

Maryland Professional Karate Association

Blue Belt

Kicks

1. Flying Branches
2. Leaping Side Snap Kick
3. Thrust Hook
4. Foot Pin
5. Left Round to Right Wheel Kick

Throws and Ju-Jitsu

1. Rear Over-arm Bearhug Throw
2. Flip Twist
3. Crossarm Throw
4. Same Side Wrist Grab
5. Eerie
6. Uchi-Mata
7. Hane-Goshi
8. Overhead Club Throw
9. Knee Takedown
10. Knee pulldown
11. Inside Leg Sweep

Kumite

1. Twin Backfists
2. Twin Leg Rounds
3. Leaping Hook
4. Leaping Hip

Techniques

1. Breaking Limb
2. Gift of Destruction
3. Reversing the Mace
4. Shielding Hammer
5. Repeating the Mace
6. Snapping Twig
7. Twisted Twig
8. Flashing Wings
9. Whirling Hammer
10. Grabbing Trunk
11. Tackling Trunk

Katas

1. Form One
2. Fu-Jow (Dance of the Tiger)
3. Foot Form One (Foot Dance)
4. Orange Form (Tunn-Sit)
5. Nunchaka Kata