

## YELLOW BELT

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

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

<b>Attendance</b> (min. 20 classes)					<b>YELLOW BELT REQUIREMENTS</b>				
1	2	3	4	5	<b>A) UKE WAZA</b>  Shuto Uke-Knifehand Block				
6	7	8	9	10					
11	12	13	14	15	<b>B) TE WAZA</b>  Gyaku Tsuki-Reverse Punch <i>in zenkutsu dachi</i> Oi Tsuki-Lunge Punch <i>in zenkutsu dachi</i> <i>Demonstration of "C" step</i>				
16	17	18	19	20					
21	22	23	24	25					
26	27	28	29	30	<b>C) KERI WAZA</b>  Front leg mae geri- <i>in cat stance</i> <i>Hiza Geri-knee kick</i>				
31	32	33	34	35					
36	37	38	39	40	<b>D) KATA</b>  Kihon Yondan, Kihon Godan				
Dues									
					<b>E) REIGI</b> -Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.				
<b>Reikishi to Kotoba</b>									
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?									