

YELLOW BELT SYLLABUS

6th KYU

Youth (9-15 Years)

HAND TECHNIQUES

Hiji Yoko Ate - Side Elbow Strike

BLOCKS

Kake Uke - Circular Downward Forearm Block

STANCES

Musubi Dachi - Open Toe Stance

KATA

Seido II

SELF - DEFENSE TECHNIQUES

5, 6

KICKS

Kake Geri - Hook Kick

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

Youth (9-15 Years)

HAND TECHNIQUES

Hiji Ushiro Ate - Back Elbow Strike

Hiji Ushiro Age - Rising Back Elbow Strike

BLOCKS

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

Shuto Enkei Uke - Circular Knife Hand Block

STANCES

Nekoashi Dachi - Cat Stance

KATA

Pinan I

BASIC SELF DEFENSE TECHNIQUES

7, 8

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To Receive Level 2 Patch:

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- 2 Months training & 20 Classes minimum since Level 1 Patch

After receiving your second patch, you may take the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.