

Yellow Belt Requirements

Techniques

- _____ **1. Japanese Sword (AB)**
- _____ **2. Chinese Sword (AB)**
- _____ **3. Delayed Sword**
- _____ **4. Knee of Vengeance**
- _____ **5. Fang of the Cobra**
- _____ **6. Twisting Talon (AB)**
- _____ **7. Returning Dragon**
- _____ **8. Breaking the Sword**
- _____ **9. Kenpo Shield**
- _____ **10. Evasion**

Kicks

- _____ **1. Front Snap Kick from neutral**
- _____ **2. Front Snap Kick from side (front and back)**
- _____ **3. Knife Edge Thrust to knee**
- _____ **4. Rear Thrust**
- _____ **5. Front Snap to Rear Thrust**
- _____ **6. Snapping Back Kick**

Blocks

- _____ **1. Inward Block**
- _____ **2. Extended Outward**
- _____ **3. Upward**

Strikes

- _____ **1. Straight Punch (Horse)**
- _____ **2. Inward to Straight Punch**
- _____ **3. Inward to Chop**

Stances

- _____ **1. Horse**
- _____ **2. Soft Bow**
- _____ **3. Cat**