



	WHITE/YELLOW BELT	
	12TH KUP	

03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
CONNECTION	DISCUSS W/ BLACK BELT INSTRUCTOR: 1. The Concept of CONNECTION 2. RULES & PROTOCOL OF THE STUDIO WRITTEN PAPER: Describe how you can make new Connections with yourself, with others, & with your new martial art journey. How did it make you feel? And, How do you think it made others feel?

PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS	(Blocks Start Left, Strikes Start Right)	FORMS
BLOCKS, STRIKES, & STANCES: 1. Natural Block 2. Front Stance Down Block 3. Front Stance Middle Punch 4. L - Stance & Straight Leg L - Stance (Show Separately) 5. Jab, Back Fist, & Reverse Punch (Show Separately) KICKS & FOOTWORK: 1. Back Leg Stretch Kick (Two in a Row) 2. Back Leg Snap Kick (Two in a Row) 3. Skip Away / Skip In Footwork		BASIC FORM 1

COMBINATIONS	SPARRING
OFFENSE: 1. Back Leg Snap Kick, Front Hand Back Fist, Driving Reverse Punch 2. 1 - 2 Punch, Back Leg Snap Kick DEFENSE: 1. Skip Away / Skip In, Front Leg Snap Kick, 1 - 2 Punch 2. Cover Up, 1 - 2 Punch, Cover Up	3 STEP SPARRING: 1. Understand Ring Protocol 2. Use at Least 1 Offense Combo & the Defense Combo in the Match. 3. Match Time: 60 Seconds

SELF DEFENSE	
CONCEPT: THUMBS ARE WEAK	AWARENESS: DEFENDING PERSONAL SPACE
GRABS: 1. Two Hand Wrist Grab Down & Two Hand Wrist Grab Up 2. Same Hand Wrist Grab 3. Same Hand & Cross Hand Wrist Grabs 4. Same Hand & Cross Hand Wrist Grabs	ESCAPES: 1. Pull Up & Pull Down 2. Pull Up & Diagonal Down Escape 3. Push & Diagonal Up Escapes 4. Elbow Roll Over Escapes
SELF DEFENSE DRILLS: 1. Proximity Drill - Defend Personal Space & Make a Scene: Yell "NO" or "STOP" 2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumbs	



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OVERALL REVIEW

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| 1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: | 12th KUP |
| 2. REVIEW MENTAL DEVELOPMENT CONCEPT: | CONNECTION |
| | RULES & PROTOCOL OF THE STUDIO |

INFORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE

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| 1. SIGNED UP FOR: | INFORMAL TEST |
| 2. EARNED: | 6 PROGRESS STRIPES |
| 3. TURNED IN: | WRITTEN PAPER |
| | ATTITUDE & GRADE VERIFICATION (Under 18 years ONLY) |
| | TEST FEE: \$25 |