

YELLOW BELT

Mirroring And Striking Drill (feather touch and power):

- A. Leads, shuffling in all directions, setting and catching strikes.
- B. Follows, mirroring, setting, and striking with combinations:
 - 1. Side Kick, Reverse Punch
 - 2. Wheel Kick, Reverse Punch
 - 3. Backfist, Reverse Punch
 - 4. Reverse Punch, Reverse Punch

Stances (review verbals 1-8 from 1st, 2nd and 3rd Stripe):

Horse Stance

Cat Stance

Scissor Stance

Hard Bow

Soft Bow

Attention Stance (or focus stance)

Stretches: Splits and Side Splits.

Awareness Reaction Drill:

- A. Shuffles forward, back, right or left, and when they feel like it, strikes at partner with one strike and moves out covering on way out.
- B. Follows, mirroring and riding the edge of striking distance, defends and moves in.

"A" works on controlling the distance with footwork, setting up partner with footwork, disguising attacks with footwork, striking from mobile position, mixing up strikes, initial speed and acceleration.

"B" works on awareness reaction skills, riding the edge of the striking distance, staying in good position while defending.

Note: To advance this drill, have person "A" change up the strike.

Power Strikes: with same four (4) combinations as above.
Also include Roundhouse Kick, Reverse Punch.

Conditioning: Shoulder Push-ups, Leg Raises, and Crunches.