

TESTING FOR ADVANCE YELLOW BELT	
General	Control Your Dimensions: H-W-D of Blocking Set
	Understand and Explain the 3 Motivations
	Define the Opening/Salute
Questions	How do we establish the width of the Engaged Position?
	How do we establish the depth of the Engaged Position?
	How do we establish the height of the Engaged Position?
	What is the difference between "Engaged" and "Neutral?"
Sets	Striking Set
Forms	Long 1
Defenses	<i>Know 3. Show base move. Use to Defend.</i>
1	Hammer Defense - High - Inside (HDHI)
2	Hammer Defense - High - Outside (HDHO)
5	Whipping Defense - High - Inside (WDHI)
6	Whipping Defense - High - Outside (WDHO)
Type of Attack	Touch, Push, and Grab
Angle of Attack	Front and Flank
Moving In or Out	Moving to corner away from attack
Weapons	Elbow/Knee (Top, Bottom, Inside, outside, Bend)
Kicks	Side / Round / Back
Targets	Mandible - Mastoid - Philtrum
This training card is meant to support your training, not serve as a checklist. Items marked with a (v) have accompanying videos in the library (attitudefirst.com/library) to assist with the at-home portion of your practice. It's crucial to understand the why behind each pattern, set, and form rather than just memorizing movements. Also, remember to retain and refine what you've learned from previous belts—everything you've studied will be tested!	