

# **YELLOW BELT REQUIREMENT CHECKLIST**

**Be sure to check off each item as you become comfortable and confident of each requirement. Recommendation for testing from an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.**

**Written Exam** - approximately 30 minutes and done during class time

- Etiquette, Attitude, and Responsibilities of the student
- All terminologies listed in the "Kihon" section below, plus
- Sensei (teacher)
- Sempai (senior student)
- Hai (yes)
- Rei (bow)
- Shugo (line up)
- Kiyotsuke (attention - as stand at)
- Jodan (Upper); chudan (middle); gedan (lower)

**Practical Exam** - Techniques to be demonstrated with appropriate speed and power

## **1. Kihon (Basics)**

- Uke (Blocks) - In uchi-hachiji-dachi demonstrate 4 blocks alternating right & left  
Age uke (rising block); Soto uke (outside block);  
Uchi uke (inside block); Gedan uke (down block)
- Tsuki (Punch): Choku tsuki (straight punch in neutral stance - e.g. uchi-hachiji-dachi) - 4 times  
Migi/hidari Gyaku tsuki (right/left reverse punch) x 4 each side  
Oi tsuki (lunge punch); Shiko tsuki (square stance punch) - 4 times each

## **2. Kihon Dosa (Basic exercises)**

- Kihon Dosa 1, 2, & 3
- Kihon Kata 1
- Sen Shin Kotai
- Te Waza (Hand Techniques)\*

## **3. Kata (Formal Exercises)**

- Heian Nidan

## **4. Kumite (Sparring)**

- Kihon Ippon (Basic 1-point sparring)