

## Yellow Belt Requirements



### **Student Development: *Concentration***

- Front shoulder roll
- Back shoulder roll
  
- Back fist strike
- Knife strike
- Open back hand strike
- Tiger-mouth strike
- Spear strike
  
- Front kick
- Point kick
- Side kick
- Knee kick (front)
- Knee kick (side)
  
- Defense from collar grab
  
- Principles of Ki