



The "ACE" Program

<p>A The "ARTS" Division <small>(General Bachelor of Martial Arts Sciences Degree)</small></p>	<p>LEVEL 1 Forms & Sets Self Defense Techniques Basic Fundamentals</p>
<p>C The "COMBAT" Division <small>(Honours Bachelor of Martial Arts Sciences Degree)</small></p>	<p>LEVEL 2 Combat Arts Certified Weapons or Arnis <small>Optional: Certified Instructor (Children or Adults)</small></p>
<p>E The "ELITE" Division <small>(Masters of Martial Arts Sciences Degree)</small></p>	<p>LEVEL 3 Combat Certified Certified Instructor <small>Children and/or Adult Program</small> Weapons and Arnis</p>

As the name indicates, Modern Martial Arts has an excellent reputation for setting new "Standards of Excellence" in the Martial Arts community. To answer the quickly changing needs of the 1990's, Steve Stewart's Modem Martial Arts has developed a unique program called "ACE" which allows different divisions of Black Belt Excellence.

The basic Adult Black Belt Program incorporates structured Kenpo Karate forms, sets and weapons addressed in a standardized belt striping sequence plus a series of self-defence techniques.

The ACE program looks at people as individuals. Goals are defined taking individual characteristics into consideration. Age, sex, physical limitations and personal potential are all used as "measuring sticks" in choosing which Black Belt division to strive for.

Under the leadership, recommendations and approval of Sensei Stewart, each student can choose their preferred (and realistic level) of Black Belt Excellence. As a leader in the Martial Arts Community, ACE is yet another example of the innovative ideas consistently

associated with Modem Martial Arts. Because of its leadership role, ACE is exclusively recognized by Modem Martial Arts.



Teens and Adults	
Belt/Techniques	Belt/Techniques
Advanced White	Advanced Blue
Stances & Footwork	Short Form 2
Self Defence, hands & Feet	Arnis Level 7 (six count drill)
Terminology & Anger Management	Staff Set 1
Yellow	10 self Defence Techniques
Star Blocking Set /Elbow Set 1	Green
Arnis Level 1 (Trapping Hands)	Long Form 2
Basic Fundamentals, Yawara 1	Finger Set 2
10 self Defence Techniques	Tonfa 1
Advanced Yellow	10 self Defence Techniques
Short Form 1	Advanced Green
Arnis Level 2 (12 Strikes)	Long Form 2 (applications)
Kicking Set	Stance Set 2
10 self Defence Techniques	Tonfa 1
Orange	10 self Defence Techniques
Short Form 1	3rd Brown
Arnis Level 3 (12 Defences)	Short Form 3
Stance Set 1	Striking Set 2
10 self Defence Techniques	Arnis Level 8 (12 Cane Disarms)
Advanced Orange	Bonus: Nunchaka 1
Short Form 1	10 self Defence Techniques
Arnis Level 4 (Single Sinawali/Redunda)	2nd Brown
Yawara 2	Short Form 3 (applications)
10 self Defence Techniques	Coordination Set 2
Purple	Arnis Level 9 (12 Cane disarms with reversals)
Long Form 1	Weapon: Nunchukas 1
Arnis Level 5 & 6 (Double + Reverse Sinawali)	10 self Defence Techniques
Kali 1	1st Brown
10 self Defence Techniques	Long Form 3 (part 1)
Advanced Purple	Star Block set 2
Long Form 1 (applications)	Arnis Level 10 (10 count drill)
Coordination Set 1	Weapon: Kama 1
Kali 1	10 self Defence Techniques
10 self Defence Techniques	1st Degree Black Belt
Blue	Long Form 3 (part 2)
Short Form 2	Elbow Set 2
Striking Set 1	Review all levels
Staff Set 1	Weapon: Saber 1
10 self Defence Techniques	10 self Defence Techniques