

# YELLOW BELT

ATTACK	STRIKE DEFENSE
Right Top of Head	L. Front Stance / L. High Block Grab / R. Reverse Punch / R. Rear Knee Strike
Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Reverse Punch / R. Rear Knee Strike
Right Straight Punch	L. Front Stance / L. Inside Block / R. Reverse Punch / R. Rear Knee Strike
Right Kick	Dash Back / L. Low Block / R. Rear Roundhouse Kick
Left Top of Head	R. Front Stance / R. High Block Grab / L. Reverse Punch / L. Rear Knee Strike
Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Reverse Punch / L. Rear Knee Strike
Left Straight Punch	R. Front Stance / R. Inside Block / L. Reverse Punch / L. Rear Knee Strike
Left Kick	Dash Back / R. Low Block / L. Rear Roundhouse Kick

ATTACK	GRAB DEFENSE
Rear Choke	Pluck / Stomp / Elbow #5 / Elbow #4
Front Choke	Swing Out "J Swing / Knee Strike / Elbow #2 / Attack
Headlock	Turn Face In / Outside Arm Wrist Grab / Inside Arm To Face Pull Back / Hammer Punch
Front Bear Hug	Lock Leg With Weaker Leg / Bite Or Headbutt / Strong Leg Knee To Groin
Rear Bear Hug	Drop Low Horse Stance / Bring Arms Up Forward / Groin Strike R. Hand & L. Hand / Elbow #2
Same Side Wrist Grab	Hitch Hike Kick
Opposite Side Wrist Grab	Grab Hand With Opposite Hand / Step In Elbow/ Knee