

YOUNG ADULTS - PROBATION YELLOW

Level Notes:

Once you have learnt your techniques they must be practiced on the pads.

Progress Check 1

Hook (lead #3, rear #4)	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances	
Forward Knee	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances	
Downward Elbow	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances	
J-C-Left Hook-Roundhouse	Roundhouse off	1) Back leg - stationary	2) Back leg advancing	3) Front leg stationary
Self Defence	SINGLE hand grab to lapel or shoulder - same side (prepare & demo 2 defences - No takedowns)			

Progress Check 2

Uppercut (Lead #5, Rear #6)	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances
Back Kick	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances
Inner Crescent Kick	1. Stationary alternating - Rear then lead	2. Advancing	3. Both stances
Break Falls	1) Individually - demonstrate correct technique		
	2) Perform whilst being lowered down (taken down) by a partner (trip)		
Self Defence	SINGLE hand grab to lapel or shoulder - opposite side (prepare 2 defences. No takedowns)		
Self Defence	DOUBLE hand grab to lapel or shoulders (prepare & demonstrate two defences. No takedowns)		

Progress Check 3

Standing With Guard	Stand with your guard up without touching your hands on the ground - maintain balance.
Training Rule # 2:	"Learn from those above you and teach the people below you."
Revise: Previous Level	

Grading: Physical Component:

Push-ups	5
Sit-ups	5
Squats	5

Belt Theme: GOAL SETTING

"A winner is someone who sets goals, commits to them and then pursues those goals with all the ability given to them". In the 1950's, Harvard did a study on goal setting. After interviewing their student body they were shocked to find that only 3% had correctly set written goals. Twenty years later they did a follow-up study. The study showed that 3% had achieved more than the other 97% combined. It is important that you set clear short term goals (3 months), medium term (1 year) and long term goals (4 years plus) for the following areas of your life 1) Family life 2) Career 3) Finance and investment 4) Social / friends 5) Health & Fitness including your training at Wilkes Martial Arts 6) Education / Mental and Spiritual development. Set your goals NOW. If you need assistance in setting goals, please ask us for assistance.

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