

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



YELLOW BELT/ORANGE STRIPE 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 with Orange Stripe and advance into the Orange Belt Syllabus.

Average course length are 26-30 training sessions.

Student Name: _____

TECHNIQUE	INTRODUCED	APPLIED
Boxing:		
- Combination 1 + turn/elbow + leg sweep	<input type="checkbox"/>	<input type="checkbox"/>
- Combination 3	<input type="checkbox"/>	<input type="checkbox"/>
- padwork	<input type="checkbox"/>	<input type="checkbox"/>
- structured sparring - using techniques from the three combinations	<input type="checkbox"/>	<input type="checkbox"/>
- efficient use of "Fence" as guard and counter	<input type="checkbox"/>	<input type="checkbox"/>
Mat Work:	<input type="checkbox"/>	<input type="checkbox"/>
- Back Breakfall against floor and wall	<input type="checkbox"/>	<input type="checkbox"/>
- Long Roll and Turn	<input type="checkbox"/>	<input type="checkbox"/>
- Front Breakfall to Backwards Roll	<input type="checkbox"/>	<input type="checkbox"/>
- Leg Sweep on a Partner	<input type="checkbox"/>	<input type="checkbox"/>
- Kick-over throw on a dummy	<input type="checkbox"/>	<input type="checkbox"/>

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TECHNIQUE	INTRODUCED	APPLIED
Leg Work:		
- Kicking Combination 1 (Push Kick and Roundhouse)	<input type="checkbox"/>	<input type="checkbox"/>
- Kicking Combination 2 (Hammer Fist + Knee)	<input type="checkbox"/>	<input type="checkbox"/>
- Pushing off wall to punch	<input type="checkbox"/>	<input type="checkbox"/>
- Stepping off basic stance --> show in different drills	<input type="checkbox"/>	<input type="checkbox"/>
Disengagement Techniques:		
- Inward and Outward Wrist Manipulation against wrist grab	<input type="checkbox"/>	<input type="checkbox"/>
- Thumb Lock	<input type="checkbox"/>	<input type="checkbox"/>
- Knowledge of anatomy and pressure points of the hand	<input type="checkbox"/>	<input type="checkbox"/>
Self-Defence:		
- Defend against chokes and lapel grabs	<input type="checkbox"/>	<input type="checkbox"/>
- Use of Clothing in defensive techniques (Hoodies, Ties)	<input type="checkbox"/>	<input type="checkbox"/>
- Identifying and setting boundaries	<input type="checkbox"/>	<input type="checkbox"/>
Weapons (age 10+ only):		
- Jo-Staff Drill 1	<input type="checkbox"/>	<input type="checkbox"/>
- Jo-Staff Kata 1	<input type="checkbox"/>	<input type="checkbox"/>