



Starkville Martial Arts Academy
Foundation Syllabus

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Section 1: Yellow Belt:

Nage Waza

Koshi Waza (any)
Grip 'n' Drag Ko Soto Gari
Seoi Nage (any)
O Soto (any)

Throwing techniques

Any hip technique
Minor outside reap
Shoulder throw (typically will be Eri-S-N)
Major outer technique (typically will be O-S-Otoshi)

Osae Komi Waza

Kesa Gatame
Yoko Shiho Gatame

Ground holding techniques

Scarf hold
Side four quarters hold

Uphill escape from any ground control hold

Kensetsu Waza

Kote Mawashi
Shiho Nage
Ude Gatame

Joint Locks

Wrist joint lock
Four corner throw
Straight arm lock

Uwagi Dori Gaeshi

Clothing Grabs

1. TS Inverted wrist lock (keep centered), step forward to 45NW front stance front kick (back leg)
2. TS Inverted wrist lock, keep centered, right leg front kick to abdomen from left front stance, finish to Charlotte goose neck
3. TS Step out with left leg and make front stance with right leg back and wristlock, rear leg front kick. Keep wristlock with right hand, grab shoulder with left hand, stand uke up and left leg De Ashi Harai to support leg. Keep wrist lock into ground

Kote Dori Gaeshi

Wrist Grabs

1. Circle up and over, bow with double hand grip to break wrist
2. Grab right, cross step right, escape, turn low under uke's arm, stand up and pull down to break (Ude Gatame)

3. Same as #2 follows into Shiho Nage as uke bends arm to resist arm bar
4. Elbow break (#2 wrist grab) pirouette inwards x2 to floating throw as uke pulls elbow back to resist arm bar
5. Step forward then 180 pivot, grip change, Shiho Nage to uke's rear

Seiza Waza

Kneeling Techniques

1. Standing attacker grabs at shoulder. Reach across body invert wrist and apply Kote Mawashi
2. Standing attacker grabs same side wrist. Kote Mawashi
3. Standing attacker grabs same side wrist. Turn palm up, grab from below with free hand, break grip and throw with Koto Gaeshi
4. Standing attacker grabs same side wrist. Raise hand with uke's pull and rise from the close knee, counter grip with free hand. Pivot 180 and change legs so that you are still kneeling on the outside leg, slide step if needed and throw with Shiho Nage

Makki

Blocking

Four corner blocking drill from a fighting stance
High, low, push and middle blocks

Soo Ki

Hand Techniques

Jab

Cross

Hook

Uppercut

Chaki

Kicking

Front kick

Ahp Chaki

Back kick

Hugul Chaki

Round kick

Dolyo Chaki

Principles

Move and Grip; Push into the hole; Keep toes alive in groundwork; Keep chest to chest on the ground; Keep back heel down in striking techniques; Generate power from hips; Do not over-extend striking weapons

Terminology

Ichi	1	San	3	Go	5	Shichi	7	Ku	9
Ni	2	Shi	4	Roku	6	Hachi	8	Ju	10

Hannah	1	Tul	2	Set	3	Net	4
Dossut	5	Yossut	6	Ilgup	7	Yodul	8
Ahop	9	Yul	10				

Attention	Kyotsoke (J), Churyut (K)
Bow	Rei (J), Kyungye (K)

Section 2: Orange Belt:

Nage Waza

O Goshi	Big hip
Koshi Guruma	Hip wheel
Tsuri Goshi	Lifting hip
Tai Otoshi	Body drop
O Soto Otoshi	Major outer drop
O Soto Gari	Major outer reap
O Uchi Gari	Major inner reap
Ippon Seoi Nage	Single arm shoulder throw
Eri Seoi Nage	Collar shoulder throw

Osae Komi Waza

Kami Shiho Gatame	Upper four quarters hold
Tate Shiho Gatame	Straight four quarters hold

Uphill escape to a counter hold
Bridge and roll escapes
Breaking down a turtle (1/2 nelson, cowboy etc.)

Shime Waza

Hadaka Jime

Choking techniques

Naked choke

Kansetsu Waza

Waki Gatame

Joint locking techniques

Armpit crushing arm lock

Uwagi Dori Gaeshi

4. BS Scissors escape (elbows together) side stance, back fist back stance
5. BS Scissors with back fist, left Koshi Nage

Clothing Grab Defenses

Kote Dori Gaeshi

6. Bow and arrow (arm bar and Urakaisho Gatame)
7. Same as #5, bow and arrow to choke, left Koshi Nage with arm bar
8. Tenkan Kote Hineri, wrap arm, kick back knee, down, trap arm with knee and punch
9. Spear hand in left front stance, step behind, arm lock high and left back fist to base of skull in right front stance

Wrist Grab Defenses

Chase

Front Stance
Side Stance
Back Stance

Stances

Chungul Chase
Yangul Chase
Hugul Chase

Makki

Blocking

Low Section Outer Forearm Ha Dan Palmok Makki

Outward Inner Forearm Middle Section

Chung Dan Bakuro An Palmok Makki

Inward Outer Forearm Middle Section

Chung Dan Anuro Palmok Makki

High Section Rising

Sang Dan Palmok Chugyo Makki

Soo Ki

Hand Techniques

Front Punch

Jumok Ahp Chirugi

Reverse Punch

Bandae Jumok Chirugi

Lunge Punch

Baro Jumok Chirugi

Chaki

Kicking

Side kick

Yop Chaki

Form

Poom Se

Chung Ji

One Step Sparring (Il Bo Daeryun): #1,2, & 3

ATTACK: Right Forefist Lunge Punch to Chin from Left Front Stance

DEFENSE: Left step forward, outside of attacker's foot, forming Left Front Stance and Left Rising Block

