

Yellow Belt Curriculum

Requirements: 40 hours of level 1 classes, completion of the review, and completion of a mindset workshop prior to the test date. A nominal testing fee is due on test day, check with the front desk for up-to-date pricing.

- I. Stance**
 - A. Neutral Stance
 - B. Fighting Stance
- II. Movement**
 - A. Forward, Back, Left, Right
 - B. Shadow Boxing
- III. Punches**
 - A. Straight Punch
 - B. Straight Punch – left/right combo
 - C. Palm Heel Strike
 - D. Chops
 - E. Eye Strike/Throat Strike
 - F. Straight Punch w/Advance
 - G. Straight Punch w/Retreat
 - H. Straight Punch Low
 - I. Hammer-fist Strikes (all directions)
 - J. Elbows (1-7)
- IV. Kicks**
 - A. Front Groin Kick
 - B. Front Kick – Vertical Target (Offensive)
 - C. Front Kick – Defensive
 - D. Round Kick
- V. Knees**
- VI. Punch/Kick Combos**
- VII. Punch Defenses**
 - A. 360 Outside Defenses (all angles)
 - B. Inside Defenses
- VIII. Choke Defenses**
 - A. Front Choke (1 Hand Pluck)
 - B. Front Choke (2 Hand Pluck)
 - C. Back Choke
 - D. Side Choke
 - E. Front Choke w/Push
 - F. Back Choke w/Push
- IX. Headlock Defenses**
 - A. Headlock from Side
 - B. Headlock from Behind
- X. Wrist Release**
- XI. Pull Defenses**
- XII. Groundwork**
 - A. Back Fall Break
 - B. Movement (Back & Sides)
 - C. Kicks
 - D. Stripping/Cleaning vs Foot Grab
 - E. Getting Up