

# YELLOW BELT 3RD STRIPE

## Basics:

Lunge Punch, Cover  
Shuffle Jab, Lunge Punch  
Lunge Punch, Lunge Punch

## Footwork Defenses With Setting And Striking:

- A. Attacks with Shuffle Jab, Jump Wheel Kick.
- B. Does Defense and Set and Fire with Jab, Reverse Punch.
  
- A. Attacks with Shuffle Jab, Reverse, Roundhouse.
- B. Does Defense and Set and Fire with Side Kick.

## Verbals:

- 9. How big is the ring? Two steps back.
- 10. What are two options if you take those two steps?  
Move out or fight out.

## Defense And Circle Outs:

- 1. Explain Circle Out in a Physical Sense:

Defense for Shuffle Jab, Jump Wheel and Circle Out back to center of ring facing opposite direction.

Defense for Shuffle Jab, Reverse Punch, Roundhouse Kick and circle out back to center of ring facing opposite direction.

2. Explain Circle Out in a Mental Sense:

If you become aware that you are thinking negatively, stop, think back to a past victory and get yourself to a positive mind set or center.

3. Explain Circle Out in an Emotional Sense:

If you become aware that you are getting frustrated, angry or scared, stop, do some deep breathing to cool down and ask yourself, what's bothering me? What can I do to fix it? When ideas come to your mind, think those ideas through to there end consequences, and choose a positive option.

**Stretches:** Splits and Side Splits.

**Awareness Reaction Drill:**

- A. Holds big square target and advances toward partner, changing up the timing and intensity.
- B. Shuffles back and pushes off the line of attack and either sets and fires strike – or – circles out repositioning back to the center of the ring.