



Midwest Academy of Martial Arts

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Number	Posture	Uke's Role	Tori's Role	Notes
1	Matched	Long Middle Punch	Short Outside Block-Long punch	
2	Matched	Short Lower-Middle Punch	Short Passing Block-Long punch	
3	Matched	Long Middle Punch	Short roundhouse block-long wrist control-Short backfist strike	
4	Matched	Short Lower-Middle Punch	Short Passing Block-Long check hand-Short ridgehand strike	
5	Matched	Long Middle Punch	Two handed press block-short knife hand strike-long inverted punch	
6	Matched	Long Middle Punch	Short roundhouse block-long head control-short wrist control-head/arm takedown	
7	Matched	Short Middle Punch	Short passing block-short hook kick	



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8	Matched	Short Middle Front Kick	Short passing block-short shoulder strike-short leg sweep	
9	Matched	Short middle front kick	Short passing block-long roundhouse kick-two handed shoulder pull down	
10	Matched	Long middle punch	Roundhouse block-long wrist control-short downward elbow-short side elbow-long forward elbow	
11	Mirrored	Long middle roundhouse kick	Scissor block-short downward press-long palm strike	
12	Mirrored	Short high punch	Long high block-long arm control-long roundhouse kick	
13	Mirrored	Long middle roundhouse kick	Scissor block-short front kick-short forearm strike	
14	Matched	Long middle roundhouse kick	Short inside knee block-short two handed palm strike-long (low) roundhouse kick	



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15	Matched	Long middle punch	Roundhouse block-long head control-long low roundhouse kick-long rising hook kick	
16	Matched	Short middle punch	Short passing block-long head control-long knee strike	
17	Matched	Short middle punch	Short inside block-short roundhouse forearm strike	
18	Mirrored	Long middle punch	Roundhouse block-short wrist control-long shuffle step-short front kick-long knife hand-long outside crescent kick	
19	Mirrored	Long middle punch	Short inside block-long uppercut-long rear kick	
20	Mirrored	Long middle punch	Short inside block-short head control-takedown	
21	Matched	Long high roundhouse kick	Short high block-long roundhouse kick-short crossing uppercut	
22	Matched	Long high roundhouse kick	Short high block-long roundhouse kick-compression strike	
23	Matched	1) Long middle front	1) Short outside block 2) Step back	



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		kick 2) Long middle punch	evasion-long inside block-short downward check-long roundhouse kick	
24	Matched	1) Long middle front kick 2) Long high punch	1) Short outside block 2) Circular dodge-long rear kick	
25	Matched	Long middle front kick	Short outside block-step forward-short head control-short leg sweep-long rear kick	
26	Matched	Long middle front kick	Short outside block-reverse roundhouse sweep	
27	Matched	Long middle punch	Short outside block-short downward press w/ control-long forward elbow-long head control-long knee strike	
28	Matched	Short high punch	Short high block-step forward-double shoulder control-long roundhouse kick-long downward punch	
29	Matched	1) Short high punch 2) Long middle punch	1) Short high block 2) Long outside block-long downward press w/ control-short forearm strike	
30	Matched	1) Long middle front kick 2) Short middle	1) Long sweeping block 2) Roundhouse block-long wrist control-short head	



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		punch	control-long step around throw w/ short leg sweep	
31	Matched	Short high punch	Short shoulder block- long roundhouse kick- long reverse three point sweep	
32	Matched	Long middle roundhouse kick	Scissor block-short leg control-long shoulder control-long hooking sweep	
33	Matched	Long middle roundhouse kick	Scissor block-short leg control-long head control-step back w throw	
34	Matched	Long reverse roundhouse kick	Scissor block-long leg control-long hooking sweep	
35	Matched	Long reverse roundhouse kick	Scissor block-long leg control w/ short shoulder control-short hooking sweep	
36	Mirrored	Long reverse roundhouse sweep	Forward circle walk- short knee drop-long reverse roundhouse kick-long stomping kick	
37	Mirrored	Long reverse roundhouse sweep	Forward circle walk- short knee drop-long roundhouse kick	
38	Matched	1) Short middle roundhou se kick 2) Long high round- house kick	1) Inside elbow block 2) Short body stop	
39	Matched	Short high roundhouse kick	Backward dodge-short joint kick-long reverse roundhouse kick	
40	Matched	1) Long middle front kick	1) Step back (avoid) 2) Forward circle walk-short	



