

## YELLOW BELT

### Stances

### Dachi

Easy

Heako

Attention

Hiseka

Horse

Kiba

Fighting

Hammie Cummie

Forward Leaning

Zenkutsu

### Blocks

### Uke

Eight forearm blocks with body movement

### Kicks

### Geri

Front Kick

Mae Geri

Side kick

Yoko Geri

### Punches

### Tsuki

Straight

Chuka Tsuki

Reverse

Gyaka Tsuki

Lunge Punch

Oi Tsuki

Partner work with blocks and counter attacks

### Self Defence

Show 4 different escapes from  
wrist grabs

Kata = Kihon