

# Yellow Belt Requirements

## TECHNIQUES

Delayed Sword (*right hand step through punch*)  
Alternating Mace (*front two hand push*)  
Deflecting Hammer (*right leg step through front kick*)  
Captured Twigs (*rear bear hug over arms*)

## JU-JITSU

Tom's Thumb (right hand lapel grab)  
Double Snakes (attempted 2 hand grab)  
Throat Spear (2 hand choke)

## PLEDGES

Kenpo Creed

## TERMS AND PRINCIPLES

Zone of Sanctuary  
Back-Up-Mass  
Marriage of Gravity  
Opposing Forces  
Clock Principle  
Angle of Execution  
Egg Shell  
Bone Alignment  
Story (Rhino & Elephant)

## BLOCKS

Upward Block  
Inward Block  
Outward Vertical Block  
Downward Block  
Heel Palm Push Down  
Star Block  
Snake Block

## FITNESS (Daily)

5 Push-ups  
10 Sit-ups  
5 Squats

## FORMS

Short 1

## STANCES

Attention Stance  
Horse Training Stance  
Neutral Bow (Guarding Stance)  
Forward Bow  
Cat Stance  
Crane Stance  
Step-Drag  
C-Step  
At-Ease  
Ready

## KICKS

Front Kick  
Upward Knee  
Side Kick  
Back Kick  
Roundhouse

## PRESSURE POINTS

Heads, Neck, Arms

## ROLLS/FALLS

Front 1 Arm Roll, 2 Arm Roll  
Front Fall, Back Fall, Side Fall

## DRILLS

3 Count  
Circle Drill

## STRIKES

Outward Chop  
Vertical Punch  
Inward Chop  
Horizontal Punch  
Backfist  
Inward Elbow  
Obscure Elbow  
Reverse Hammer

## BREATHING EXERCISES

Basic Imagery

*“Slow to learn, slow to forget.” –Ed Parker*

*“To hear is to doubt, to see is to be deceived, but to feel is to believe.” –Ed Parker*

## **Therapeutic Parallels/Assignments**

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

*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.

*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.

