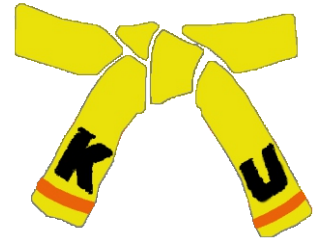




# Advanced Yellow Belt Study Guide



## Definitions

**Forward Bow:** a bracing angle which gives the rear hand reach and power

**Punch:** using the front knuckles of the fist.

**Economy of Motion:** eliminating all unnecessary movement or motion in your technique.

"Do as much as you can at once without causing a detraction."

**Crossover:** to gain or lose maximum distance, a stance and a half, from your opponent without changing sides.

**Compounding:** doing two or more moves or strikes in one beat.

**Opposing Forces:** when 2 strikes go directly toward or away from each other

**Check:** To restrain, hinder or prevent an opponent, usually at the joints so that it minimizes his leverage & nullifies his action.

## Rules

**Pin, Step, Cock:** We mainly use this principle when we are moving away from an opponent and want to use the power principle of Torque.

**Marriage of Gravity:** body weight dropping with your strike on a vertical plane

**Back-up Mass:** body weight moving in line with your strike on a horizontal plane.

**Torque:** rotation or twist. When the power principle is Torque the general rule is "Base, Pivot"

**Always keep your hands above your opponents:** Generally if you are on top it means that you will have your opponent checked out or at the least, keep him from checking your weapons out. We usually say "Get On Top"