



Yellow Belt Requirements

Stances

Front position
Horse stance
Right Foot Out and Elbows (salute)
Half moon stance and movement
Crane stance

Kicks

Instep
Front ball
Crescent
Reverse Crescent
Shuffle side thrust

Combinations

6

5 animals

Tiger
Leopard
Dragon
Snake
Crane

Blocks

Knife
Dragon
Palm
8 Point Blocking System

Strikes

Front Two Knuckle Punch
Hammer Fist
Palm Heel
Back Fist
Thrust Punch

Kempos

1

5 Rules

Character
Sincerity
Etiquette
Effort
Self-Control

~A journey of a thousand miles, begins with but a single step~