



	WHITE/YELLOW BELT	
	KK - 12TH KUP	

03/05/2022

## MENTAL DEVELOPMENT

CONCEPT	TO DO'S
CONNECTION	<p><b>DISCUSS W/ BLACK BELT INSTRUCTOR:</b></p> <ol style="list-style-type: none"> <li>1. The Concept of CONNECTION</li> <li>2. Know the RULES &amp; PROTOCOL OF THE STUDIO</li> </ol>

## PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS - <span style="color: red;">RED STRIPE</span> <span style="float: right;">(Blocks Start Left, Strikes Start Right)</span>	FORMS - <span style="color: black;">BLACK STRIPE</span>
<p><b>BLOCKS, STRIKES, &amp; STANCES:</b></p> <ol style="list-style-type: none"> <li>1. Natural Block</li> <li>2. Front Stance Down Block</li> <li>3. Front Stance Middle Punch</li> <li>4. L - Stance &amp; Straight Leg L - Stance (Show Separately)</li> <li>5. Jab, Back Fist, &amp; Reverse Punch (Show Separately)</li> </ol> <p><b>KICKS &amp; FOOTWORK:</b></p> <ol style="list-style-type: none"> <li>1. Back Leg Stretch Kick (Two in a Row)</li> <li>2. Back Leg Snap Kick (Two in a Row)</li> <li>3. Skip Away / Skip In Footwork</li> </ol>	<p><b>BASIC FORM 1</b></p>

COMBINATIONS - <span style="color: blue;">BLUE STRIPE</span>	SPARRING - <span style="color: yellow;">YELLOW STRIPE</span>
<p><b>OFFENSE:</b></p> <ol style="list-style-type: none"> <li>1. Back Leg Snap Kick, Front Hand Back Fist, Driving Reverse Punch</li> <li>2. 1 - 2 Punch, Back Leg Snap Kick</li> </ol> <p><b>DEFENSE:</b></p> <ol style="list-style-type: none"> <li>1. Skip Away / Skip In, Front Leg Snap Kick, 1 - 2 Punch</li> <li>2. Cover Up, 1 - 2 Punch, Cover Up</li> </ol>	<p><b>3 STEP SPARRING:</b></p> <ol style="list-style-type: none"> <li>1. Understand Ring Protocol</li> <li>2. Use at Least 1 Offense Combo &amp; the Defense Combo in the Match.</li> <li>3. Match Time: 60 Seconds</li> </ol>

SELF DEFENSE - <span style="color: green;">GREEN STRIPE</span>	
<p><b>CONCEPT: THUMBS ARE WEAK</b></p> <p><b>GRABS:</b></p> <ol style="list-style-type: none"> <li>1. Two Hand Wrist Grab Down &amp; Two Hand Wrist Grab Up</li> <li>2. Same Hand Wrist Grab</li> <li>3. Same Hand &amp; Cross Hand Wrist Grabs</li> <li>4. Same Hand &amp; Cross Hand Wrist Grabs</li> </ol> <p><b>SELF DEFENSE DRILLS:</b></p> <ol style="list-style-type: none"> <li>1. Proximity Drill - Defend Personal Space &amp; Make a Scene: Yell "NO" or "STOP"</li> <li>2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumbs</li> </ol>	<p><b>AWARENESS: DEFENDING PERSONAL SPACE</b></p> <p><b>ESCAPES:</b></p> <ol style="list-style-type: none"> <li>1. Pull Up &amp; Pull Down</li> <li>2. Pull Up &amp; Diagonal Down Escape</li> <li>3. Push &amp; Diagonal Up Escapes</li> <li>4. Elbow Roll Over Escapes</li> </ol>

OVERALL REVIEW - <span style="color: purple;">PURPLE STRIPE</span>	
<ol style="list-style-type: none"> <li>1. REVIEW &amp; PASS OFF ALL PHYSICAL REQUIREMENTS:</li> <li>2. REVIEW MENTAL DEVELOPMENT CONCEPT:</li> </ol>	<p>KK - 12th KUP (WHITE/YELLOW BELT)            CONNECTION            RULES &amp; PROTOCOL OF THE STUDIO</p>



	<b>WHITE/YELLOW BELT</b>	
	<b>KK - 12<sup>TH</sup> KUP</b>	

## INFORMAL TEST REQUIREMENTS

**MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE**

1. SIGNED UP FOR: **INFORMAL TEST**
2. EARNED: **6 PROGRESS STRIPES**
3. TURNED IN: **TEST FEE: \$25**