

YELLOW BELT REQUIREMENTS

Rank Videos password: _____

Kids 1st Stripe:

Strikes	Front Two Knuckle, Thrust Punch, Back Two Knuckle, Palm Heel, Hammer
Kicks	Front Ball, Rising Knee
Blocks	8-Point Blocking System

Kids 2nd Stripe:

Shaolin Combinations	#6
Kempo Techniques	White Belt Kempo
Skills	"Right Foot Out and Elbows" sequence, How to "Punch In" correctly

Kids 3rd Stripe:

Stances	Front Position, Horse, Flamingo, Half Moon
Kata (Forms)	Half Mooning with the 8-Point Blocking System
Know	How to tie your belt, the 5 Shaolin Animals and the 5 Values