

YELLOW BELT REQUIREMENTS

Children

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 - Low Sweeping Block
 - Mawashi empi uchi - Round House Elbow
 - Zenkutsu dachi - Front Stance
- Warm-up
 - Instructor will use his/her discretion with number totals or time length of warm-up depending on age and ability.
 - 30 Jump rope or Jumping jacks
 - 20 Push-ups
 - 25 V- ups
 - 35 Spider push-ups
 - 30 Chinese push-ups
 - 25 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

- Self-Defense against a child

- Double Wrist Grab

- Set 1 - Clap hands, front snap kick

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

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

Double Lapel Grab

Set 1 - Circle hands out, kneel down

Set 2 - Hand between, circle out, elbow

Set 3 - Strike and circle out, grab wrist, take down

Bear Hug From Behind

arm Set 1 - Stomp, kick, elbow, elbow, kneel and twist, leg lock,
and face, elbow lock

Pressure Points

Finger under nose, press head, lift

Fingers beneath the hollow of the ears, press and lift

Self-Defense against an adult

Single Wrist Grab

Set 1 - Side kick to knee, tiger claw, front kick to groin, run and yell for help

Set 2 - Front kick to groin, tiger claw, run and yell for help

Bear Hug From Behind

Set 1 - Kick to groin, elbow, elbow, tiger claw, front kick to groin, run and yell for help

- Kumite

Front hand low, Back hand high

Set 1 - Block back fist

Set 2 - Block round house kick, squeeze elbow to elbow

Set 3 - Switch hand blocks

Bag Work

45 seconds of strikes

45 seconds of kicks

45 seconds of strikes and kicks