

# ADULT SYSTEM

## EKKA/MMA Messiah Martial Arts

By GM Barry Shawn Elwood

“I stand before you with open hands you see no physical weapons but should I be forced to defend myself my country or loved ones weather it be a matter of life or death then here are my GOD given weapons Kenpo my closed hands.”

### EKKA/MMA Yellow Belt Techniques

1. Delayed Sword (front -- right hand lapel grab)
2. Alternating Maces (front -- two-hand push)
3. Sword of Destruction (front -- left straight or roundhouse punch)
4. Deflecting Hammer (front -- right front thrust kick)
5. Captured Twigs (rear -- bear hug, arms pinned)
6. Grasp of Death (left flank -- right arm headlock)
7. Checking the Storm (front -- right step-through overhead club)
8. Mace of Aggression (front -- two-hand lapel grab, pulling in)
9. Attacking Mace (front -- right step through straight punch)
10. Sword and Hammer (right flank -- left hand shoulder grab)
11. The Slapping Palm (front -- left or right wrist grab)

## EKKA/MMA Orange Belt Techniques

1. Clutching Feathers (front left hand hair grab)
2. Triggered Salute (front right hand direct push)
3. Dance Of Death (front right straight punch left foot forward)
4. Thrusting Salute (front right front thrust kick)
5. Gift Of Destruction (front right unfriendly handshake)
6. Locking Horns (front right arm headlock)
7. Lone Kimono (front left hand lapel grab)
8. Glancing Salute (front right hand cross-push)
9. Five Swords (front right step-through roundhouse punch)
10. Buckling Branch (front left step-through kick)
11. Scraping Hoof (full nelson)
12. Grip Of Death (left flank right arm headlock)



## EKKA/MMA Purple Belt Techniques

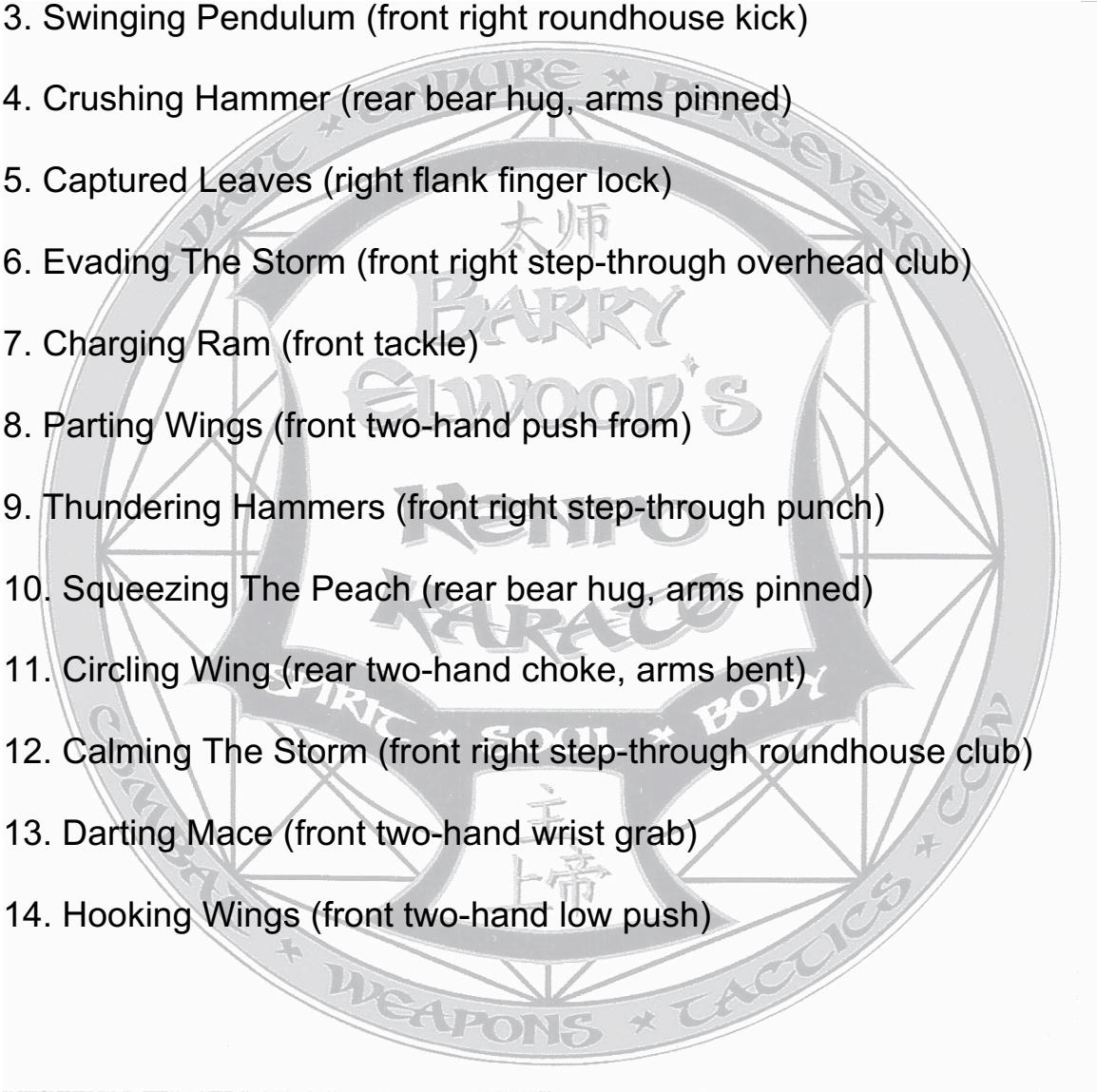
1. Crossing Talon (front right hand cross wrist grab)
2. Repeating Mace (front left hand push)
3. Shielding Hammer (front left step-through hooking punch)
4. Striking Serpents Head (front bear hug, arms free)
5. Locked Wing (hammerlock)
6. Obscure Wing (right flank left hand shoulder grab)
7. Reversing Mace (front left step-through straight punch)
8. Thrusting Prongs (front bear hug, arms pinned)
9. Obscure Sword (right flank left hand shoulder grab, pulling in)
10. Twisted Twig (front wrist lock)
11. Raining Claw (front right uppercut punch)
12. Crashing Wings (rear bear hug, arms free)
13. Twirling Wings (rear stiff two hand choke)





