

WRITTEN TEST MATERIAL FOR PROMOTION YELLOW/WHITE BELT

(Cost for test is \$20 and must be paid prior to test)

Warm-Up Techniques

1. Tie the Belt
2. Stand-in-Base
3. Forward Break-Fall
4. Side Break Fall, Stand in Base
5. Backwards Break Fall, Stand in Base
6. Forward Roll into Break Fall, Stand in Base

Demonstration of The Rules of Engagement

7. Avoid the Fight
8. Talk to the Bully (must be believable).
9. Tell your Parent, Tell your instructor (must be believable).
10. T-Position off of head lock attempt.
11. Defend yourself.
12. Keep telling the Bully to Stop.
13. Keep yourself safe, and keep the bully safe.

Physical Techniques

14. Regain Guard from Crossbody
15. Regain Guard from Mount
16. Sit-Up Sweep from Guard
17. Scissors Sweep from Guard
18. Cross Choke from Guard
19. Bent Armlock (Kimura) from Guard
20. Straight Armlock from Guard
21. Triangle Choke from Guard
22. Regain Guard from Crossbody, Cross Choke
23. Regain Guard from Mount, Bent Armlock (Kimura)
24. Regain Guard from Crossbody, Straight Armlock
25. Regain Guard from Mount, Triangle Choke