

YELLOW BELT REQUIREMENTS

Teens and Adults

Student must have a minimum of 65 classes

- Protocol
 - Understanding the meaning of bowing procedures.
 - Understand how to tie a belt properly.
 - Students must demonstrate respect, honor, and discipline for others at all times.

- Terminology
 - Domo - Thank you
 - Sensei - Teacher/Instructor
 - Kiba dachi - Horse Stance
 - Fudo dachi - Attention/ Ready Stance
 - Seiken zuke - Straight Punch
 - Mae geri - Front Kick
 - Yoko geri - Side Kick
 - Rikken uchi - Back Fist
 - Seiken age uke - Rising Block
 - Seiken gedan barai uke - Low Sweeping Block
 - Mawashi empi uchi - Round House Elbow
 - Zenkutsu dachi - Front Stance

- Warm-up
 - 40 Jump rope or Jumping jacks
 - 20 Push-ups
 - 30 V-ups
 - 35 Spider push-ups
 - 30 Chinese push-ups
 - 35 Leg lifts
 - 1 ½ Minutes hold in a six inch leg lift
 - 5 Minutes to stretch

- Basics

- Stances

- Ready/Attention Stance
 - Horse Stance
 - Front Stance
 - Cat Stance

- Strikes

- Straight Punch
 - Back Fist
 - Tiger Claw
 - Round House Elbow
 - Palm Heel
 - Elbow to the Rear
 - Elbow to the Side

- Blocks - All blocks may be executed against a blocker.

- Rising Block
 - Low Sweeping Block
 - Inside Forearm Block
 - Outside Forearm Block
 - Hand Clap Block
 - Press Block

- Kicks

- Front Kick
 - Round House Kick
 - Jump Front Kick
 - Side Kick
 - Hook Kick

- Weapons

- Bo Staff Basics

- Kata

- Katsu - Energy

- Chisai Tatsu - Little Dragon

- Me No Taiyo - Eyes of the Sun 1st and 2nd sets

- Student must be able to perform continuously without help.

- Self-Defense

- Double Wrist Grab

- Set 1 - Clap hands, front snap kick

- Set 2 - Circle hands out, grab wrist, press elbow, take down on
knee

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- Set 3 - Clap hands, reverse grip, control attacker

- Double Lapel Grab

- Set 1 - Circle hands out, kneel down

