

THE LUDUS Academy of Martial Arts - Yellow Belt Checklist

Requires White Belt with four stripes

Name:

Date:

Attributes:

- 3 Minutes Focus Seiza
- 10 Push ups
- 10 Crunches
- 10 squats

Skills:

- Ability to tie your belt

Protocol:

- Attention Position
- Fighting Stance
- Bow
- Seiza Position
- Respect

Offense:

- Jab
- Cross
- Hook
- Side Kick
- Roundhouse Kick
- Oblique Kick
- Front Kick
- Single Leg Takedown
- Leg Sweep Takedown

Focus Pads:

- 3 Minute Round with teacher
- Show ability to slip and duck standing still

Grappling Positions:

- Mount
- Guard

Self-Defense:

- Escape from wrist grab, loosener and release

Defense:

- Parry
- Cover
- Slip
- Duck

Footwork:

- Movements 1-4
- Pendulum forward and back
- Switch Feet

- Demonstrate a safe break fall

Notes:
