

Marietta Martial Arts



To become a Yellow Belt

BREAKFALLS

1. Sitting Right
2. Sitting Left
3. Sitting Back

PUNCHES (L & R side)

1. Vertical – jab & cross
2. Hammer fist
3. Back fist

KICKS – (F) & (R) LEG (Knee & Waist High)

1. Front
2. Side
3. Back

BREAKAWAYS (Both Sides)

1. Inward push –
2. Circle pushdown –
3. President release –
4. Hammer Release –

SAME SIDE WRIST (Both Sides)

1. Outside Lead –
2. Knife to back of hand –

SETS

1. Star Block Set One

LOCKFLOW

1. Locks 1-3 – both sides