

## Yellow Stripe Requirements

### Stances

- horse
- fighting

### Strikes

- palm heel
- inside hammerfist
- outside hammerfist
- front elbow
- rear elbow
- back fist

### Blocks

- upward
- inward
- outward
- downward
- shunt

### Kicks

- front snap
- front leg spin

### Defenses

- Breathing Easy
- Blind Freedom
- Slap Stick
- Skyward Hammer

“Be unto others as the thorn to the bush—sharp and ever-ready to protect the rose,  
yet at peace and seeking no confrontation.”