

# YOUNG ADULTS - YELLOW

## Level Notes:

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

### Progress Check 1

Body Jab (B1)	<i>Use a small lunge to change level to target opponents body</i>
Body Cross (B2)	<i>Step lead diagonally outwards, small lunge to change level, strike, step rear leg up after strike</i>
Backfist	<i>1. Stat. alt - Rear then lead 2. Both stances 3. Sliding variation (trap w/ rear - strike w/ lead)</i>
Footwork Drill	<i>2 steps forward, 2 steps backward, 2 steps left, then 2 steps right. Guard up. No punching</i>
Self Defence	<i>SINGLE hand REAR grab to shoulder - same side (TWO prepared defences - No takedowns)</i>

### Progress Check 2

Side Thrust Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
Buddha Kick	<i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>
360 Roundhouse Kick	<i>Perform in both stances</i>
Self Defence	<i>SINGLE hand REAR grab to shoulder - opposite side (TWO prepared defences - No takedowns)</i>
Self Defence	<i>DOUBLE hand REAR grab to shoulders (TWO set defences - No takedowns)</i>

### Progress Check 3

Personal Combo	<i>Build your own 4 strike combo based on your strengths / favourite techniques</i>
9 Tenets	<i>1 - 5: Courtesy, Integrity, Perseverance, Self control, Indomitable Spirit.</i>
Revise: All Previous Levels	

### Grading: Physical Component:

Push-ups	10
Sit-ups	10
Squats	10

### Belt Theme: EFFORT

**“Genius is 1% inspiration and 99% perspiration.” - Thomas Edison**

**“It’s not how many hours you put in, it’s how much you put into the hour.”**

Often times we are not successful because we simply don’t try hard enough.

Lack of effort in your martial arts training can be directly attributed to not achieving your goals.

If you can make a habit of giving your training your best effort, both mentally and physically, you are sure to become far more proficient in a much shorter time.

**“If it is to be - it is up to me!”**