



Piscataway Martial Arts
A Goshin Jitsu MMA Training Program



Your Kyu-Rank Journey
 (Current Yellow Belt Student)

“The only impossible journey is the one you never begin”
 by Anthony Robbins

The goal of your training is to attain knowledge.
Knowledge and execution of that knowledge are the keys to your success throughout this journey.
A consistent level of effort and performance at every class is what allows you to rise above the rest.
Only YOU can determine how quickly or how slowly you progress.

Congratulations on reaching Yellow Belt. You have shown your dedication to learning and improving. Reaching Yellow does not mean that you forget all the skills and disciplines you learned at White. Reaching Yellow means that you must continue to show and actually strengthen the skills you have learned at White. You must continue to carry those skills with you as you continue to progress. As you will experience, the road from Yellow to Purple becomes a little steeper, and contains some twists, turns, and challenges. But with continued effort, you will continue to learn, change, and improve. You will begin to see changes in yourself which you did not know existed.

At yellow belt, we build on the basics, add on top of the simple drills by :

Using combinations and adding directional movement

We go from “Standing Still” to “Moving”

Your “empty cup” is now beginning to fill up.

**Things Learned
 at Yellow Belt Level**

- o Body Structure
- o Body Position
- o Distance Relation
- o Purpose of Kicks and Strikes
- o A “Load” is a guard
- o V-Stepping
- o Arms Away from the body
- o Legs are Never Locked
- o Martial Arts is about Movement
- o Continue to become stronger
- o Exhale as you kick or strike
- o Understand your “Alert Zone”
- o This class is a lot of work, but you are finding the courage to continue

Yellow Belt

Purple Belt

**Phrases to Remember
 at Yellow Belt Level**

- o 3-”O”s : Open Mind, Open Heart, Open Arms
- o 5-”A”s : Aware, Alert, Avoid Anticipate, Act
- o 3-Center Line Principles Attack, Defend, Move
- o “Every class is a test”
- o “A block is actually a strike”
- o “Swinging Gate”
- o “Fear the man who has practiced one kick 10,000 times ... not the man who has practiced 10,000 kicks only one time”
- o Martial Arts is a “Dance of War”

Student

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