



THE ACADEMY OF MARTIAL ARTS

# YELLOW BELT

SHIJIAN KENPO BELT REQUIREMENTS

## Fundamentals

### STANCES

Base  
Horse Stance  
Fighting Stance

### MANEUVERS

Shuffle

### BLOCKS

Inward  
Outward

### STRIKES

Handsword

### KICKS

Front Kick  
Side Kick

### PUNCHES

Jab  
Cross

## Self-Defense

- 1) Prevention - *Stay Back!*
- 2) Wrist Grab - *Snaking Wrist*
- 3) Front One-Hand Chest Grab - *Ducking Warrior*
- 4) Hair Grab - *Twisting Feathers*
- 5) Choke - *Nodding Tiger*
- 6) Two Hand Push- Base
- 7) Side Headlock - *Slipping Lock*
- 8) Front Bear Hug - *Bear Stretch*

## Kidnap Evasion / Dealing with Bullies

- 1) Be able to explain who has the right to touch you and who doesn't.
- 2) Know the three rules of Kidnap Evasion
- 3) Talk with your parents about when it's OK to fight, and when it is not.

## **Opening Salutation**



*Strength is important  
Technique is essential  
But character is paramount*

