

## **YELLOW BELT**

(1<sup>st</sup> promotion : 2<sup>nd</sup> BELT- Note: 1<sup>st</sup> belt is the white belt – Novice / beginner)

**TIME PERIOD: Approximately 2-3 Months**

**MATERIAL TO KNOW:**

### **1. BASIC TERMINOLOGY**

#### **2. STANCES:**

- A. Width of Balance
- B. Straight of Balance
- C. Hyper-extension
- D. Natural

#### **3. ESCAPES:**

- A. Bear Hug

#### **4. JUDO:**

- A. Front Sweep

#### **5. KATAS:**

- A. Ichi Kata set Ichi (14 Moves Kata One)

#### **6. HAND & FEET TECHNIQUES INCLUDING BLOCKS:**

- A. Blocks 1 thru 4
- B. Hand techniques 1 thru 5
- C. Foot techniques 1 thru 3

#### **7. CONTAINMENTS FROM AN ATTACK:**

- A. Five different combinations from the front.
- B. " " " " " back.
- C. " " " " " side.

**8. EIGHT BASICS:** You will be asked “What is **ATOM - MOTIVE – THOUGHT – MOTIVATION – PROJECTION - FOCAL POINT - CONCENTRATION - CONTROL**” You will answer “The 8 basics of Self Defense”