# EKKA/MMA Blue Belt Techniques

1. Snapping Twig (front left hand chest push)
2. Leaping Crane (front right step-through punch)
3. Swinging Pendulum (front right roundhouse kick)
4. Crushing Hammer (rear bear hug, arms pinned)
5. Captured Leaves (right flank finger lock)
6. Evading The Storm (front right step-through overhead club)
7. Charging Ram (front tackle)
8. Parting Wings (front two-hand push from)
9. Thundering Hammers (front right step-through punch)
10. Squeezing The Peach (rear bear hug, arms pinned)
11. Circling Wing (rear two-hand choke, arms bent)
12. Calming The Storm (front right step-through roundhouse club)
13. Darting Mace (front two-hand wrist grab)
14. Hooking Wings (front two-hand low push)



## EKKA/MMA Green Belt Techniques

1. Shield And Sword (front left step-through punch)
2. Gift In Return (front unfriendly handshake)
3. Bow Of Compulsion (front wrist lock against opponent's chest)
4. Obstructing The Storm (front right step-through overhead club)
5. Twin Kimono (front two-hand lapel grab pushing out)
6. Sleeper (front right step-through straight punch)
7. Spiraling Twig (rear bear hug, arms free)
8. Cross Of Destruction (rear two-hand choke)
9. Flight To Freedom (hammerlock)
10. Begging Hands (front -- two-hand grab to wrists)
11. Thrusting Wedge (front -- two-hand high push)
12. Flashing Wings (front -- right step-through punch)
13. Hugging Pendulum (front -- right thrusting knife-edge kick)
14. Repeated Devastation (full nelson)
15. Entangled Wing (front -- arm lock)

## EKKA/MMA 1<sup>st</sup> Degree Brown Belt Techniques

1. Defying the Storm (front -- right step-through roundhouse club)
2. Raking Mace (front -- two-hand lapel grab, pulling in)
3. Snaking Talon (front -- two-hand push)
4. Shield and Mace (front -- right step-through punch)
5. Retreating Pendulum (front -- right thrusting heel kick)
6. Tripping Arrow (front -- bear hug, arms free)
7. Fallen Cross (rear -- two-hand choke)
8. Returning The Storm (front -- inward roundhouse and backhand club)
9. Crossed Twigs (rear -- two-hand grab to the wrists)
10. Twist of Fate (front -- two-hand push)
11. Flashing Mace (front -- right step-through punch)
12. Gift of Destiny (handshake)
13. Wings of Silk (rear -- two-arm arm lock)
14. Gripping Talon (front -- left direct grab to the right wrist)
15. Gathering Clouds (front -- right step-through punch)



## EKKA/MMA 2<sup>nd</sup> Degree Brown Belt Techniques

1. Destructive Twins (front -- two-hand choke, pulling in)
2. Broken Ram (front -- tackle)
3. Circling the Horizon (front -- right step-through punch)
4. Obscure Claws (right flank -- left hand shoulder grab)
5. Encounter with Danger (front -- two-hand push)
6. Circling Destruction (front -- left step-through punch)
7. Detour from Doom (front -- right roundhouse kick)
8. Squatting Sacrifice (rear -- bear hug, arms free)
9. Escape from Death (right rear arm choke)
10. Brushing the Storm (right flank -- right overhead club)
11. Menacing Twirl (rear -- left hand belt grab)
12. Leap from Danger (rear -- two-hand push)
13. Circles of Protection (front -- right step-through overhead punch)
14. Circle of Doom (front -- right straight kick)
15. Broken Gift (handshake)



