

WHITE & YELLOW BELT STRIPING SHEET: TESTING JUNE 2022

Congratulation on starting your RISE as a martial artist. Every accomplishment starts with a decision to try. As a White Belt you are making the choice to develop the skills of a martial artist as demonstrated by the 15 steps of our belt rank program. As a Yellow Belt you must prioritize your goals and commit to the journey of a martial artist.

GENERAL RULES:

- When you enter the school, find all the instructors and say, "Good Afternoon, Sir/Ma'am!"
- Refer to all instructors as Mr. / Mrs. and their last name.
- Wear to class: Training uniform (black dry-fit shirt, uniform pants, belt, TR grip socks)
- Bring to class: Finger-less bag gloves and target pad in drawstring bag

CURRICULUM & STRIPES:

Your goal in class is to earn the stripes required for the next belt; it takes focus and hard work! The following is the breakdown for each one:

RISE BELT TYING & RISE STORY: CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE

1. STANCES & LISTENING POSITIONS & STRIKES

STANCES

- Attention – feet together, hands at sides, eyes forward
- Chung-Be – feet shoulder width, top two knuckles face each other in front of the knot of your belt
- Sitting – feet twice as wide as shoulders, toes forward, knees bent evenly (weight 50% on each leg)

LISTENING POSITIONS

1. Sitting, legs crossed with hands on knees
2. Kneeling on right knee with hands on left knee

STRIKES

- Punch
- Palm Heel

2. KICKS & BLOCKS

KICKS

- Front Kick
- Side Kick

BLOCKS

- High Block
- Outer Forearm Block



3. HO-AM FORM

1	Step to left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Right Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike	Sitting Stance
7	Left Outer Forearm Block	Sitting Stance
8	Right Punch/Left Punch (CAT 2)	Sitting Stance

4. SELF DEFENSE SKILLS

- Backwards Fall and Stand in Base
- Front Choke Escape
- Wrist Releases:
 1. Single grab to one arm
 2. Double grab to two arms
 3. Double grab to one arm

