Appendix C- MAML Design Grid

		Punch				Blocks				Stances					Transitions												Techniques					
	ID	Right Straight	Left Jab	Right Uppercut	Left Uppercut	Left Outward	Right Outward	Left Across	Right Across	Left Forward	Right Forward	Horse	Left Cat	Right Cat	Left Forward to Horse	Horse to Left Forward	Right Forward to Horse	Horse to Right Forward	Left Relax to Right Cat	Right Relax to Left Cat	Left Cat to Right Forward	Right Cat to Horse	Left Cat to Horse	Right Forward to Left Forward	Left Forward to Right Forward	Right Cat to Left Forward	Left Spinning Right Defense	Right Spinning Left Defense	Left Side Jab	Right Side Jab	Right Side Uppercut	Left Side Uppercut
Punches																																
Right Straight	rightstraight									X	X	X	X			X	X					X			X							
Left Jab	leftjab									X	X	X	X	X	X			X			X		X									
Right Uppercut	rightuppercut									X	X	X	X			X						X			X							
Left Uppercut	leftuppercut									X	X	X		X				X			X		X									
Blocks																																
Left Outward	leftoutward									X	X	X	X	X		X	X					X			X							
Right Outward	rightoutward									X	X	X	X	X	X			X			X		X									
Left Across	leftacross									X	X	X	X	X	X			X			X		X									
Right Across	rightacross									X	X	X	X	X		X	X					X			X							
Stances																																
Left Forward	leftforward																															
Right Forward	rightforward																															
Horse	horse																															
Left Cat	leftcat																															
Right Cat	rightcat																															
Transitions																																
Left Forward to Horse	leftforwardtohorse									FROM		TO																				
Horse to Left Forward	horsetoleftforward									TO		FROM																				
Right Forward to Horse	rightforwardtohorse										FROM	TO																				
Horse to Right Forward	horsetorightforward										TO	FROM																				
Left Relax to Right Cat	leftrelaxtorightcat																															
Right Relax to Left Cat	rightrelaxtoleftcat																															
Left Cat to Right Forward	leftcattorightforward										TO		FROM																			
Right Cat to Horse	rightcattohorse											TO		FROM																		
Left Cat to Horse	leftcattohorse											TO	FROM																			
Left Forward to Right Forward	leftforwardtorightforward									FROM	TO																					
Right Forward to Left Forward	rightforwardtoleftforward									TO	FROM																					
Right Cat to Left Forward	rightcattoleftforward									TO				FROM																		
Techniques																																
Left Spinning Defense	leftspinningdefense							X											X													
Right Spinning Defense	rightspinningdefense								X											X												
Left Side Jab	leftsidejab		X																X													
Right Side Jab	rightsidejab		X																	X												
Right Side Uppercut	rightsideuppercut			X																X												
Left Side Uppercut	leftsideuppercut			X															X													
Combinations																																
Left Side Step Then 123	leftsidestepthen123	3	2	1				0											0					3	2	1						

Table 1: Grid showing example of a Martial Arts Style's MAML elements.