



Preparation for yellow belt grading (Kids):

Striking and kicking (from fighting stance):

- Fighting Stance
- Jab, cross punches
- Hook punches
- Uppercut punches
- Knee – with the back leg
- Front kick – with the back leg and landing forward
- Side kick from fighting stance
- Back Kick from fighting stance
- Basic Combination

Defence Against Striking & Kicking – Blocks

- Outside defence (360 defence).
 - Performing all 4 outside blocks on the left and right hand side in order, from a fighting stance

Release from grabs and holds:

- Release from one hand grab – from the front - Release and use of voice
- Release from a two hand grab – from the front – Release and use of voice
- Release from a wrist hold held by the same side hand – Release and use of voice
- Release from a wrist grab held by the opposite side hand – Release and use of voice

Ground defence:

- Breaking a fall – from seating
- Getting up from the ground into fighting stance
- Full back roll from seating and finishing standing up in fighting stance