

# YELLOW BELT MATERIAL

Rank Videos password: \_\_\_\_\_

*Kids 1<sup>st</sup> Stripe:*

<b>Strikes</b>	Shuto, Cross Shuto, Cross Hammer, Rising Elbow, Roundhouse Elbow, Backfist
<b>Kicks</b>	Side Kick
<b>Blocks</b>	8-Point Blocking System with Counterstrikes, 8-Point Knife-Hand Blocks, #3 & #4 Palm Block
<b>Footwork</b>	Step-Glide, Hinge Step
<b>Skills</b>	Slapping Out

*Kids 2<sup>nd</sup> Stripe:*

<b>Shaolin Combinations</b>	# 6, 7, 3
<b>Kempo Techniques</b>	White Belt Kempo, <b>Yellow Belt Kempo</b>
<b>Bully Techniques</b>	Push Defense (both sides)

*Kids 3<sup>rd</sup> Stripe:*

<b>Kata (Forms)</b>	<b>Pinan 1</b>
<b>Kata Skills</b>	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture
<b>Know</b>	One characteristic of each of the 5 Shaolin Animals, the meaning of each of the 5 Values, the minor 4 angles of the clock