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		2) Short middle punch	outside block-step forward-short head slap w/control-leg sweep	
41	Mirrored	Long High Handsword	Forward step- X-block- rear circle step- arm press	Extended arm press
42	Matched	Short Middle Push	Short hand control-long elbow control	Z-Lock
43	Matched	Long High Handsword	X-block-long wrist control-short hand control	Lifted elbow lock
44	Matched	Long High Handsword	Short high block-pass to long hand control-short wrist bridge	Inverted palm lock
45	Matched	Short Middle Push	Short hand control-forward step- armpit trap-augment hand control	Stiff-arm inverted lock
46	Matched	Long High Handsword	X-block-long hand control-rear circle step-short elbow control-augment hand control	Escort position hold
47	Matched	Long High Handsword	Short high block-pass to long hand control-short wrist bridge-rear circle step-shoulder bridge	Inverted elbow set
48	Matched	Long Middle Push	Short hand control-augment hand control-forward shuffle-takedown	Sleeve position set
49	Matched	Long Middle Push	Two hand wrist control-short forward circle walk-short hand bridge-long hand control-takedown	Four corner throw
50	Matched	Long Middle Push	Roundhouse block-head control-pass-lock (to hip)	Rotary head lock
51	Matched	Long Middle Push	Long inside block-short head control-short rear circle step-long	Stabilized head throw



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			arm press	
52	Matched	Long Middle Push	Long inside block-short head control-long handsword-two handed head press	Stabilized head press
53	Matched	Long Middle Push	Short outside block-shuffle step forward-long palm heel-short neck bridge-takedown	Passing chin press
54	Matched	Long Middle Push	Long inside block-short passing head control-augment head control-long read circle step	Squatting head throw
55	From Behind	Seiza	Overhand wrist clasp-strangle (head inside both arms)	Naked strangle
56	From Behind	Seiza	Overhand elbow clasp-strangle (head inside one arm and outside the other)	Forearm pincer
57	From Behind	Seiza	Overhand elbow clasp-strangle(head inside one arm and outside the other)-inside arm rear head press	Half neck brace
58	From Side	Seiza	Cross collar grab, choke	Cross handed choke
59	From Behind	Cross legged seated posture	Downward nose press-augmented chin press	Iron Mask
60	From Behind	Seiza	Strangle (head inside one arm and outside the other-no clasp)	Opposing forearm press
61	Matched	Shuffle step forward-short push Breakfall	2 handed control (head and arm control)-short leg reaps uke's short leg inside to outside	Minor inside reap
62	Mirrored	Stand Fast On Guard Breakfall	2 handed control (head and arm control)-short leg reaps uke's short leg outside to inside	Minor outside reap
63	Matched	Stand Fast On Guard	Shuffle step forward-2 handed control (head	Major outside reap



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		Breakfall	and arm)-step outside of uke's short leg-throw	
64	Matched	Stand Fast On Guard Breakfall	Shuffle step forward-catch and lift uke's long leg driving uke backward-short sweep to uke's long leg-follow to the ground	Dead-tree drop
65	Mirrored	Stand Fast On Guard Breakfall	Step to uke's short lateral side-leap onto uke encircling uke's waist with legs-twist uke to mat-breakfall	Crab scissor takedown
66	Matched	Stand Fast On Guard Breakfall	Shuffle forward-drop to long knee-grab uke's pant cuffs and pull abruptly forward	Forward pant grab and pull
67	Matched	Stand Fast On Guard Breakfall	Drop to squatting position on short leg-extend long leg out-spin to attack uke's short leg	Iron broom
68	Matched	Stand Fast On Guard Breakfall	Drop to squatting position on short leg-extend long leg out-reverse spinning pivot to attack uke's short leg	Spinning wheel sweep
69	Matched	Shuffle step forward with overhead long handsword Breakfall	2 handed control (center and arm)-lift short leg high and set short foot to uke's belly-drop to back-draw uke overhead to mat	Sacrifice stomach throw
70	Matched	Shuffle step forward with long overhead handsword	X-trap overhead-long hand grip across uke's long hand-augment with short hand-throw and squat with a 2 handed movement	Swordsman's cut throw
71	Prone	Stand Fast	To control uke: hook uke's instep/ankle with short arm-pin lower leg	Seated leg trap



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			to upper leg-trap	
72	Prone	Stand Fast	From high back mount pin uke's shoulders with knees-2 hand control under uke's chin, bow uke's back with pressure	Neck crank
73	Seated (cross legged)	Stand Fast	From back control: roll uke's torso onto one leg-throw other leg over- lock ankles and squeeze	Prone leg squeeze
74	Prone	Stand Fast	From Top Four Corner control: encircle both of uke's arms-join hands behind uke's neck-apply pressure	Full neck brace
75	Prone	Stand Fast	Control one of uke's extended arms-lock into escort position into the small of his back	Prone escort position
76	Supine	Stand Fast	Grab uke's wrist (thumb points to elbow)-move other arm under uke's arm and hold tori's wrist-apply pressure	Augmented entangled arm lock
77	Matched	Shuffle forward-2 handed grab/push	Place short hand to uke's chin-slap uke's long hand down-place long hand to uke's neck and turn	Turning head press
78	Prone	Stand Fast	Control uke's extended arm-strike against mat- pin with knees	Extended arm "stun and pin"
79	Prone	Stand Fast	Control uke's arm-stabilize and shift grip-press extended thumb to wrist	Extended arm pin with thumb hook
80	Matched	Shuffle forward-2 handed grab/push	Catch and grab uke's short wrist with tori's short hand -long hand reaches across and over to take uke's long	2-handed arm throw



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			hand -press uke's two arms together and throw	
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