

## YELLOW BELT TEST

**BREAKFREE TECHNIQUES :** Push Defense  
Double Wrist Grab  
Hammer Lock  
Strangle Hold  
Tackle 1-2

**COMBINATION STRIKES** with Feather Touch:

Shuffle Side Kick, Reverse Punch  
Shuffle Wheel Kick, Reverse Punch  
Shuffle Backfist, Reverse Punch  
Shuffle Reverse Kick, Reverse Punch  
Roundhouse Kick, Reverse Punch

**DEFENSES FOR “COMBINATION STRIKES”** Above With or Without Partner.

**AWARENESS REACTION DRILL:**

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

**POWER STRIKES** with same “COMBINATION STRIKES” as above, on a Target.

## Yellow Belt Test Cont'd

### STANCES:

Low Horse Stance	- Scissor Stance	- Soft Bow
Cat Stance	- Hard Bow	- Low Splits

Hold LOW HORSE STANCE and SPLITS for 30 seconds while reviewing the following verbals:

1. **Breathing Technique 1:** Feel your mind, body and emotions. Relax as you breathe in through the nose, deep into your lower abdomen, and let it out of the mouth.
2. **What is the most important principle in self-defense:**  
**Preventive Defense:** Always respect, Awareness, and Avoid.
3. **Respect Rule 1:** Watch what you think, feel, say or do in order to set up positive consequences.  
**Respect Rule 2:** Watch what you don't think, feel, say or don't do that could allow negative consequences.
4. **Listening Technique 1:** Be still, eye contact, repeat message.
5. **Positive Manner:**
  - I ) Belief in yourself;
  - II ) Feeling positive;
  - III ) Being supportive of yourself and others.
  - IV ) Think, feel, say or do only positive things to set up positive consequences.
6. **Four Rules of Concentration:** I ) Focus your eyes; II ) Focus your ears; III ) Focus your mind; and IV ) Focus your body.
7. **Self-Discipline:** Doing things without being told.
8. **What does being in good position mean?**  
Ready to strike, ready to defend, and being in good range.