

WHITE BELT

NAME: _____

START DATE : _____ GRADING DATE : _____

Please have your sheet signed at each class. Once you complete 10 classes you are eligible to go for Yellow Belt. Keep a record of your training by placing your syllabus and training sheets in a plastic folder. Keep the folder with your training gear.

MINIMUM 10 REGULAR CLASSES *(please get signed at each class)*

Self Defence

1. Ready and fighting stance
2. Single and double push
3. Single wrist
4. Double wrist
5. Twin wrist
6. Cross wrist
7. Vertical wrist
8. Defence against a pull and push
9. Punch Defence: Outside block defence (palm knee counter both sides)
10. Ground Defence: Choke defence. Punch Defence.

GRADING REQUIREMENTS

- Minimum 10 classes
- Self Defence and Multiple Defence
- Ground defence

Initial Break falls from squatting

Multiple Defence 1. *Left and right side*

- Ready Stance
 1. Left outside block
 2. Right palm
 3. Right inside block
 4. Left elbow (turning to right)
 5. Right middle block
 6. Left punch
 7. Left low block
 8. Left knee
- Ready Stance

