter Strikes 1 Pinan Basic Club Defense	Cross Wrist Grab Rear Hammer Lock O Soto Gari
	2, Advanced 3, 5, 18	4-6	1 Kata 2 Pinan Eight Elbow Strikes Overhead Club 1	2 Hand Wrist Grab 1 and 2 Hand Push Round Kick A, B 1 Hand Choke, O Goshi
	8, 9, 12	7-12	3 Pinan Club 2	Grappling Set 1, Line Set 1 Ko Soto Gari Ipon Seonage
	10, 15	13-15	2 Kata Southern Two Man Fist Set Club 3	Grappling & Line Set 2 High Front Gun, Hiza Garuna
	14, 26	16-22	3 Kata Northern Two Man Fist Set Club 4	Low Front Gun O Uchi Gari
	4, 11	23-30	10 Point Blocking System Statue of the Crane 4 Pinan Club 5	Grappling & Line Set 3 Gun to Temple & Behind Ear Kata Garuma
	13, 16, 17	31-40	Circle of the Tiger 5 Pinan	Jiu-Jitsu Set 4 Gun or Rifle in Back Ko Uchi Gari
	19, 20	41, 42	Palm Blocking System 4 Kata	Weapon Form Line Set 4 Tai Otoshi
	1, 21	43, 44	Plum Tree Blocking 5 Kata	Weapon Form All Line Sets L&R Tomoe Nage
	All Combos Left Handed		6 Kata Twin Dragon	Weapon Form 4321 Tani Otoshi
	22-30	45-50	Hansuki Swift Tigers Northern Nung Lees Southern Nung Lees	Weapon Form Uki Otoshi
	31-50	51-70	Invincible Walls Shotung Kwa Northern Tigers Southern Tigers	Weapon Form Sukui Nage, Soto Maki Komi