



YELLOW BELT (5TH KYU)

- Stripe One:** Advanced Handstrikes
- Collarbone Strike
 - Palm Up Temple Strike
 - Palm Down Temple Strike
 - Ridge Hand Strike
 - Palm Heel Strike
 - Spear Hand Strike
- Stripe Two:** Snatch-and-Fire Drills
- Reverse Punch
 - Under Punch
 - Under-Over
 - Over-Under
 - Ridge Hand
- Stripe Three:** Side Kick
Cat Stance
- Stepping Forward with Knife-Hand Block
 - Turning 90 Degrees Left & Right, 180 Degrees
 - #3 Defense & Offensive
- Stripe Four:** Soft Blocking System
- Push Block
 - Circle Palm
 - Fan Hook
 - Low Arc
 - Paddle Wheel
 - X-Blocks – Closed Fist (Low, Middle, High)
 - X-Blocks – Open Hand (Low, Middle, High)
 - Mawashi Uke
- Stripe Five:** Sanchin Stance
Sanchin Kata
- Stripe Six:** Three-for-Threes:
- Skip Step Side Kick, Backfist, Reverse Punch
 - Backfist, Reverse Punch, Rear Leg Round Kick
 - Palm Down, Ridge Hand, Rear Leg Front Kick