



## **Yellow Belt Study Sheet**

### **Stances**

- Position of attention (Yoi)
- Normal stance
- Horse stance
- Side fighting stance

### **Blocks**

- Middle block
- High block
- Low block

### **Punches**

- Middle punch
- High punch
- Low punch

### **Kicks**

- Front kick
- Round kick

### **Self defense techniques**

- One self defense move against a grab