

# STRIKING BEGINNER

Summer Quarter



## WHITE & YELLOW BELTS

Check off the boxes as you learn the techniques or earn a stripe.

Learn to tie your belt - <http://youtu.be/fqoLY61Qt9w>

### ■ FORM

Performed at Testing

**Courtesy Form - 9 movements**

### ■ SPARRING

Sparring Drill Performed at Testing

#### Movement Techniques

- Active Footwork - Side to Side (Don't cross feet!)
- Active Footwork - Forward & Backward
- Outside Block
- Low block with side step (Blocking Front Kick)

#### Sparring Drills

**(No Contact/Light contact drills with yellow belts)**

Drill 1. Circle partner, shadowboxing with proper footwork, to both 45 Angles

Drill 2. Lead side kick to body, Jab + cross low (to body)

Drill 3. Partner simulates high round kick, outside block. Partner simulates front kick to body - You perform low block side step

### ■ SELF-DEFENSE

- Front choke escape: bob and weave
- 1 arm shoulder grab: windmill escape
- 2 Hand wrist escape staying in base

### ■ BASICS

#### Hand Techniques

- Jab
- Cross

#### Foot Techniques

- Knee
- Side kick
- Crescent kick

### ■ LIFE SKILL

Questions Performed at Testing

- What is Courtesy?**  
Courtesy is thoughtfulness and consideration of others sir/ma'am!
- What is one way you demonstrated the current life skill outside of Active Martial Arts?**  
*Open ended answer.*
- When is it OK to use Martial Arts Techniques on Another Person?**  
Only to protect myself and when I have no other choice, sir/ma'am!