



Yellow Belt Test Requirements

<u>Techniques</u>			
1 st going forward then backward Cresnet Step, Front Stance, Forefist Punch Cresnet Step, Front Stance, Chest Block then Cresnet Step, Front Stance, Forefist Punch Cresnet Step, Front Stance, Chest Block, then Cresnet Step, Front Stance, Head Block Cresnet Step, Front Stance, Front Kick			
<u>Terms</u>			
Sensei - Teacher Kiai - Shout of Spirit Dojo - Training Hall Ichi - One Ni - Two San - Three She - Four Go - Five Roku - Six Shichi - Seven Hachi - Eight Ku - Nine Ju - Ten		Chudan Yoko Uke - Chest Block Zenkutsu Dachi - Front Stance Mai Geri - Front Kick Karate - Empty Hand Seiken - Forefist Rei - Bow Kata - Form Gyaku Zuki - Reverse Punch Age Uke - Head Block Shiko Dachi - Sumo Stance Musubi Dachi - V Stance Gedan Barai - Leg Block Gi- Uniform	
<u>Stances</u>	<u>Kicks</u>	<u>Punch / Strikes</u>	<u>Blocks</u>
Front Sumo V	Front	Forefist Reverse	Chest Head Leg
<u>Kata</u>		<u>Kumite</u>	
<u>Basic</u>		Must spar against two Black Belts	
Yon-No-Kata (age 7 and younger) Ju-Ni-No-Kata			
<u>Advanced</u>			