

## Extreme HEET Yellow Belt Requirements

### **Stances**

Ready stance  
Defensive stance  
Fighting stance

### **Blocks**

High forearm block  
One arm cross block

### **Kicks**

Shin kick  
Front snap kick

### **Strikes**

4 open hand strikes  
Palm heel strike  
Finger to eyes

### **Breakfalls**

#1 Lying on your back  
#2 Rolling side to side  
#3 Rolling backwards

### **Takedowns**

Ankle knee takedown

### **Hold Escapes**

1 wrist grab straight  
1 wrist grab across  
2 wrist grab from above  
1 hand on each wrist  
2 hands on one wrist

### **Grappling / Ground defense**

Spider Kids (Spider Hands and Spider Swim)  
Spider combination (moving from spider hands to swim)  
Shark Bite (Quick bite and Quick Hug)  
Combination (quick bite, transition to mount, spider hands / swim)

### **Vision**

Student will write a paragraph on the what the word COURAGE means to them. They must also provide a personal example.