

Leadership Academy

Martial Arts/Leadership Training



Our Curriculum for XMA Intermediate

Level 1: "XMA Beginner"

To move from XMA Beginner to XMA Intermediate a student attends beginner level classes. In addition, each student must have completed a minimum of 10 minutes of at-home practice each day, 4 days a week for the duration of the training.

* Physical Requirements

- Forms (XF1, XF2, XF3)
- Xtreme Stances
- Xtreme Hands
- Xtreme Kicks
- Xtreme Attitude (during performance)
- XMA Kamas Training - Beginner
- XMA Bo Staff Training - Beginner



* Repetition Requirements

- 500 Repetitions of XMA form of your choosing
- 1000 Extension Jumps, 1000 Knee Ups

To The Student:

The written requirements for your XMA Intermediate Test are the minimum requirements to pass to your next level of training.

You can do more than is required, but you cannot do less and pass.

The requirements may take you 6-8 months or it may take you longer, the point of the training is not to advance to XMA Intermediate, it is to become proficient at learning to perform on the mat, learning the curriculum, and developing a good relationships with the teacher and students.

Your responsibility as an XMA student is to practice a great attitude on and off of the mat and give 100% of your effort during XMA classes. No hero of yours has ever accomplished anything great without tireless practice, determination and a "Yes I Can" attitude.

