

White & Yellow Belt Testing Requirements:

White Belt:

1st Degree White -

Student must show familiarity with these basic techniques. 4 major blocks

- Upper block, Outside forearm block, Middle block, & Down block
- Front stance, Kibadachi stance, and Front kick, Side kick, and Round kick.
- Calisthenics,

2nd Degree White Belt - Student must be more confident performing basic techniques shown in previous section as well as simple combinations.

Yellow Belt:

- Student must be completely confident performing basic techniques shown in White Belt section as well more complex combinations (combinations are blending a series of techniques together to create a fight sequence).
- Student must perform basic self defense techniques. (this is done using classmates as attackers).
- Student must perform Taikyoku One Kata.

1st Degree Yellow -

- Along with performing all techniques shown in White belt section Student must show familiarity with
- Back Stance, Cat Stance, Crescent Kick, & Axe Kick.
- Calisthenics,

2nd Degree Yellow -

- Student must be more confident performing techniques shown in 1st Degree Yellow Belt section as well as more complex combinations.
- Calisthenics