

Yellow Belt to Orange Belt ©

YELLOW BELT – STRIPE ONE

KARATE and KICK BOXING - BASICS

Mouth Guard. Light Sparring Gloves. Shin/Instep Protectors. Nanchuku. REQUIRED

Manner/Respect: Bow: to enter and leave; to your training partner, to Instructors.
Respect: to higher grades with a bow and using their teaching titles 'Sempai / Sensei / Renshi / Shihan'

Fit Belt: left over right and under all; right over left through the loop

Warm Ups: joint rotations (start at toes, finish at fingers)
HIIT: 5 Burpees + 5 Push Ups + 5 Sit Ups + 5 Squat + 5 sec Plank.
REPEAT HIIT, 2 to 3 times
6 stretches

Sparring Strategies: Parry and punch (left right, right left)
Jab to chin, reverse to body
Lower block and low reverse punch

Shadow Sparring: 2 x 1 minute rounds

Fighting Positions: natural stance
fighting stance
points stance

Stances: heiko dachi, musuba dachi (*AND theory*)
heisoku dachi, yoi (*AND theory*), shiko dachi

Footwork: Step. Switch

Standing Grapple: clinch x 2

Defences: parry's
upper and lower block
feint back
cover
round house blocks
leg check
knee blocks
ground cover "ROCK"
ground cover "ROCK and ROLL"

Hand Strikes: jab, reverse, low reverse
hammer fist
hooks

Leg Strikes: knee, front kick
round house
thigh kick

Partner Drills: Jab, reverse, front kick » parry, parry, lower block
Defence Drill »

YELLOW BELT - STRIPE TWO**GRAPPLING - BASICS**

Warm Ups:	joint rotations (start at toes, finish at fingers) HIIT: 5 Burpees + 5 Push Ups + 5 Sit Ups + 5 Squats + 10 sec Plank. REPEAT HIIT, 2 to 3 times prawn bridge	
Stretches:	back, neck and shoulder	
Breakfalls:	backward (seated, squatting and standing) side (seated)	
Hold Downs:	*scarf hold	kesa gatame
	*shoulder hold	kata gatame
	ground one	
Locks:	*inner wrist lock	# 1
Take Down:	front leg	
Throws:	outer reap	osoto gari
Defences:	*kesa gatame	» protect throat
	ground one	» trap and bridge
Grappling:	2 x 2 min rounds	

*Control

YELLOW BELT – STRIPE THREE**TRADITIONAL FORMS and WEAPONS**

Kata:	Yoi. Tensho. Bunkai
Weapons:	Nunchaku kata Jo, or bo, kata

YELLOW BELT – STRIPE THREE**SELF DEFENCE**

Shadow Defence:	1. from a push – book defence 2. from knees – double lower blocks 3. from a reverse punch – step back/across with an upper block 4. from one hand hold – hands ready, then trap and hit 5. from knife threat – hands up, back away and give what they ask.
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Self Defence: from ...	1. clinch 2. push 3. knees 4. reverse punch 5. jab reverse 6. one hand hold 7. wrist holds 8. rear bear hug
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Gang Defence: from ...	1. ground kicks 2. multiple BAGS 3. two on one holds 4. gauntlet (walk bye/verbal/physical) 5. coward punch
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Weapons Defence: from ...	1. knife threat and knife attack - basic
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<i>Guidance on ...</i>	“Responsible and Respectful Behaviour” “Self Control and Respect for others” “Group Restraint” “On-Line Predators” <i>‘Mind Body Spirit’</i> <i>‘Finding Your Inner Calm’</i>
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ORANGE BELT**SPARRING and FINAL ASSESSMENT**

Kata:	Yoi. Tensho	
Warm Up:	joint rotations (start at toes, finish at fingers) 50 star jumps, or 50 running punches, or 20 burpees	
Stretch:	x 9 (6 previous, 1 lower back, 1 hamstring, 1 arm/shoulder)	
Strength Exercises:	20-30 x push ups* 20-30 x sit ups* 5 x supermans 20-30 x squats* 30 second plank 3 x YTW 10 x fists	* can be split into 2 sets
Sparring:	2 x 2 minute 2 x 2 minute 2 x 2 minute	point sparring continuous sparring grappling
Impact Training:	1 x round of contact sparring from a Senior Belt (this can take place in the above rounds) or impact training in stance	

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KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY



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