

# 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. Turning (side, back)
- C. Step-pivot

## **III. Punches**

- A. Straight Punch
- B. Straight Punch  
(left/right combo)
- C. Low Straight Punch
- D. Palm Heel Strike
- E. Eye Gouge
- F. Advancing Strikes
- G. Retreating Strikes
- H. Hammerfist Strikes  
(all directions)
- I. Elbows (1-7)

## **IV. Kicks**

- A. Front Groin Kick
- B. Offensive Front Kick
- C. Defensive Front Kick
- D. Round Kick

## **V. Punch/Kick Combos**

## **VI. Knees**

- A. Strikes
- B. Movement
- C. Switching Sides

## **VII. Punch Defenses**

- A. 360 Defenses (all angles)
- B. Inside Defenses (high, low)

## **VIII. Choke Defenses**

- A. Front, Back, and Side Choke
- B. Front Choke (1 hand attack)
- C. Front Choke w/ Push
- D. 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, side)
- C. Defensive Kick
- D. Side Kick
- E. Round Kick
- F. Defense vs. Foot Grabs
- G. Getting Up