

YELLOW BELT CURRICULUM

Training Period: 3 Months	Minimum Classes: 24
Required Equipment: Kicks	Suggested: Body Shield

PUNCHES:

BACKFIST	FRONT HAND(SPEED)
HOOK PUNCH	#3 PUNCH (FRONT HAND)
UPPERCUT	#4 PUNCH (FRONT & REAR HAND)

KICKS:

SIDE KICK	FRONT & BACK LEGS
ROUND KICK	BACK LEG (POWER KICK)
BACK KICK	FRONT LEG

BALANCES:

STRADDLE STANCE	WORKING BALANCE
BACK BALANCE	CLASSICAL-DEFENSIVE

BLOCKS (BASICS): (SAME ARM/LEG OUT)

KNIFEHAND BLOCK
SIDE BLOCK

ESCAPES:

SIDE HEADLOCK
BEAR HUG (KIDS – ADDRESS & PHONE #)

ELBOWS:

#3	FRONT ARM GOES STRAIGHT ACROSS
#4	REAR ARM GOES STRAIGHT UP
#5	REAR ARM GOES AROUND & DOWN

ONE STEPS:

CLASSICAL - KNIFEHAND BLOCK/SIDE KICK/KIAI
PRACTICAL -
BLOCK/PUNCH/CHOP/PUNCH/KICK/KIAI

COMBINATIONS:

JAB/REVERSE/ROUND KICK
BACKFIST/SIDE KICK

ALL WHITE BELT CURRICULUM IMPROVED

YELLOW BELT TO GOLD BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

1. What is the #3 punch called? **Hook Punch**
2. **Backfist** is the fastest techniques in karate.
3. You can't always control what happens to you, but you can control your **attitude**.
4. The bow (Kyung gae) shows that I have **respect**.
5. The most important thing about karate is **balance**.
6. The Grandmaster we graduate to Black Belt under is **Mr. Bill "Superfoot" Wallace**.
7. In what year was our school founded? **1995**
8. The polite greeting is a **firm** handshake,
9. a **warm** smile, and
10. **direct** eye contact when meeting someone.