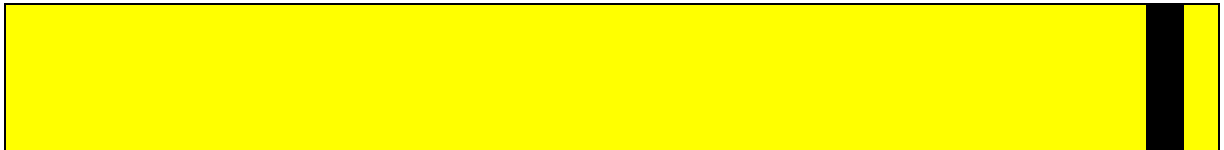
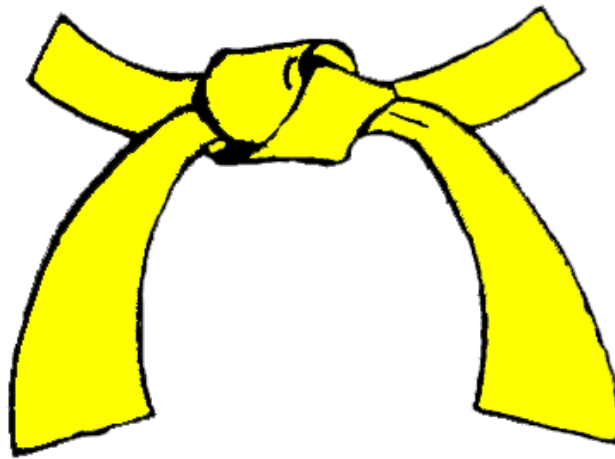


CHILDREN'S YELLOW BELT REQUIREMENTS



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Physical requirements

Arms	Abdominals	Legs
20 Regular push ups	30 Sit ups, cross punch	35 Step ups on bench
05 Hands together – feet apart	30 Elbow to opposite knee	25 calf raises, partner on back
20 Hands apart – feet apart	30 Scissor kicks	25 ¼ squats, partner on back

Etiquette, history, general Dojo terms

- Styles history, name of style, founder, rank and belt system, etc.

Break fall & Shrimp move

1. Break fall: (A) Sideways (B) Backwards (C) Push-up position, roll, BF
2. Shrimp move: (A) Forward (B) Backward

Anti-bullying controls

- | | | | |
|-----------------|-----------------|---------------------------------|---------------------------------|
| (1) Snake bite | (2) Shark bite | (3) Snake squeeze, top position | (4) Airplane to Spider hands |
| (5) Bulldozer | (6) Crazy horse | (7) Guard monster, he gets up | (8) Base battle |
| (9) Sneaky hand | (10) Duck/Shoot | (11) Crazy legs | (12) Croc control, top position |

Karate basics – Zigzag cat step & Kicking form

1. (A) Stances (B) Walking form (C) Turning form (D) Punching form
2. Cat step – right & left side: (A) Forward (B) Backward
3. Zigzag cat step: (A) Forward zigzag cat step (B) Backward zigzag cat step
4. Kicking form: (A) Body motion (B) Segmented kick (C) Dynamic kick
5. Combination of techniques on Bogu (Body gear)



Kata – Individual forms

1. Nai Han Chin Kata – 1 side complete

Kumite – Partner work

1. Gohono Ichi and Ni – Both sides



Othere requirements

1. Fights: (A) 2 Koshiki fights with body gear (B) 2 Grappling fights
2. Participate in one Koshiki contact tournament

