

Fist and Foot Martial Arts

Sensei Alex

Curriculum Toward Yellow Belt

What White Belts Learn

FORMS

SKILL SET ONE

BLOCKS

HIGH BLOCK

MIDDLE BLOCK

HIGH BLOCK

HAND POSITIONS

HOW TO MAKE A FIST

HOW TO PUNCH A BAG

HOW TO MAKE A KNIFE HAND

KICKS

#2 FRONT PUSH KICK

#2 FRONT SNAP KICK

LOW STOMP KICK

WHAT PART OF FOOT MAKES CONTACT

STRIKE RANGES

HIGH SECTION PUNCH

MIDDLE SECTION PUNCH

LOW SECTION PUNCH

STANCES

ATTENTION STANCE

MIDDLE STANCE

FIGHTING STANCE

“RELAX/READY” STANCE

SELF DEFENSE

SINGLE HAND GRAB

TWO HAND GRAB

FRONT CHOKE #1

BACK CHOKE #1