

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



YELLOW BELT KIDS - COURSE SYLLABUS

Below you will find a list of skills, techniques and knowledge, which your child will be asked to show in order to successfully complete the Taijutsu Yellow Belt Level and advance into the Orange Belt Syllabus.

Average course length are 20 training sessions.

Student Name: _____

TECHNIQUE	INTRODUCED	APPLIED
Boxing:		
- improve two combinations (strike and defend)	<input type="checkbox"/>	<input type="checkbox"/>
- perform them with a partner forward/backward/rotating	<input type="checkbox"/>	<input type="checkbox"/>
Mat Work:		
- Breakfalls from standing position: front, sideways (both sides), forward/backward roll	<input type="checkbox"/>	<input type="checkbox"/>
- Throw: Rice-Bale	<input type="checkbox"/>	<input type="checkbox"/>
Self-Defence		
- Defend against wrist grab	<input type="checkbox"/>	<input type="checkbox"/>
- Spatial Awareness	<input type="checkbox"/>	<input type="checkbox"/>
Basic Techniques:		
- Kicks: Snap Kick, Knee, Roundhouse to the pad	<input type="checkbox"/>	<input type="checkbox"/>
- Stances: power stances combined with a strike (Front stance and horse stance)	<input type="checkbox"/>	<input type="checkbox"/>
- Hand techniques: how to make a fist, how to block a punch	<input type="checkbox"/>	<input type="checkbox"/>
- Blocks: Fence, Gate, slapping block, head cover - pressure testing	<input type="checkbox"/>	<input type="checkbox"/>