

## **Yellow Belt(5<sup>th</sup> Kyu)**

### **5TH KYU**

#### **Stances**

**Moroashi dachi** Parallel stance

#### **Strikes**

**Shotei uchi** Palm heel hand strike **Jodan/ Chudan/ Gedan**

**Jodan hiji ate** Upper elbow strike

#### **Blocks**

**Shotei uke** Palm heel hand block **Jodan/ Chudan/ Gedan**

#### **Kicks**

**Chudan mawashi geri haisoku** Middle round kick with instep **Chudan mawashi geri chusoku** Middle round kick with ball of the foot

**Ushiro geri (3 methods)** Back kick **Chudan/ Gedan**

#### **Kata**

**Pinan san** Safety and security exercise