

## JUNIOR YELLOW BELT

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Telephone# \_\_\_\_\_ Last Promotion \_\_\_\_\_

Attendance (min. 20 classes)					JUNIOR YELLOW BELT REQUIREMENTS
1	2	3	4	5	<b>A) UKE WAZA</b>  Shuto Uke-Knifehand Block -proper "X" chamber -moving forward and back in cat stance
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	<b>B) TE WAZA</b>  Gyaku Tsuki-Reverse Punch <i>in zenkutsu dachi</i> Oi Tsuki-Lunge Punch <i>in zenkutsu dachi</i> Demonstration of "C" step
21	22	23	24	25	
26	27	28	29	30	
31	32	33	34	35	<b>C) KERI WAZA</b>  Front leg mae geri- <i>in cat stance</i>
36	37	38	39	40	
Dues					<b>D) KATA</b>  Kihon Shodan

### Reikishi to Kotoba

What is the name of our international association?

Who is our grandmaster of karate? What is his rank?

Who is your sensei? What is his rank?