

RANK STUDY GUIDE - JUNIOR YELLOW BELT

Junior Yellow belt is a big step in the martial arts - it is the beginning of a long journey and your first major marker of progress. There is a lot to learn when working towards yellow belt - so be patient and focused, and practice often.



KULA ONA KUPALE

BASICS:

- Block Set
- How to Punch In
- Fighting Stance
- Guard
- Step-Drag Footwork
- Salutation / Bow
- Jab/Cross on Mitts
- Basic Posture
- Horse Stance
- Shrimping
- 10 Proper Pushups
- Takedown Footwork
- Introduce the Sprawl
- Wrist Release
- Forward Roll
- Focus
- Proper Line Up

TECHNIQUES:

- Evading the Lunge
- Breaking the Twig

FORMS:

- Line Drill Basics

SPARRING:

- Participates in Slow-speed Sparring Game