**DRAGONS YELLOW BELT**

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

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

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| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 |
| 36 | 37 | 38 | 39 | 40 |

**Attendance** (min. 20 classes) **Dragons Yellow Belt Requirements** rrrRReRequirements

Dojo Skills (yellow stripe)

Good listening skills, good training attitude, self-control and respect to your Sensei and others

Dues

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|  |  |  |  |

A) UKE WAZA (blue stripe)

Low block

B) TE WAZA (green stripe)

Middle Punch

C) KERI WAZA (red stripe)

Front snap kick

*Demonstrate balance and all four points (up/out/back/down)*

*D ) DACHI WAZA*

*Proper Bowing,(feet and hand position)*

*Attention stance, ready stance*

1) power 2) speed 3) focus 4)balance 5) timing

6) posture