

# White Belt to Yellow Belt ©

## YELLOW BELT

## KARATE and KICK BOXING - BASICS

<b>Manner/Respect:</b>	bowing appropriately. asking questions and answering appropriately.
<b>Fit Belt:</b>	left over right and under all; right over left through the loop
<b>Warm Ups:</b>	joint rotations (start at toes, finish at fingers)
<b>Stretch:</b>	6 stretches
<b>Strength</b>	30 star jumps, or 30 running punches, or 10 burpees 10-15 push ups, 10-15 sit ups 10-15 squats, 15 second plank,
<b>Fighting Positions:</b>	fighting stance
<b>Stances:</b>	heiko dachi, musuba dachi heisoku dachi
<b>Footwork:</b>	step
<b>Standing Grapple:</b>	clinch
<b>Defences:</b>	parry's upper block, lower block cover ground cover "ROCK"
<b>Hand Strikes:</b>	jab, reverse hammer fist
<b>Leg Strikes:</b>	knee, front kick
<b>Combination:</b>	jab, reverse, front kick » parry, parry lower block

1<sup>st</sup> Yellow Stripe offered

## YELLOW BELT

## BASIC SPARRING

<b>Sparring Strategies:</b>	moving parry and punch (left right, right left)
<b>Shadow Sparring:</b>	2 x 30 second rounds

2<sup>nd</sup> Yellow Stripe offered

## YELLOW BELT

## BASIC SELF DEFENCE

<b>Shadow Defence:</b>	1. from push - double block 2. from wrist grab - strike or circular release 3. from knee - double lower block 4. from punch - step back and upper block
<b>Self Defence from:</b>	1. pushes 2. knees 3. reverse punch 4. wrist grabs 5. ground kicks 6: gauntlet

3<sup>rd</sup> Yellow Stripe offered



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