

YELLOW BELT SYLLABUS

6th KYU

Junior (6-8 Years)

HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike

Hiji Yoko Ate - Side Elbow Strike

STANCES

Kokutsu Dachi - Back Leaning Stance

KICKS

Kake Geri - Hook Kick

BASIC SELF DEFENSE TECHNIQUES

3

KATA

Taikyoku III

ADV. YELLOW BELT SYLLABUS

5th KYU

Junior (6-8 Years)

HAND TECHNIQUES

Shuto Hizo Uchi - Knife Hand Strike To Spleen

Shuto Sakotsu Uchi Komi - Driving Knife Hand Strike To Collar Bone

Morote Haito - Double Inner Knife Hand Strike

Hiji Ushiro Ate - Back Elbow Strike

Hiji Ushiro Age - Rising Back Elbow Strike

STANCES

Nekoashi Dachi - Cat Stance

BASIC SELF DEFENSE TECHNIQUE

4

BLOCKS

Shuto Enkei Uke - Circular Knife Hand Block

Shuto Mawashi Uke - (Back Leaning Stance) Knife Hand Roundhouse Block

KATA

Seido II

Pinan I