COUNTER: Right Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Right Front Snap Kick to Abdomen and land in Right Front Stance

DEFENSE: Left step forward to Left Back Stance and Left Down Block

COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance

DEFENSE: Left step forward to Left Back Stance and Left Outward Inner Forearm Middle Block

COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

Principles

Driving leg and angle of attack
Climbing into grips
Power side & Locking hand
Free leg and support leg
Weapon Formation & Biomechanics

Terminology

Kuzushi	Disturbing Balance	Tsukuri	Fitting to throw
Take	Moment of throw	Zanshin	Finishing
Kime	Moment of Decision		

Section 3: Green Belt:

Nage Waza

Tsuri Komi Goshi and variants	Lifting pulling hip
Harai Goshi	Sweeping hip
Yama Arashi	Mountain storm
Uki Goshi	Floating hip
Ko Uchi Gari	Minor inner reap
Tani Otoshi	Valley drop (as an attack and defense)
Ko Soto Gake	Minor outer hook

Osae Komi Waza

Kata Gatame	Shoulder hold
Ushiro Kesa Gatame	Reverse scarf hold
Mune Gatame	Chest hold

All four major escape paths
Circle holding drill without hand grips

Shime Waza

Kataha Jime	Single wing choke (as a sit through for a turtle)
Kata Juji Jime	Opposite cross grip choke

Kansetsu Waza

Ude Hishigi Juji Gatame	Crushing cross arm lock from a throw
Ude Garami	Entangled arm lock

Geru Gaeshi

Defenses against kicks

- 1 FK⇒ R step back = X block, grab and rear leg FK to groin
- 2 FK⇒ R step forward and in = absorbing O-I block with left hand grabbing leg, right hand shin press put down & groin punch
- 3 FK + P⇒ R step forward and in = absorbing O-I block, left hand leg grab, right hand block punch and Kuchiki Taioshi
- 4 FK⇒ L step forward to outside of kick = under hook and catch the kick with the right hand, reap the supporting leg with O Soto Guruma
- 5 FK⇒ L step forward to outside of kick = under hook and catch with R hand, transfer L hand to rear body grab and sweep support foot with L leg using Ko Soto-type action.

Seiza Waza

Kneeling techniques

1. Standing attacker grabs same side wrist. Move to live toes, counter grip uke's wrist with same hand. Draw the arm across front of your body. Rise to same side knee, pivoting 90° toward the gripped hand and throw with standard Kata Guruma from double kneeling position
2. Standing attacker grabs cross wrist. Move to live toes, counter grip uke's wrist with same hand. Draw the arm across front of your body. Rise to same side knee, pivoting 90° toward the gripped hand and throw with standard Kata Guruma from double kneeling position
3. Standing attacker grabs same side wrist. Move to live toes, escape grip and re-grip uke's wrist with opposite hand (inverted wrist lock). Rise on back knee, draw the arm across your back, pivoting 90° toward the gripping hand and throw with reverse Kata Guruma from kneeling position
4. Standing attacker grabs cross wrist (inverted wrist lock). Escape grip and re-grip uke's wrist with opposite hand. Rise on back knee, draw the arm across your back, pivoting 90° toward the gripping hand and throw with reverse Kata Guruma from kneeling position

Blocking

Makki

Side Knifehand

Yop Sudo Makki

Double Knifehand Guarding

Doo Sudo Makki

Hand Techniques

Soo Ki

Inverted Inward Knife Hand Strike

Anuro Sudo Taerigi

Outward Knife Hand Strike

Bakuro Sudo Taerigi

Ridgehand

Yop Sudo Taerigi

Side Back Fist Strike

Yop Dong Jumok Taerigi

Side Knife Hand Strike

Yop Sudo Taerigi

Kicking

Hook
Inward Crescent
Outward Crescent

Chaki

Girler Chaki
Anuro Bandal Chaki
Bakuro Bandal Chaki

Form

Poom Se

Tae Geuk E Chang

One Step Sparring (Il Bo Daeryun): #4,5, & 6

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Right step back on centerline forming Left Back Stance and Left Double Knifehand Guarding Block
COUNTER: Left step outside to Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

ATTACK: Right Forefist Lunge Punch to Sternum from Left Front Stance
DEFENSE: Right step inside the attack (approx. 30°) forming a Side Stance directly facing the attacker and Left Outward Outer Forearm Middle Block
COUNTER: Simultaneously, make a Right Forefist Punch to Ribs with kihop

ATTACK: Right Front Snap Kick to Abdomen and land in Right Front Stance
DEFENSE: Right step back on centerline forming Left Cat Stance and Left Down Block
COUNTER: Left Front Snap Kick to Abdomen placing foot down in Left Front Stance and Right Forefist Reverse Punch to Solar Plexus with kihop

Principles

Being centered, moving from the center
Make partner carry weight
Keep knees off of mat
Move on balls of feet
Hands in front, elbows in