

YOUNG ADULTS - PROBATION R&D

Level Notes:

Once you have learnt your techniques they must be practiced on the pads. Partner drills: To achieve required fluency they must be well drilled.

Round Requirements:

25x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Jumping Roundhouse Kick	<i>Take-off and kick with same leg. Change stance after every kick.</i>
Inside-Leg-Kick / Push Kick (double kick), Cross, Lead Hook (head), Rear R/House	<i>Change stance after every combination</i>
Untol (Low)	<i>Bend knees and strike down low</i>
Demonstrate	<i>5 Wrist Locks</i>
Self Defence	<i>Standing arm bar (BOTH sides) (Prepare TWO defences)</i>

Progress Check 2

Front Kick / Side Kick (Double Kick)	<i>Keep knee high between kicks.</i>
Personal 20 move demonstration	<i>Include angles, multiple attackers, offensive and defensive techniques.</i>
Thai Pad Combo 11	<i>Jab, Cross, Slip(R), Slip(L), Duck(L to R), Cross</i>
Thai Pad Combo 12	<i>Round Knee(R), Round Knee(L), Forward Knee (R - stationary), Push, R/House</i>
Amara (3-4)	<i>Filipino stick-fighting combinations</i>
Vital Point Self Defence	<i>Eyes, Ears, Nose, Throat, Hairline, Temple, Solar Plexus, Groin, Knees</i>

Progress Check 3

MMA Drill: Stand From Base	<i>One hand on ground, bottom leg bases off opponents leg and move back as you stand</i>
Revise: All Previous Levels	

Grading: Physical Component:

Push-ups	40
Sit-ups	40
Squats	40
Thai Pads	3x3 min round
Sparring	1x3 min round

Belt Theme: _____ ENTHUSIASM

In general, we tend to enjoy the things that we are good at and dislike the things we don't do well. The problem with this is that it is hard to become better at something we dislike, so our weaknesses often stay weaknesses. To be enthusiastic and positive if you are having a bad day, you may need to "fake it, till you make it". On a hot or cold night we may be tempted to skip a lesson or two (which is a week), which becomes two weeks. After two weeks away, many students no longer have the enthusiasm or courage to return (remember this next time you are thinking about skipping class without good reason!). If we have had a bad day at work, had an argument with our partner, or received some bad news, we need to think positively and attend training. Many of us feel worse (and guilty), if we miss a scheduled lesson. Many students of this belt rank and above are involved with teaching classes. Instructors may have 30 or so eager students waiting for them. They are all looking forward to an awesome and exciting lesson. You can't bring external problems or a negative state-of-mind into the dojo, thereby negatively infecting your students. You will find that if you hold your chin up and smile, this alone will raise your mind-set, attitude and enthusiasm. As you tie that knot in your belt, that is the trigger to smile and focus... "it's show time!" and you will be taking centre stage.

"Enthusiasm is the propelling force necessary for climbing the ladder of success."