



YELLOW BELT

The colors of each Martial Artist's belt tells a story of life, growth and development. The Yellow Belt signifies the earth from which a Martial Artist's skills sprout and takes root. The strength of this foundation is what will support your growth throughout your Martial Arts journey. Your Yellow Belt represents the earth or this foundation.

YELLOW BELT CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Spin Kicks
 - Spin Crescent Kick
 - Spin Side Kick
2. Taekwondo Jump Kicks
 - Jump Front Kick
 - Jump Side Kick
 - Jump Round Kick
3. Taekwondo Blocks
 - Double Fist Block
 - Double Knifehand Block
 - Square Block
4. Taekwondo Sparring - Five Step Sparring
5. Muay Thai Offense
 - Double Left Kick
 - Double Right Kick
 - Right to Left 4 Count
6. Muay Thai Defense
 - Defend Right to Left 4 Count

YELLOW BELT CURRICULUM - JUN FAN / JEET KUNE DO

1. Straight Blast Drills
 - O'ou Tek / Pak Sao Da / Straight Blast / O'ou Tek
2. Trapping
 - Double Pak Sao Da / Cross / Hook / Cross

YELLOW BELT CURRICULUM - KALI / ESKRIMA / SILAT

1. Wing Blocks Angles 1-5
2. Snake Disarms Angles 1-5
3. Inayan Sinawali 7 Count
4. Hubud Drill - Angles 1-5

