

Advanced White Belt

Minimum training: 10 classes

Stand up

Requirements:

Footwork:

1. Basic Stance
2. Lead Step
3. Shuffle Step

Offense:

1. Jab
2. Straight Right
3. Foot Jab

Defense:

1. Catch
2. Parry
3. Foot Jab Catch

Drills:

1. Jab 4 locations (3 min round)
2. Single, Double and Triple Jab on Focus Mitts
 - a) Stationary
 - b) Forward
 - c) Backwards

Memorize:

Saying to achieve all that is possible we must attempt the impossible. To be as much as we can be we must dream of being more.

Self-discipline: Making yourself do what needs to get done even when you don't feel like it.

Example: Give a situation where you would use self-discipline.

Grappling

Extra Curricular:

Positioning:

1. Cross Body

Submissions:

1. Figure Four Upper Branch



Escapes:

1. Elbow Escape from cross body

View a video of these techniques here: http://www.youtube.com/watch?v=_V4boxrd6l4