



Yellow Belt ~ Novice

"There is no substitute for attentive repetition." ~ Daniel Coyle

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far, start over.

↓ FIRST STRIPE

☯ **Strikes**

- 8- Inward Hammer Fist
- 9- Outward Hammer Fist
- 10- Downward Hammer Fist
- 11- Rising Hammer Fist
- + All Previous Strikes

☯ **Kicks**

- 9- Back
- 10- Front Leg Front
- 11- Step behind Side
- + All Previous Kicks

☯ **Trapping Drills**

- 2- High/Low Trapping Drill
- + All Previous Trapping Drills

☯ **Terminology**

- 2- Spirit Shout ~ Ki-yap
- + All Previous Terminology

☯ **Break Falls**

- 3- Forward Roll
- + All Previous Break Falls

☯ **Striking Releases**

- 11- Front Bear Hug Arms Trapped-Hug the attacker, knee strike his groin then elbow hug one arm
- 12- Front Bear Hug Arms Free-Use your fingers to poke the attacker in the eyes, double knife hand to neck
Two Hands Grabbing One Wrist
- 13- Reach in & grab your own hand the pull up followed by Reverse Knife Hand to Neck
- 14- Clap your hands then roll your hands over his wrist then Hammer Fist Strike to Nose.
- 15- Same Side Wrist Grab-Knife hand to the radial nerve, spin and elbow strike solar plexus.

Defensive Tactics

↓ SECOND STRIPE

☯ **Core Concept: C4 Z-Lock/S-Lock**

The attacks below are some of the most common attacks for which a Z-Lock is a good defense.

- | | |
|------------------------------|---|
| 1-Front Same Hand | 6- Rear Bear Hug |
| 2- Side Grab | 7- Middle Sleeve Grab |
| 3- Front (Lapel) Collar Grab | 8- Same Hand Grab From Rear |
| 4- Front Shoulder | 9- 2 Hands Same Side Wrist Grab From Rear |
| 5- Front Cross Hand | 10- Arresting Technique (Attack) |

These attacks are only a few attacks that can be defended with a Z-Lock. Experiment with finding other attacks you can defend using a Z-Lock.

↓ THIRD STRIPE

☯ **Core Concept: Armbar Under (C5 Elbow Lock, C6 Elbow Lever, C7 Shoulder Lever)**

The attacks below are some of the most common attacks for which an arm bar under is a good defense.

C5 Elbow Lock

- 1-Same Hand Grab
- 2-Cross Hand Grab
- 3-Front (Lapel) Collar Grab
- 4-Same Hand Grab From Rear
- 5-Push Intercept

C6 Elbow Lever

- 1-Same Hand Grab
- 2-Cross Hand Grab
- 3-Front (Lapel) Collar Grab
- 4-Same Hand Grab From Rear
- 5- Push Intercept
- 6-Belt Grab ~ Palm Up

C7 Shoulder Lever

- 1- Same Hand Grab
- 2- Cross Hand Grab
- 3- Front (Lapel) Collar Grab
- 4- Same Hand Grab From Rear
- 5- Push Intercept

These attacks are only a few attacks that can be defended with an Armbar Under Experiment with finding other attacks you can defend using an Armbar Under.

Requirements for Promotion To your next (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.

Forward Shoulder Roll

