



YELLOW BELT

BELT REQUIREMENTS

Fundamentals

STANCES

Attention
Natural Stance
Training Horse
Neutral Bow
Forward Bow
45° Cat

MANEUVERS

Step Through
Step Drag
Push Drag

BLOCKS

Inward
Outward Vertical
Outward Extended
Upward
Downward

KICKS

Front Snap
Side Snap
Back Snap
Roundhouse

PUNCHES

Thrusting Horizontal
Snapping Horizontal
Thrusting Vertical
Snapping Vertical
Thrusting Uppercut
Snapping Uppercut

STRIKES

Inward Hand Sword
Outward Hand Sword
Inward Elbow
Outward Elbow
Downward Elbow
Obscure Elbow
Back Hammer Fist
Snapping Back Fist

Self-Defense

- 1) **Salutation** - Single Chest Grab – Front
- 2) **Destruction** - Double Chest Grab / Bear Hug – Front
- 3) **Sword and Hammer** - Shoulder Grab – Side
- 4) **Rising Thunder (a,b,c)** - Wrist or Arm Grab – Front/Side/Behind
- 5) **Crashing Elbow** - Two Hand Choke - Behind
- 6) **Bear Stretch (a,b)** - Bear Hug – Front
- 7) **Escape from Death** - Headlock – Side
- 8) **Death Throw** - Headlock - Behind
- 9) **Parting Waves** - Two Hand Push – Front
- 10) **Delayed Sword** - Roundhouse Punch - Front
- 11) **Sword of Destruction** - Roundhouse Punch - Front
- 12) **Attacking Mace** - Step Through Punch - Front
- 13) **Deflecting Hammer** - Straight Kick – Front
- 14) **Tackle Defense** - Tackle - Front
- 15) **Eye of the Storm** - Roundhouse Club Attack - Front

Yellow Belt Freestyle



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

