

# YELLOW BELT TECHNIQUE LIST

## 1. Stances

- Forward
- Horse
- High Back
- Cat

## 2. Kicks

- Front
- Side
- Roundhouse
- Back
- *Hook*
- *Crescent*
- *Stepping*
  - *Side*
  - *Back*
  - *Hook*
- *Slide Step*
  - *Side*
  - *Roundhouse*
- *Flying*
  - *Front*
  - *Crescent*

## 3. Elbows

- Upward
- Backward
- Forward
- Sideward
- Downward

## 4.

## 5. Knife Hands

- Vertical
- Horizontal
- Side
- Inward

## 6. Fist Strikes

- Punch
- Backfist
- *Jab*
- *Cross*
- *Hook*
- Hammer Fist
  - Vertical
  - Horizontal
  - Side
  - Inward

## 7. Blocks

- Foot
- Middle Area
- Rising
- Outside
- *Palm*
- *Knife*
- *Bell*
- *Leg*

## 8.

## 9. Kali

- *Angles 1,2*
  - *Strikes*
  - *Defences*
- *6 Patterns*

## 10. Form

- *Kempo 1 (full, ½ speed)*

## 11. Self Defence

- *Wrist Grab*
- *Hair Grab*
- *Bear Hug*
- *Head Lock*
- *Full Nelson*
- *Rear Choke*
- *Choke Out*

## 12. Combinations

- 1, 2

## 13. Sparring

- *One on one*
- *Full & ½-Speed*
- *4-Corners*
- *½-Circle*
- *Circle*