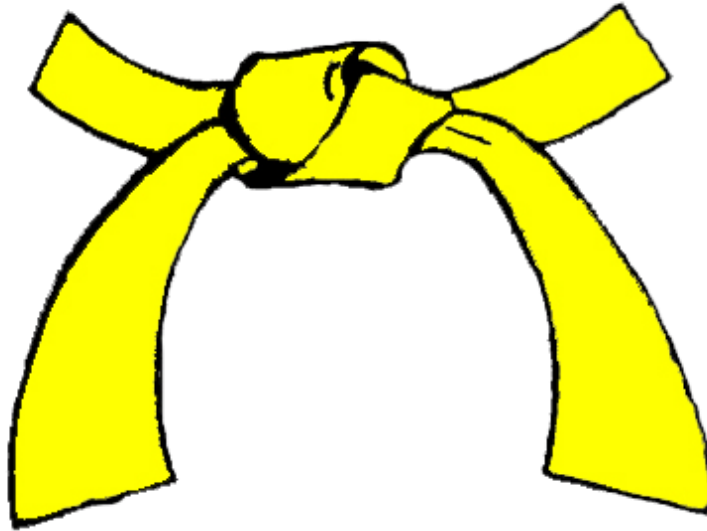


TEENS / ADULTS



YELLOW BELT

6th KYU

REQUIREMENTS



TEENS & ADULTS YELLOW BELT REQUIREMENTS

Physical requirements

Arms	Abdominals	Legs
20 Knuckle push ups	50 Sit ups, arms across chest	50 Step ups on bench
10 Hands together – feet apart	50 Elbow to opposite knee	40 Calf raises, partner on back
10 Row boats – 5 on finger tips	50 Flutter kicks	40 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

Controls when partner has top position

1. Top position: Hook removal when partner places both leg hooks in
2. Anchor & Base: Low & high swim
3. Standard trap & roll variation: Partner places hand on your shoulder/neck
4. Trap & roll head lock variation: Partner head locks you from top position
5. Trap & roll punch block variation: Partner has top position and strikes downward

Arm locks – Straight & Americana arm locks

1. From top position:

(A) Standard straight arm lock	(B) Side ‘S’ variation straight arm lock
(C) Americana arm lock	(D) Americana arm lock neck hug variation

Karate basics – Zigzag cat step & Kicking form

1. All Kenkokan basics
2. Escapes #1 - 3
3. Combination of techniques & Tic-Toc on Bogu (Body gear)

Kata, Individual forms - Nai Han Chin Kata – Bcomplete

Kumite, Partner work - 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