



Yellow Belt 1st Grade Syllabus REQUIREMENTS

DEMONSTRATE FROM BOTH LEFT & RIGHT STANCE

- 1.) Demonstrate Good Stance, Guard and Footwork Maintaining Good Balance.
- 2.) Demonstrate Angled and Double Jabs whilst moving in different directions.
- 3.) Double Jab then Cross Punch.
- 4.) Jab and Cross Punch then two Rising Kicks (back leg).
- 5.) Lead leg Front Push Kick followed by Two Straight Punches.
- 6.) Jab then Cross Punch followed by Push Kick (back leg).
- 7.) Jab then Cross Punch followed by Round Kick (with shin) back leg.
- 8.) Jab then Cross Punch followed by Side Kick (with heel) back leg.
- 9.) From Side Straddle Stance (slide forward) and side kick (lead leg).
- 10.) Single Shift Round Kick returning to original stance (covering guard throughout)
- 11.) Single Shift Grab Head and Knee Thai Guard throughout.
- 12.) Grab Head and Long Range Knee (back leg).
- 13.) Back Leg Crescent Kick (inner).
- 14.) Back Leg Crescent Kick into Side Kick.
- 15.) Outer Crescent Kick followed by Two Straight Punches.
- 16.) From Tight Guard Four Straight Punches (both middle and long range).
- 17.) Double Jab into Left Elbow Strike (same hand) ensure other hand guards jaw.
- 18.) Jab and Cross Punch followed by Hooking Elbow and Bolo Elbow.
- 19.) Demonstrate (hand parries).

- 20.) Demonstrate U shape blocking.
- 21.) Demonstrate High Forearm Blocks.
- 22.) Demonstrate Bobbing Under.
- 23.) Leg-Block to Side and Across Body.
- 24) Demonstrate Techniques on Pads.
- 25.) Demonstrate Good Etiquette, Discipline and Knowledge of Club Rules.