

Yellow Belt Requirements

Techniques

- _____ **1. Japanese Sword (AB) v4**
- _____ **2. Chinese Sword (AB) v5**
- _____ **3. Delayed Sword v6**
- _____ **4. Knee of Vengeance v1**
- _____ **5. Fang of the Cobra v2**
- _____ **6. Twisting Talon (AB) v4**
- _____ **7. Returning Dragon v5**
- _____ **8. Breaking the Sword v3**
- _____ **9. Kenpo Shield v6**
- _____ **10. Evasion v7**

Kicks

- _____ **1. Front Snap Kick from neutral v1**
- _____ **2. Front Snap Kick from side (front and back) v2**
- _____ **3. Knife Edge Thrust to knee v4**
- _____ **4. Rear Thrust v3**
- _____ **5. Front Snap to Rear Thrust v3**
- _____ **6. Snapping Back Kick v5**

Blocks

- _____ **1. Inward Block v1**
- _____ **2. Extended Outward v2**
- _____ **3. Upward v4**

Strikes

- _____ **1. Straight Punch (Horse) v1**
- _____ **2. Inward to Straight Punch v2**
- _____ **3. Inward to Chop v2**

Stances

- _____ **1. Horse v1**
- _____ **2. Soft Bow v4**
- _____ **3. Cat v6**

(V #- refers to corresponding instructor's training series DVD)