

THE LUDUS Academy of Martial Arts - Yellow Belt Checklist

Name:

Date:

Attributes:

3 Minutes Focus Seiza

10 Push ups

10 Crunches

10 squats

Protocol:

Attention Position

Fighting Stance

Bow

Seiza Position

Respect

Skills:

Ability to tie your belt

Jab

Cross

Front Kick

Side Kick

Roundhouse

Oblique Kick

Leg Sweep Takedown

Single Leg Takedown

Mount

Guard

Focus Pads:

3 Minute Round with teacher

Show ability to slip and duck standing still

Footwork:

Movements 1-4

Pendulum forward and back

Switch Feet

Self-Defense:

Escape from wrist grab, loosener and release

Notes: