

Yellow Belt Curriculum

Kicks

Outside/Inside Crescent
Back Leg Side Kick
Mule Back Kick
Slide up Side Kick (Front Leg)

Blocks

Low X-Block
High X-Block
Knife Hand Middle Block
Knife Hand Low Block

Stances

Front Stance
Horse Stance

Hand Techniques

Spinning Back Fist
Palm Strike
Reverse Chop with palm up
Chop with palm down

Punches

Reverse Punch
Jab Punch
1-2 punch (Jab front hand, Rev Punch)
Double Punch

Kata-(Universal #1)(Moves 5-11)

5. Slide up Side kick
6. Kneel Down Reverse Punch
7. Lean over backwards(Left side) side kick from floor front leg
8. Reverse knife hand middle block (Palm down)
9. Knife hand middle block
10. Reverse Punch
11. Circle up attention stance.

Sparring – (Intro to Shadow Sparring)

Self Defense (Same Side Grabs)

Give students 4 Same-side grip of your choice.

Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

Weapons – 5 basic Techniques:

Figure 8, A round the body, Snap out from underarm, over/under arm/over behind the back.

Go over Student Creed

Dojo Etiquette – (Bowling In/Bowling out. If late for class have students ask permission to enter the floor and bow before just walking in on class.)