

# YOUNG ADULTS - WHITE

## **Level Notes:**

1. The instructor team is always here to help and we especially encourage you to share your training experience with us.

Please let us know if there is anything we can help you with.

2. If you are going to miss a session, we kindly ask that you call and let us know.

## **Equipment required for this level.**

Bag gloves - To protect your knuckles during padwork.

The team at the front counter are more than happy to help with glove selection.

## **Progress Check 1**

Fighting Stance & Fist	<i>Both stances</i>
Jab (Punch #1)	<i>Both stances</i>
Cross (Punch #2)	<i>Both stances</i>
Round House	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Front Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Self Defence	<i>Single wrist grab - same side (prepare &amp; demonstrate two defences - No take-downs)</i>
Push-Up	<i>Demonstrate correct technique</i>
Sit-Up	<i>Demonstrate correct technique</i>

## **Progress Check 2**

Push Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Jab, Cross, Jab (1,2,1)	<i>1. Stationary 2. Both stances</i>
Jab-Cross-Roundhouse	<i>1. Stationary 2. Advancing 3. Both stances</i>
Push Kick (lead), Jab, Cross	<i>Both stances</i>
Self Defence	<i>Single wrist grab - opposite side (prepare &amp; demonstrate two defences. No take-downs)</i>
Self Defence	<i>Double wrist grab (prepare and demonstrate two defences. No take-downs)</i>
Squat	<i>Demonstrate correct technique.</i>

## **Progress Check 3**

Training Rule 1:	<i>"Treat others as you wish to be treated"</i>
Warmup and Stretch	<i>Prepare your own based on what you have learned (10 minutes)</i>
Revision	<i>Of current syllabus</i>

## Belt Theme: PUNCTUALITY

### **Eighty percent of success is showing up. - Woody Allen**

Know the true value of time; grab, seize, and enjoy every moment of it. No idleness, no delay, no procrastination; never put off till tomorrow what you can do today. - Lord Chesterfield (1694-1773)

Focus on punctuality on this belt level. This is a key factor in achieving your martial arts goals.

You need to maintain punctuality to your classes until attendance becomes a habit. Research shows that it takes about 66 days to develop a habit. Many senior students have maintained their average of two classes each week for over 10 years and their results are clearly evident in their positive attitudes, character, confidence, physique and self defence capability.

**A journey of a thousand miles must begin with a single step - Lao-Tzu.  
Punctuality is a trait of a true Black Belt Martial Artist.**