

YELLOW BELT SYLLABUS

6th KYU

Peewee (4,5 Years)

HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike
(Kiba Dachi) Jun Zuki - Side Thrust Punch
(Kiba Dachi) Tettsui - Side Of Fist Strike
(Kiba Dachi) Hiji Yoko Ate - Side Elbow Strike

KICKS

Kake Geri - Hook Kick
Ushiro Geri - Back Kick

BASIC SELF DEFENSE TECHNIQUES

3

KATA

Taikyoku I
Taikyoku II

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- Review All Previous Material
- 2 Months training & 20 Classes minimum since Level 1 Patch

After receiving your second patch, you may take the next scheduled promotion.

ADV. YELLOW BELT SYLLABUS

5th KYU

Peewee (4,5 Years)

HAND TECHNIQUES

Shuto Hizo Uchi - Knife Hand Strike To Spleen

Shuto Sakotsu Uchi Komi - Driving Knife Hand Strike To Collar Bone

Morote Haito - Double Inner Knife Hand Strike

Hiji Ushiro Ate - Back Elbow Strike

Hiji Ushiro Age - Rising Back Elbow Strike

STANCES

Kokutsu Dachi - Back Leaning Stance

Nekoashi Dachi - Cat Stance

BASIC SELF DEFENSE TECHNIQUE

4

BLOCKS

Shuto Enkei Uke - Circular Knife Hand Block

Shuto Mawashi Uke - (Back Leaning Stance) Knife Hand Roundhouse Block

KATA

Seido II

Pinan I

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After receiving your second patch, you may take the next scheduled promotion.