

## **Yellow Belt Curriculum**

Stances	
☐ Fighting Stance ☐ Modified Stances (Tactical/Natural)	NOTES:
Movement	
☐ Movement (forward, back, side, pivot & step pivot)	
Punches _	
Straight Punch Straight Punch, Advancing & Retreating Straight Punches, Low Palm/Heel Punch Chops (inside /outside) Eye Strike / Gouges (not tested) Hammerfists Punch (Forward/Downward) Hammerfists Punch (Side - w & w/o step) Elbows (1-7)	
Kicks  ☐ Front Kick – To the groin ☐ Front Kick – Offensive / to vertical target with ball of foot ☐ Round Kick – Horizontal	
<ul> <li>Knees</li> <li>□ Knees with Grab/control at Arm and Shoulder</li> <li>□ Straight Forward</li> <li>□ Round</li> <li>□ All Knees without hold –</li> </ul>	
Kick / Punch Combinations  Front Kick rear leg land back/rear hand, Hammerfist Down	
☐ Front Kick rear leg land back/rear hand, Straight Punch	
Punch Defenses  ☐ Inside Defenses ☐ Inside Defenses vs. Low Punches ☐ 360° Defenses ☐ Inside and 360° Defenses against Punches	



## **Yellow Belt Curriculum**

☐ Choke from the Front (2-Hand Pluck) ☐ Choke from the Front (1-Hand Pluck) ☐ Choke from the Side ☐ Choke from Behind ☐ Choke from the Front, with Push ☐ Choke from Behind, with Push ☐ Headlock Defenses ☐ Headlock from the Side ☐ Headlocks from Behind (Bar Arm / Carotid)  Arm Pulls
☐ Choke from the Side ☐ Choke from Behind ☐ Choke from the Front, with Push ☐ Choke from Behind, with Push ☐ Headlock Defenses ☐ Headlock from the Side ☐ Headlocks from Behind (Bar Arm / Carotid)
☐ Choke from the Front, with Push ☐ Choke from Behind, with Push  Headlock Defenses ☐ Headlock from the Side ☐ Headlocks from Behind (Bar Arm / Carotid)
☐ Choke from Behind, with Push  Headlock Defenses ☐ Headlock from the Side ☐ Headlocks from Behind (Bar Arm / Carotid)
Headlock Defenses  Headlock from the Side Headlocks from Behind (Bar Arm / Carotid)
☐ Headlock from the Side ☐ Headlocks from Behind (Bar Arm / Carotid)
☐ Headlocks from Behind (Bar Arm / Carotid)
i i i i i i i i i i i i i i i i i i i
Arm Pulls
, u i i i u i u
☐ All Directions
Wrist Releases
☐ Single Hand Grabs
☐ 2 Hands on 1
□ 2 Hands Held Low
□ 2 Hands Held High
☐ 2 Hands held behind
Groundwork
□ Back Position
☐ Movement
☐ Front Kick
□ Round Kick □
☐ Axe Kick
☐ Side Position ☐ Movement
□ Novement □ Side Kick
□ Round Kick
☐ Transition Kick from both positions
☐ Getting up from both Positions
<mark> </mark> -
<u></u>

NOTES:		