Mount Pearl School of Martial Arts

Yellow Belt Testing Criteria

Jab

- The jab is done with the front fist
- Fist closest to target (Left side in front, then left hand is used for the jab)
- Contact is made with the top two knuckles
- The top two knuckles are the knuckles next to the thumb

Punch

- The punch is done with the rear fist
- Fist farthest from target (Left side in front, then right hand is used for the punch)
- Contact is made with the top two knuckles
- The top two knuckles are the knuckles next to the thumb

Front Kick

- Contact is made with the ball of the foot
- The ball of the foot is found when you come up on our tippy toes
- This is a THRUST kick. Thrust kick means you push with your hips
- Toes should face up, not stuck straight out

Side Kick

- Contact is made with the heel of the foot
- The heel of the foot is found when we tip our toes backwards towards the shin
- This is a THRUST kick, Thrust kick means you push with your hips
- Hitting with the entire bottom of your foot will reduce the impact of this kick

Round Kick

- Contact is made with the instep of the foot
- The instep is where your shoes laces are on your shoes
- This is a SNAP kick, meaning the lower leg snaps from the knee
- The round kick is the only snap kick we do at Yellow belt level

Pivot

- This is when you turn on the ball of the foot and open up your hips
- For pivots when kicking - It's done on the foot that is NOT kicking
- It allows the hips to open up and generate for power (very important for round kick & side kick)

Combination

- more than one technique is performed
- A punch is a single technique
- A jab / punch is a combination, as is a jab / punch / kick

Mat requirements

- Break Fall 1 (Start from lying on your back, head up, feet and knees together)
- Break Fall 2 (Start from lying on your side with knees slightly bent, rotate to opposite side)
- Break Fall 3 (Start from catchers position, extend one leg out in front and drop to that hip)

- Forward Shoulder Roll (also done with a slap out)
- Backward Shoulder Roll
- Grappling sequence (start in side control, move to mount, partner on bottom escape mount, lock up your guard, top person escapes guard and ends in side control, repeat with other person starting)

Push Ups

- 20 is the minimum requirement for youth Yellow belt grading *done at the end of the grading
- The hands are directly under the shoulders and while keeping your back straight, bring your chest towards the ground and stop when elbows are bent at 90 degrees. Then push up until your arms are straight again
- Breathe in as you go down and out as you come up.

Other Items we will cover

- Bully proofing drill (using voice and strikes against an attacker)
- Proper Fighting stance
- Correct way to tie your belt
- Footwork drills using step ups and step backs