

BLUE TIP

NAME: _____

START DATE : _____ GRADING DATE : _____

MINIMUM 20 REGULAR CLASSES (please get signed at each class)

GREEN BELT + CLASSES

SPARRING CLASSES (Optional refer Note 1)

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(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

Self Defence 5.

1. Hands on shoulder and step back.
2. Hands on shoulder to wrist take down.
3. Single collar grab from behind.
4. Grab from behind

Multiple Defence 5.

- Ready Stance
 1. Left inside block, right palm
 2. Left elbow
 3. Right knee
 4. Pull Right, step back (right leg back)
 5. Right uppercut
 6. Right knee turn, step down to rear Right block. (behind head)
 7. Pull Right knee
 8. Left elbow
 9. Left knee, parallel step down
 10. Right side kick
 11. Left knee
 12. Right uppercut
 13. Left hook
- Ready Stance

Ground Defence 5

1. Defence against GP1
2. Defence against GP 2

GRADING REQUIREMENTS

- Minimum 20 classes plus 6 Green Belt + classe (sparring sign-offs optional)
- Self Defence and Multiple Defence
- Ground Defence
- **Service** - Assist and mentor prospective students at their first lesson.

