



Are you ready to grade for your Yellow Belt ?

Don't worry we want you to show off what you can do. Here's an idea of what you may be asked to demonstrate.....

Your grading is going to involve **exercise**, we need you to show how hard you can work. Try your best!

We're going to look at some kicks, during the grading, how are yours coming along?

	On the front leg	Off the back leg	In both stances
Front Kick			
Turning Kick			
Axe Kick			

Can you do a **jab**?

- Chin down
- Other hand in a guard position
- Quickly bringing it back to a guard

How's your **cross**?

- Is your other hand in a guard position
- Are you turning your back foot onto the ball of the foot?
- Make sure you're not leaning forward

You may be asked to do any of the above keeping in **good stances**, with a **good guard** on pads, against an imaginary opponent or on the bag

Defenses - Can you defend against a jab with a parry, is there other ways you can defend against a jab?

Self-defense - We are looking to see if you can release your wrist from a grip and also release yourself from a headlock.

Special Technique - cupped hand strike to the ear

Good luck, you'll smash it!!!



[Type here]

[Type here]