

YELLOW BELT SYLLABUS

6th KYU

Youth (9-15 Years)

HAND TECHNIQUES

Hiji Yoko Ate - Side Elbow Strike

BLOCKS

Kake Uke - Circular Downward Forearm Block

STANCES

Musubi Dachi - Open Toe Stance

KATA

Seido II

SELF - DEFENSE TECHNIQUES

5, 6

KICKS

Kake Geri - Hook Kick

ADV. YELLOW BELT SYLLABUS

5th KYU

Youth (9-15 Years)

HAND TECHNIQUES

Hiji Ushiro Ate - Back Elbow Strike

Hiji Ushiro Age - Rising Back Elbow Strike

BLOCKS

Shuto Mawashi Uke - (Back Leaning Stance) Knife Hand Roundhouse Block

Shuto Enkei Uke - Circular Knife Hand Block

STANCES

Nekoashi Dachi - Cat Stance

KATA

Pinan I

BASIC SELF DEFENSE TECHNIQUES

7, 8
