

# YELLOW BELT

NAME: \_\_\_\_\_

START DATE : \_\_\_\_\_ GRADING DATE : \_\_\_\_\_

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


## Multiple Defence 2.

- Ready stance
  1. Left front kick
  2. Right back kick
  3. Left knee. (facing right)
  4. Right knee
  5. Left side kick
  6. Natural stance 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. Natural stance, 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 stance

## 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

9. Ground Position 1 -3
10. Defence against a choke
11. Defence against a punch

## GRADING REQUIREMENTS

- Minimum 15 classes
- Self Defence and Multiple Defence
- Ground defence

