

YELLOW WITH WHITE STRIPE BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 20 classes)					YELLOW WITH WHITE BELT REQUIREMENTS						
1	2	3	4	5	A) DACHI WAZA Dachi kunren-Stance Drill						
6	7	8	9	10							
11	12	13	14	15	B) UKE WAZA Soto Chudan Uke-Outside/Inside Block						
16	17	18	19	20							
21	22	23	24	25	C) TE WAZA Combination Punching-High/middle/low Nidan tsuki-Double Punch						
26	27	28	29	30							
31	32	33	34	35	D) KERI WAZA Stepping front snap kick Must show: A) Proper knee position; B) Correct striking surface on the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility; E) Proper placement of foot after kick; F) Posture(no falling forward)						
36	37	38	39	40							
Dues					E) KATA Kihon Shodan, Kihon Nidan, Kihon Sandan						
					F) REIGI -Demonstration of dojo etiquette and knowledge of dojo rules. Excellent attitude.						
<p>Terms you must know (also terms from prior test requirements):</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding-right: 20px;"> Do-The way or path Mawatte-Turn Dachi-Stance Te-hand Sensei- Black Belt instructor Sempai-Assistant instructor 11-ju-ichi 12-ju-ni 13-ju-san 14-ju-shi 15-ju-go </td> <td style="width: 50%; vertical-align: top;"> Yame-Stop Seiken-Forefist Domo arigato gozaimasu-Thank you Hajime-Begin Kamae-fighting position or beginning position Hai- Yes/I understand 16-ju-roku 17-ju-shi-chi 18-ju-hachi 19-ju-ku 20-ni-ju </td> </tr> </table>										Do -The way or path Mawatte -Turn Dachi -Stance Te -hand Sensei - Black Belt instructor Sempai -Assistant instructor 11-ju-ichi 12-ju-ni 13-ju-san 14-ju-shi 15-ju-go	Yame -Stop Seiken -Forefist Domo arigato gozaimasu -Thank you Hajime -Begin Kamae -fighting position or beginning position Hai - Yes/I understand 16-ju-roku 17-ju-shi-chi 18-ju-hachi 19-ju-ku 20-ni-ju
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