Dear Parent of Future Inner Strength Martial Arts (ISMA) **Youth II** Student –

If you are looking at this **Youth II** program course description, it is understood that your child has earned a Yellow Stripe Belt or higher rank through Inner Strength Martial Arts, you are already established in ISMA and understand the school policies, and have instructor approval to register for this **Youth II** program.

If you landed here because your child has belt rank from *another school or program*, regardless of the color of belt, they do not qualify for this Youth II program and will need to start in **Youth I**. If they do have solid skills, they may advance through the Youth I program quicker than a true beginner, but because our belt requirements are not equal to other schools they must learn the beginner requirements **through Youth I** before moving into Youth II.

Inner Strength Martial Arts Youth II students already have on average one year of training and a proven ability or strong foundation in the following skills:

Stances: Neutral, Horse, Front, Hardbow, Back Balance, Cat, Softbow, and Fighting Stance.

Kicks: Front Snap, Front Thrust, Rear, Instep Shin, Wheel, and Side Kick

Hand Strikes: Jab, Reverse Punch, Backfist, Hook, Uppercut, Vertical Punch, Eagle's Beak, Tiger Claw, Ridgehand, Chop, Crane Neck, Hammerfist, and Rising Elbow.

Blocks: Low Block, Side Block, Parry, Backhand Parry.

Falls, Throws, and Ground: Back Falls A and B, Tripod Defense, Retreating Spring, Major Outer Reaping Throw, Pick-up the Leg and Step Throw.

Form: Half of "Sparrow's Way" *(consists of a sequence of 20 technical skills in the first half)*

Self Defense: "Dancer" (2 handed rear choke hold), "Rising Elbow" (rear bear hug, arms pinned), and "Defending Eagle" (front bear hug, arms free).

Plus…: Pak Sau, Explanations, Respect, Reflexes, Mass Attack, 3 Levels of Distancing, Shuai Chiao, Combination Sets, Energy Balancing, Independent Motion, Hand Speed Drill I.

If you still have conviction that your child qualifies for Youth II, ISMA will assess your child's skill level **before enrollment** and you may contact ISMA to set up a time. Please make sure you read ISMA's core information from http://www.isma.us/CPYouth-I.pdf before doing so. Contact information is found on that page.