

# 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.

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- 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. Eye Strike/Throat Strike
  - E. Straight Punch w/Advance
  - F. Straight Punch w/Retreat
  - G. Straight Punch Low
  - H. Hammer-fist Strikes (all directions)
  - I. Elbows (1-7)
- IV. Kicks**
  - A. Front Groin Kick
  - B. Front Kick – Vertical Target (Offensive)
  - C. Front Kick – Defensive
  - D. Round Kick
- V. Knees**
  - A. Strikes
  - B. Movement
  - C. Switching sides
- VI. Punch/Kick Combos**
- VII. Punch Defenses**
  - A. 360 Outside Defenses (all angles)
  - B. Inside Defenses
- VIII. Choke Defenses**
  - A. Rotational Defense - front, side, and back
  - B. Front Choke w/Push
  - C. 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