



YELLOW BELT

NAME: _____ START DATE : _____

CHECK 1: _____ CHECK 2: _____ GRADING DATE : _____

MINIMUM 15 REGULAR CLASSES *(please get signed at each class)*

Multiple Defence 2

- Ready Position
- 1. Left front kick
- 2. Right back kick
- 3. Left knee. (facing right)
- 4. Right knee
- 5. Left side kick
- 6. Ready Position guard up facing front
- 7. Left outside block
- 8. Right palm
- 9. Right inside block
- 10. Left elbow (turning to right)
- 11. Right middle block
- 12. Left punch
- 13. Left low block
- 14. Left knee
- 15. Ready position, guard up
- 16. Right break fall
- 17. Ground position 1
- 18. Ground position 2
- 19. Ground position 3
- 20. Left and right punch.
- 21. Knees together, rise
- Ready Position

Self Defence 2

- 1 Single Sleeve grab
- 2 Single Lapel
- 3 Double lapel
- 4 Single and double neck grabs
- 5 Simple headlock
- 6 Inside block defence (elbow, knee counter)
- 7 Middle Block defence (palm, knee counter)
- 8 Break falls from standing.

Ground Defence 2

1. Ground Position 1 -3
2. Defence against a choke
3. Defence against a punch

GRADING REQUIREMENTS

- Minimum 15 classes
- Self Defence and Multiple Defence
- Demonstrate 15 push ups, 15 sits, 15 squats correctly.
- 3 by 30 seconds kickboxing on Focus Mitts
- 2 by 30 seconds kickboxing on Strike Shield