## EKKA/MMA 3<sup>rd</sup> Degree Brown Belt Techniques

1. Heavenly Ascent (front -- two-hand choke, arms straight)
2. Capturing the Storm (front -- right overhead club)
3. Conquering Shield (front --left stiff-arm lapel grab)
4. Taming the Mace (front -- right step-through punch)
5. Twirling Sacrifice (full nelson)
6. Cross of Death (front -- two-hand cross choke)
7. Securing the Storm (front -- right roundhouse club)
8. Intercepting the Ram (front -- tackle)
9. Kneel of Compulsion (right flank -- right step-through punch)
10. Clipping the Storm (front -- right thrusting club)
11. Glancing Wing (front -- left uppercut punch)
12. Back Breaker (right flank -- right step-through punch)
13. Glancing Spear (front -- right direct, left wrist grab)
14. Thrust into Darkness (rear -- right step-through punch)
15. Circling Fans (front -- left & right front straight punch combination)



# EKKA/MMA 1<sup>st</sup> Degree Black Belt Techniques

1. Rotating Destruction (front -- right snap & left spinning back kicks)
2. Falcons of Force (flank -- left & right shoulder grabs / 2-men)
3. Bear and the Ram (front -- right punch / Rear -- bear hug, arms free / 2-men)
4. Raining Lance (front -- right step-through overhead knife)
5. Desperate Falcons (front -- two-hand direct grabs to both wrists)
6. Leap of Death (front -- right step-through straight punch)
7. Protecting Fans (front -- left & right punch combination)
8. Deceptive Panther (front -- right low snap kick & high roundhouse kick combo)
9. Courting the Tiger (flank -- left & right arm & shoulder grabs / 2-men)
10. Gathering of the Snakes (front -- left punch / Rear -- right punch / 2-men)
11. Glancing Lance (front -- right step-through knife thrust)
12. Dominating Circles (front -- offset right hand grab to the right shoulder)
13. Destructive Fans (left flank -- right step-through punch)
14. Unfurling Crane (front -- left & right punch combination)
15. Grasping Eagles (front -- right lapel grab / Rear -- right arm grab / 2-men)

## EKKA/MMA 2<sup>nd</sup> Degree Black Belt Techniques

1. Parting of the Snakes (front -- right punch / Rear -- attempt / 2-men) 20.
2. Thrusting Lance (front -- right step-through knife thrust)
3. Blinding Sacrifice (front -- two-hand shoulder grab)
4. Snakes of Wisdom (flank -- left & right shoulder grabs / 2-men)
5. Entwined Lance (front -- right step-through knife thrust)
6. Falling Falcon (front -- right direct lapel grab)
7. Fatal Cross (front -- two-hand attempted low grab or push)
8. Twirling Hammers (front -- left step-through punch)
9. Defensive Cross (front -- right snap ball kick)
10. Dance of Darkness (front -- right kick followed by a right punch)
11. Marriage of the Rams (right & left -- shoulder grabs / 2-men)
12. Ram and the Eagle (front -- right punch / Rear -- shoulder grab / 2-men)
13. Escape from the Storm (right flank -- right overhead club)
14. Circling Windmills (front -- two-hand push followed by a right punch)
15. Destructive Kneel (front -- right step-through punch)

## EKKA/MMA 3<sup>rd</sup> Degree Black Belt Techniques

1. Bowing to Buddha (front -- right roundhouse kick, while kneeling)
2. Reversing Circles (front -- left roundhouse kick & left punch combination)
3. Reprimanding the Bears (front -- right punch / Rear -- bear hug, arms free / 2-men)
4. Circling the Storm (front -- right club thrust)
5. Unfolding the Dark (right rear flank -- left step-through punch)
6. Unwinding Pendulum (front -- right kick followed by a right punch)
7. Piercing Lance (front -- right knife thrust, while your arms are up)
8. Escape from Darkness (left rear flank -- right step-through punch)
9. Capturing the Rod (front -- right pistol holdup)
10. Prance of the Tiger (right flank -- right step-through uppercut)
11. Broken Rod (rear -- right pistol holdup)
12. Entwined Maces (front -- right and left straight punch combination)
13. Defying the Rod (front -- right pistol holdup)
14. Fatal Deviation (front -- right & left punch combination)
15. Twisted Rod (front -- right pistol holdup)