



WHITE BELT

NAME: _____ START DATE : _____

CHECK 1: _____ CHECK 2: _____ GRADING DATE : _____

Please have your sheet signed at each class. Once you complete 10 classes you are eligible to go for Yellow Belt. Keep a record of your training by placing your syllabus and training sheets in a plastic folder. Keep the folder with your training gear.

MINIMUM 10 REGULAR CLASSES *(please get signed at each class)*

Self Defence

1. Ready and fighting stance
2. Single and double push
3. Single wrist,
4. Double wrist
5. Twin wrist
6. Cross wrist
7. Jab cross hook upper cut
8. Punch Defence:
Outside block defence.(palm knee counter)

GRADING REQUIREMENTS

- Minimum 10 classes
- Self Defence and Multiple Defence
- Demonstrate 10 push ups, 10 sits, 10 squats correctly
- 2 by 30 seconds kickboxing on Focus Mitts
- 2 by 20 seconds kickboxing on Strike Shield.

Initial Break falls from squatting

Multiple Defence 1. *Left and right side*

- Ready Position
- Left outside block
- Right palm
- Right inside block
- Left elbow (turning to right)
- Right middle block
- Left punch
- Left low block
- Left knee
- Ready Position

Ground Defence 1.

1. Choke defence.
2. Against a punch.