



Preparation for yellow belt grading (Adults):

Basic Striking and kicking (from fighting stance):

- Fighting Stance
- Moving in stance (Moving correctly in all 4 directions)
- Jab/cross punches
- Hook punches
- Uppercut Punches
- Palm Heel strikes
- Elbow Strikes (Front, side, back, up and down elbows)
- Front kick (from the back leg)
- Knee strikes
- Basic Pre-emptive Combination:

Defense against striking: (Blocks - from neutral position)

- Inside block (against straight punches)
- Outside blocks (360 Defence) (Against round punches)

Release from chokes and holds:

- Release from a 1-handed choke from the front - Static
- Release from a 2-handed choke from the front - Static
- Release against a same side wrist grab from the front - Static
- Neutralising (less aggressive) release from a shirt grab from the front
- Release against a hair pull from the front
- Release against a bear hug (arms caught) from the front
- Release against a rear naked choke (from behind)

Ground defense:

- Back breakfall & ground position
- Back roll
- Getting up from the ground (understanding position of the attacker)