

Monroe County Martial Arts
Yellow Belt

Kicks

front
half-moon
roundhouse
side
inside crescent
outside crescent
backside

Hand Techniques

low block
high block
inside block
outside block
palm heel
horse stance-triple punch

Forms

Palgue 1

Self-Defense (ages 16 and up)

choke from front
choke from rear
mounted choke

Training Time: at least 2 months (2-3 classes per week)

Test fee: \$35