

Yellow Belt Syllabus

Hand Techniques

Nukite- Spear Hand

Shuto Hizo Uchi- Knife-Hand Strike to Waist

Shuto Gammen Uchi- Knife-Hand Strike to Head

Shuto Sakotsu Uchi- Knife-Hand Strike to Collarbone Strike

Shuto Sakotsu Uchikomi- Driving Knife-Hand Collarbone Strike

Uraken Mawashi Uchi- Roundhouse Inverted Fist Strike

Haito- Inner Knife-Hand Strike

Hiji Yoko Ate- Side Elbow Strike

Hiji Mawashi Ate- Roundhouse Elbow Strike

Toho- Sword Peak Hand

Seiken Shita Uchi- Forefist Inverted Short Punch

Shuto Mawashi Uchi- Circular Knife-Hand Strike

Enki Uke- Open Hand Block

Koken Uke- Wrist Block

Soete Uke- Power Block

Shuto drill

Kicks

Kake Geri- Hook Kick

Kakato Ushiro Geri- Rising Back Heel Kick

Uchi Mawashi Geri- Inside-Out Crescent Kick

Soto Mawashi Geri- Outside-In Crescent Kick

Stances

Musubi Dachi- Open Toe Stance

Sanchin Dachi- Three Point Stance

Kata

Yellow Belt (6th Kyu): [Pinan II](#)

Yellow Kyu (5th Kyu): [Sanchin](#)

Self Defense

Yellow Belt (6th Kyu): [Basic self-defense:#7-#8](#), self defenses with partners.

Yellow Kyu (5th Kyu): [Basic self-defense:#7-#8](#) both sides, sanban uchi

Kumite Drills

[Yakasoku Kihon Kumite Sono Ni](#)

Additonal Techniques

for Yellow Kyu introduce falling, rolling and sweeping

Requirements for Testing

Yellow Belt (6th Kyu) to Yellow Kyu (5th Kyu): minimum 20 classes and 3 months, 2 stripes. Testing will include 6 rounds of kumite.

Yellow Kyu (5th Kyu) to Green Belt (4th Kyu): minimum 20 classes and 3 months, 2 stripes. Testing will include 6 rounds of kumite.