

YELLOW BELT CURRICULUM

I. Stance

- A. Fighting Stance

II. Movement

- A. Forward, Back, Left, Right
- B. Shadow Boxing

III. Punches

- A. Straight Punch
- B. Straight Punch – left/right combination
- C. Palm Heel Strike
- D. Eye Strike/Throat Strike
- E. Straight Punch with Advance
- F. Straight Punch with Retreat
- G. Straight Punch Low
- H. Hammerfist Strikes (all directions)
- I. Elbows (1-7)

IV. Kicks

- A. Front Kick - to groin
- B. Front Kick - vertical target with ball of foot
- C. Round Kick- horizontal

V. Knees

- A. Knee with Grab Around Neck - Straight Forward
- B. Knees with Grab at Shoulder and Arm
 - 1. Straight Forward
 - 2. Round
- C. All Knees without Grab

VI. Punch/Kick Combinations

- A. Front Kick to Groin and Hammerfist Punch Down
- B. Front Kick to Groin and Straight Punch

VII. Punch Defenses

- A. 360° Outside Defenses – positions
- B. 360° Outside Defenses – moving attacks
- C. Inside Defenses against Straight Punches
- D. Inside Defenses against Low Straight Punches
- E. Inside and 360° Defenses against Punches

Yellow Belt Curriculum Continued...

VIII. Choke Defenses

- A. Choke from the Front (1 hand pluck)
- B. Choke from the Front (2 hand pluck)
- C. Choke from Behind – Turning in & Attack
- D. Choke from the Side
- E. Choke from the Front with a Push
- F. Choke from Behind with a Push

IX. Headlock Defenses

- A. Headlock from the Side

X. Soft Techniques – General Comments

- A. Wrist Release - Same Side Hand (elbow to elbow)
- B. Wrist Release - Opposite Hand (hitch-hike out)
- C. Wrist Release - 2 Hands Held High
- D. Wrist Release - 2 Hands Held Down
- E. Wrist Release - Being held with 2 hands

XI. Groundwork

- A. Side Position
 - 1. Movement
 - 2. Front Kick
 - 3. Side Kick
 - 4. Round Kick
 - 5. Getting Up
- B. Back Position
 - 1. Movement
 - 2. Front Kick
 - 3. Round Kick
 - 4. Axe Kick
 - 5. Getting Up
- C. Sitting Up
 - 1. Movement
 - 2. Kick with Bottom Leg
 - 3. Getting Up