

# YOUNG ADULTS - PROBATION ORANGE

## **Level Notes:**

Practical drills begin as of this level. You will require gloves and a mouth guard.

For your partner and your own safety, gloves must meet certain requirements. The team at the front counter are more than happy to help with correct glove selection.

## **Progress Check 1**

Over Hand Punch (L #7, R #8)	1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
Hook Elbow	1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
Footwork with Jab-Cross Drill	Perform on pads and combine with advancing and retreating footwork.
Defence Drill: Parrying	With a partner: Defend both jab and cross punches. No counters.
Self Defence	Single handed hair grab - front & rear (TWO prepared defences. No takedowns)

## **Progress Check 2**

Body Rip	1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
Uppercut Elbow	1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
Personal Combo	Build your own 4 strike combo based on your weaknesses / least favourite techniques
Defence Drill: Covering	With a partner: Defend against hook punches.
Self Defence	Double handed hair grab - front & rear (TWO prepared defences. No takedowns)

## **Progress Check 3**

3 Directional Elbow	Downward (R) - Hook (L) - Uppercut (R) Both stances
9 Tenets	6-9: Sound Body, Sound Mind, Sound Spirit, Self Mastery.
Revise: All Previous Levels	

## **Grading: Physical Component:**

Push-ups	15
Sit-ups	15
Squats	15

## Belt Theme: CONSISTENCY

Lack of consistency contributes more to failure than just about anything. On the other hand, consistency can do a lot to make up for a lack of talent. To be consistent, it is important not to "bite off more than you can chew."

Chunk projects into bite size pieces that are realistic and attainable. This will help you to keep in the rhythm. Remember, "motivation follows action." Action on a consistent basis will keep you motivated and on track. Consistency in martial arts training is one of the most important keys to success. Almost without exception, today's black belts were not superstar white belts. Nor did they train for four hours a day everyday. More often than not, they were of average ability, but they trained on a consistent basis twice a week. If you can make a habit of being consistent with your training, you're half way to making black belt.

**"Motivation is what gets you started. Habit is what keeps you going."**