



Yellow

Yellow Belt— Orange Belt

Self-Defense

- **Bear Hug over Arms** — Soften up with foot stomp, head bunt, etc. → step back and break bear hug → step away back kick → retreat into fighting guard
- **Straight Punch**— Step out & perry → double hook punch → knee kick → cross over heel kick to back of knee → elbow hit to back of head
- **Single Wrist grab from behind** — Step back with left foot → elbow to the face → step away with left foot → spin and catch with right hand → kick to the ribs

Kata - Seiunchin

(student must have mastered all prior katas before testing)

Teach:

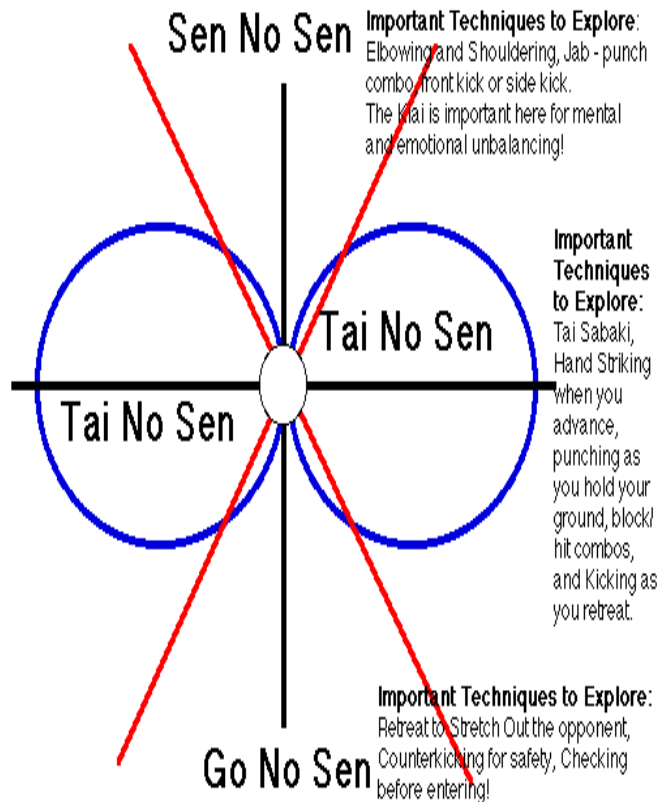
- Flip Flops
- Side Break Fall from standing position
- Shoulder Roll into side break fall
- Backward somersault

Kata stipulation—

Ages 5-7 : If student has ability to master kata on their own then they will perform solo for testing. If student cannot master on their own then they must be able to follow a Sensei for testing.

Infiniti Plus Pattern

Infiniti Plus Pattern



6 Sparring Techniques

1. Lunge with backfist
2. Shuffle with backfist then reverse punch
3. Step through with backfist → punch → reverse punch
4. Cat Stance → backfist/front kick simultaneously
5. Horse stance → slide-up backfist → side kick
6. Backfist → punch → rear leg roundhouse → reverse punch

(mention to students to obtain sparring gear)

Pad Drills

- Forward Roll → stand up into Seisan Stance → two punches
- Shove with shield → student does back break fall → stands up rear leg front kick
- One student kicks partner with rear leg front kick → student kicked will do a front break fall on shield → log roll off to side → partner will do a cross over heel kick just as partner is rolling off → partner stands up into fighting guard

Foot Drills

- Shuffle
- Stepping forward
- Cross-over step
- Foot Replacement
- Stepping back