

Yellow Belt Requirements

Techniques

- _____ 1. Japanese Sword (AB)
- _____ 2. Chinese Sword (AB)
- _____ 3. Delayed Sword
- _____ 4. Knee of Vengeance
- _____ 5. Fang of the Cobra
- _____ 6. Twisting Talon (AB)
- _____ 7. Returning Dragon
- _____ 8. Breaking the Sword
- _____ 9. Kenpo Shield
- _____ 10. Evasion

Kicks

- _____ 1. Front Snap Kick from neutral
- _____ 2. Front Snap Kick from side (front and back)
- _____ 3. Knife Edge Thrust to knee
- _____ 4. Rear Thrust
- _____ 5. Front Snap to Rear Thrust
- _____ 6. Snapping Back Kick

Blocks

- _____ 1. Inward Block
- _____ 2. Extended Outward
- _____ 3. Upward

Strikes

- _____ 1. Straight Punch (Horse)
- _____ 2. Inward to Straight Punch
- _____ 3. Inward to Chop

Stances

- _____ 1. Horse
- _____ 2. Soft Bow
- _____ 3. Cat