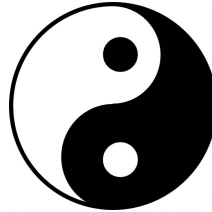


ADULT  
YELLOW BELT REQUIREMENTS



<b>FORMS</b>	Kata #1
<b>STRIKES</b>	Thrust punch, Roundhouse elbow, Rear elbow, Backfist, Crescent kick, Reverse crescent kick, Rising knee to the chin
<b>SPARRING</b>	Front shuffle with Backfist / Side kick Back shuffle with Check block
<b>KEMPOS</b>	2 Kempos
<b>GRAB / WEAPONS DEFENSE</b>	Rear shoulder grab / Rear choke Stabbing knife
<b>KNOWLEDGE</b>	Kung Fu Knowledge 6-10
<b>BLOCKS</b>	#1 and #2 Knife hand blocks, #3 and #4 Check blocks
<b>DM'S</b>	Defense Maneuver #3 Defense Maneuver #5