

# YELLOW BELT SYLLABUS

6th KYU

Junior (6-8 Years)

## HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike

Hiji Yoko Ate - Side Elbow Strike

## STANCES

Kokutsu Dachi - Back Leaning Stance

## KICKS

Kake Geri - Hook Kick

## BASIC SELF DEFENSE TECHNIQUES

3

## KATA

Taikyoku III

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## 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**

**Junior (6-8 Years)**

## **HAND TECHNIQUES**

**Shuto Hizo Uchi** - Knife Hand Strike To Spleen

**Shuto Sakotsu Uchi Komi** - Driving Knife Hand Strike To Collar Bone

**Morote Haito** - Double Inner Knife Hand Strike

**Hiji Ushiro Ate** - Back Elbow Strike

**Hiji Ushiro Age** - Rising Back Elbow Strike

## **STANCES**

**Nekoashi Dachi** - Cat Stance

## **BASIC SELF DEFENSE TECHNIQUE**

4

## **BLOCKS**

**Shuto Enkei Uke** - Circular Knife Hand Block

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

## **KATA**

**Seido II**

**Pinan I**

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