

**YELLOW BELT SYLLABUS SELF DEFENCE:**

**\*1. DELAYED SWORD:**

**Right hand lapel grab / Right hand straight punch.**

**\*2. ALTERNATING MACES:**

**Front two hand push.**

**\*3. SWORD OF DESTRUCTION:**

**Front left hand round house punch to head.**

**\*4. DEFLECTING HAMMER:**

**Front right thrust kick to stomach.**

**5. CAPTURED TWIGS:**

**Rear bear hug. Arms pinned.**

**6. GRASP OF DEATH:**

**Left Flank, Right Arm Headlock.**

**\*7. CHECKING THE STORM:**

**Right step thru over head club attack.**

**8. MACE OF AGGRESSION:**

**Front two hand lapel grab, pulling in.**

**\*9. ATTACKING MACE:**

**Right straight punch to face.**

**\*10. SWORD AND HAMMER:**

**Right flank, left hand shoulder grab.**

**SETS:**

**BLOCKING SET ONE.**

**FORMS:**

**SHORT FORM ONE.**

**\*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.**