

YELLOW BELT EXAM REQUIREMENTS

Requirements:

Study Content

Written Exam

Terminology for all the techniques on this sheet
Essays - refer to study note

Punch (tsuki)

Stationary Punch (Choku Tsuki)
Stepping Punch (Ayumi Ashi - Mae te tsuki)
Jab (Kizame tsuki)
Reverse Punch (Gyaku Tsuki)
Square stance punch (Shiko Tsuki)

Shifting punch (Yuri ashi, tsuki)
Combination punches
Lunge punch (oi tsuki)
Turning punches - 90 & 180 degrees

Blocks (uke)

Rising block (Age uke)
Outside block (soto uke)
Inside block (Uchi uke)
Down Block (Gedan uke)

Knifehand block (shuto uke)
Palm block (shotei uke)
Back hand block (haishu uke)

Basic blocking #1*

Kicks (keri)

Front kick (mae keri)
Round house kick (mawashi keri)

Knifefoot kick (sokuto keri)
Crescent kick (mikazuki keri)

Stance (dachi)

60/40 forward stance (zenkutsu dachi)
Square stance (shiko dachi)
Natural forward stance (moto dachi)
Stepping using the stances above

Cat stance (neko ashi dachi)
Hour glass stance (sanchin dachi)

Form (kata)

Sen shin kotai
Heian Nidan

Kihon Kata Ichi

Foot Techniques (Ashi waza)

Shifting, 1/2 step, full step
(Yuri ashi, tsugi ashi, ayumi ashi)

Sparring (kumite)*

Basic sparring #1

Open sparring - focus on hands
Basic sparring #2

*Examinee must provide own partner for these demonstrations