



# WHITE BELT

NAME: \_\_\_\_\_

START DATE : \_\_\_\_\_ 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. Cross wrist
5. Twin wrist
6. Double wrist
7. Vertical wrist
8. Defence against a pull and push
9. Punch Defence: Outside block defence  
(palm knee counter both sides)

For further in depth explanations of the syllabus please go to the Northstar Academy Online.  
[www.northstaracademy.com.au](http://www.northstaracademy.com.au)

### GRADING REQUIREMENTS

- Minimum 10 classes
- Self Defence and Multiple Defence
- Ground defence

### Ground Defence

Choke defence. Punch Defence.

### Multiple Defence 1. *Left and right side*

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



# SYLLABUS AND GRADING REQUIREMENT NOTES

At the bottom of each belt syllabus are the requirements for your next grading. As you progress through the belts you become faster, fitter, and stronger. Your overall health and general well being improves. You will face challenges along the way that may take you out of your comfort zone. Only then will there be long term and lasting improvement in your overall quality and attention to life. By accepting these challenges you make a commitment to yourself. As you slowly learn to manage your body and mind with more precision, the new sense of calm and stillness will lead to an ongoing path of self discovery. This will have a profound effect on you and the people around you. Make the commitment to your improvement in constant and consistent stages.

## MINIMUM GRADING REQUIREMENTS

The minimum requirements are set out for each belt level. As long as you pass the minimum requirements you are eligible for grading. As you progress through the belts you may be asked to spend more time as the minimum requirements may not be enough. In particular, from Brown Belt onwards the minimum attendance requirement is not enough to qualify you for grading. There also needs to be a level of technical expertise. There are a wide range of skills tested as you progress through the belts. Depending on your age, fitness, level, physical capabilities, you may be asked and/or choose to do more or less than is required. We can set an individual test for you based on your individual needs at the beginning of the training period.

## DEVELOPING A COMMUNITY

From Blue Belt and above we have included a requirement called "Service".

By offering assistance to new people that have just come in for a class; introducing yourself, showing them where to stand at the beginning of class, checking in with them at the end of class to see how they enjoyed it, you actually begin to feel a great sense of satisfaction by putting the needs of other people ahead of your own. You can also have your service boxes ticked by assisting in class. For example you may assist with White Belts or anyone else that needs assistance, by holding pads or partnering up for self defence training

## EXTRA FITNESS REQUIREMENTS

The progression from belt to belt is designed to push you a little harder at each level. The tasks are very achievable if you work consistently and regularly. Create the habit with your training and aim to make it part of your daily ritual. You may choose to supplement your training with some extra fitness training.

## TEACHING

From Red belt there is a teaching section that needs to be ticked. You will be guided through the process of assisting the teaching part of the Adult program. The exact Red belt teaching syllabus can be downloaded from the Red Course at the Northstar Academy online.

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