

# Yellow Belt

## Kicks

- Back Kick (waist level)
- Front leg slide up roundhouse

## Karate Classics

- Horse Stance**
  - High Blocks
  - Outward Middle Blocks
  - Inward Middle Blocks
  - Low Blocks
  - Reverse Punches straight on (alternating)
  - Reverse Punches (angle)
- Front Stance Work**
  - Lunge Punches
  - Double middle knife hand blocks
- Cat Stance Work**
  - Low knife hand blocks
- Articulated Elbow strikes**

## Grappling/Ground Defense

- "Rock & Roll"
- Bicycle Kicks
- Escape from Face Down Mount
- Escape from punching mount - swimming

## Self Defenses

- Bent over headlock  
(forearm into neck if still holding on ground)
- One hand choke against the wall
- Double elbow grab - two hands on one  
(reach across and pull)
- Lapel grab defense #1 - side palm, chin jab, knee
- Must tie belt correctly** (Mrs. Anderson Style)

**Minimum Time: 20 Class Hours**

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TEST INFO

Name \_\_\_\_\_

Tested By \_\_\_\_\_

Date \_\_\_\_\_

PASSED

Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

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