

White Belt to Yellow Belt *JUNIOR*®

YELLOW BELT junior

BASIC MARTIAL ARTS

Manner/Respect:	bowing appropriately. asking questions and answering appropriately.
Fit Belt:	left over right and under all; right over left through the loop
Warm Up:	10 star jumps 5 push ups (from the knees) 5 sit ups (knees bent, ankles may be supported)
Stretches:	6 (3 standing up + 2 sitting down + 1 standing up)
Bowing in:	heiko dachi / \ musuba dachi \ / heisoku dachi
Fighting Position:	fighting stance
Focus:	stand still, starring forward
Defence:	right and left parry (with open hand – across) cover
Basic Hand Strikes:	left jab (leaning forward) right reverse (pivot the back foot)
Basic Leg Strikes:	balancing on left leg and balancing on right leg front kick (left and right)

1st Yellow Stripe may be offered

YELLOW BELT junior

BASIC SELF DEFENCE and BASIC ANTI BULLY

Self Defence:	
from being pushed	book defence book defence and step back book defence, step back saying “STOP IT”
from a wrist grab	lower block / “lawn mower”
anti abduction	fight back -“go berserk” (bite, elbow, scratch, kick, SCREAM!!!)

2nd Yellow Stripe may be offered

STOP Bullies:

Gauntlet	walking past a group
from Class room niggles	a. move away b. “stop it please ... ”
from the bully	“LEAVE ME ALONE!” “I’m not afraid of you!”

3rd Yellow Stripe may be offered

A white stripe is worn through each junior Yellow, Orange, Purple, Brown and Black Belts.

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Junior