

Yellow Belt Requirements

Stances

- Horse
- Fighting
- **forward**

Strikes

- palm heel
- inside hammerfist
- outside hammerfist
- front elbow
- rear elbow
- back fist
- **inside chop**
- **outside chop**
- **horizontal punch**
- **vertical punch**
- **sliding punch**
- **inside ridge hand**
- **outside ridge hand**
- **web hand**

Blocks

- upward
- inward
- outward
- downward
- shunt
- **inside chop**
- **outside chop**
- **downward deflecting**

Kicks

- front snap
- front leg spin
- **front thrust**
- **low/high spin**
- **rear leg spin**
- **back**
- **turn**

Defenses

- Breathing Easy
- Blind Freedom
- Slap Stick
- Skyward Hammer
- **Falling Star**
- **Wounded Knee**
- **Broken Wing**
- **Cut Throat**

Forms

- **H-Form I**

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