



# Rank Requirements – Yellow Belt

## BLOCKS

- ODAN UKE - HIGH BLOCK
- CHUDAN UKE - SIDE BLOCK
- GEDAN UKE - LOWER BLOCK
- UCHI UKE - INSIDE BLOCK
- DOUBLE INNER MIDDLE BLOCK
- 8 POINT HARD BLOCKING SYSTEM
- PREARRANGED HARD BLOCKING SYSTEM

## STRIKES

- JODAN ZUKI - UPPER PUNCH
- CHUDAN ZUKI - MIDDLE PUNCH
- GEDAN ZUKI - LOWER PUNCH
- CONSECUTIVE PUNCHES
- DOUBLE PUNCH
- INNER CHOP (high & middle)

## STANCES

- NATURAL STANCE
- ATTENTION OR V STANCE
- RECTANGULAR STANCE
- KICKING STANCE
- FORWARD STANCE
- PIGEON TOE STANCE

## KICKS

- MAE GERI - FRONT SNAP KICK
- KANSETSU GERI - KNEE JOINT KICK
- HIZA ATE - KNEE STRIKE
- FRONT THRUST KICK
- CONSECUTIVE KICKS

## DIRECTIONAL MOVEMENTS

- 90°, 180°
- RETURN FROM STANCE
- RETREAT BACKWARDS FROM STANCE

## KATAS

- TAIKYOKU JODAN UKE - HIGH BLOCK
- [TAIKYOKU ALSO IN FORWARD STANCE]

# STAMINA

Punches: 100

Side stretches: 100

- With-punch: 50
- With-chop: 50

Pushups:

- Adults: 20 knuckle
- Children: 20 palm\*

Chin/Chest/Abdomen: 5

Squat kicks: 5

Jumping jacks: 50

Sit-up: 50

Leg crosses

- On back: 5
- Sitting up: 5

[Rank Requirements - Yellow Belt \(pdf\)](#)

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