

White to Yellow belt requirements

ZDK V6.1



ASSESSMENT – Yellow Belt

After a MINIMUM of ten sessions, a ZDK novice student will be assessed using the following format:

Warm up

- 1 minute personal routine
- 10 Pushups/Situps

Preliminaries

Footwork:

- Stamp (Advancing)
- Stamp (Retreating)
- Cross Step
- Side Step
- Step Through

Hands (to be done with movement):

- Stamp - Jab
- Stamp - Cross
- Side Step - Hook
- Step up - Uppercut
- Step through – Overhand

Drills – all done with movement

- 1) Jab, Cross
- 2) Jab, Cross, Hook
- 3) Jab, Cross, Centre deflection, Cross
- 4) Jab, Uppercut, Hook, Cross
- 5) Jab, Cross, Hook, Weave (to the left), left body rip, right overhand.

Defences

- Upper
- Middle
- Lower

Freework

- 1, one minute round demonstrating offence, defence and countering boxing skills

Padwork – ONLY ASSESSED AT IN-HOUSE GRADINGS

- 3, one minute rounds on focus pads demonstrating offence, defence and countering boxing skills

Cool Down

- 1 minute stretching routine of stretching, which is not assessed.