

Syllabus Techniques for

2nd Grade - Yellow - Novice



1. FITNESS

20 x Sit Ups
10 x Push Ups

2. DEMONSTRATE

Yellow-Belt Routine

Jab - Cross - Hook - Cross - Uppercut - Uppercut

Elbow - Elbow - Knee

(Focus on full extensions and turning the hips)

3. DEFENCE

Avoidance:

Head - Lean Back, Body - Curve Body In, Legs - Straighten/Skip (roundhouse & teab)

4. PAD COMBINATIONS

5. GRAPPLING

Grip changing to advantage hold - *Arm and Neck control, Hip check*

Manoeuvre partner forward, backward, left & right

6. SPARRING

1 x 2 Minute round light continuous leg sparring - No Blocking, *Only Roundhouses*

7. PERFORM

Sealing the Ring