

Yellow Belt Requirements

(Adolescents/Adults)

Techniques

Delayed Sword
Alternating Mace
Sword of Destruction
Deflecting Hammer
Captured Twigs
Grasp of Death
Checking the Storm
Mace of Aggression
Attacking Mace
Sword and Hammer
Entangled Snakes

Kicks

Front
Roundhouse
Side
Back
Upward Knee

Stances

| | |
|----------------|----------|
| Attention | Guarding |
| Horse Training | At Ease |
| Forward Bow | Ready |
| Reverse Bow | C-Step |
| Cat Stance | Crane |
| Step-Drag | |

Pressure Points/Anatomy

Head, Arms, Neck

Pledges

Yellow Belt Creed

Principles

6 Steps of Success
Back-Up Mass
Marriage of Gravity
Opposing Forces
Clock Principle

Falls

Front, Back, Side

Rolls

1 Arm, 2 Arm, Jumping,
Into a Snake Stance

Forms

Short1

Blocks

Star Block(& all blocks included)
Snake Block

Strikes

Vertical Punch
Horizontal Punch
Outward Chop
Finger Whip
Inward Chop
Hammer Fist
Back Fist
Elbow Smash
Obscure Elbow
Reverse Elbow

Sets

3-count
Circle Drill

Jui-Jitsu

Tom's Thumb
Throat Spear
Double Wrist Lock Takedown

Fitness (Daily)

10 Pushups
10 Sit Ups
5 Squats

Meditation

Basic Imagery

Settling

Rooting

Bone Alignment

Pinpointing

Story (Rhino & Elephant)

"There are no secrets, it is nothing special" -Bruce Lee

"The perfect way is only difficult for those who pick and choose" -Bruce Lee

Therapeutic Parallels/Assignments

Assignment – Write out the 6 Steps to Success and then write at least a 1 page paper describing an area of your life you struggle with and how you can apply the 6 steps to this struggle

Discussion – Discuss how you can apply the lessons from the story of the Rhino and the Elephant to your life.

Assignment – The principle of Zone of Sanctuary focuses on finding your safe place. Complete the assigned worksheet on this topic to be turned in before or at your Yellow Belt Test.

Assignment – The principles of settling and rooting focus on strengthening your foundation. Without a solid foundation, the rest of the movements would be weak and ineffective. Complete the assigned worksheet to be turned in before or at your Yellow Belt test.

Assignment – The purpose of the clock principle is for use as a directional tool to help you decide where you can move and where possible dangers are in relationship to you. In life, we have certain “tools” that help provide for us a direction to go. Complete the Clock Principle worksheet to be turned in before or at your Yellow Belt test.

