

## Yellow Belt To Green Belt Requirements

## BLOCKS

1. Front Block
2. Palm Block
3. X Block

**WORKBOOK #**

- p. 37, #5 36, #4  
p. 37, #7  
p. 41, #24

## TRAINING TOOL

- Blocker  
Blocker  
Blocker

## STRIKES

1. Jab
2. Upset Punch
3. Uppercut

**WORKBOOK #**

- p. 48, #2
- p. 48, #3
- p. 48, #4

## TRAINING TOOL

- Focus Pad  
Large Body Shield  
Focus Pad

## KICKS

1. Crescent Kicks
2. Roundhouse Knee Kick
3. Side Kick

**WORKBOOK #**

- p. 66, #5, #6
- p. 65, #9
- p. 66, #7

## TRAINING TOOL

- Double Focus Pad  
Large Body Shield  
Large Body Shield

## STANCES

1. Front Stance
2. Natural Stance

# WORKBOOK #

- p. 31, #16  
p. 28, #2

## TRAINING TOOL

- Workbook  
Workbook

## SELF-DEFENSE

1. Cross Hand Grab
2. Rear Bear Hug
3. Two Hands/One Arm Grab
4. Hair Pull

# WORKBOOK #

- p. 75, #8
- p. 76, #9
- p. 77, #11
- p. 77, #12

## TRAINING TOOL

- Workbook  
Workbook  
Workbook  
Workbook

## PERSONAL REQUIREMENTS

1. Belt Tying
2. Folding Uniform
3. Dojo Etiquette

**WORKBOOK #**

- p. 11  
p. 12  
p. 7 - p. 17

## TRAINING TOOL

- Workbook  
Workbook  
Workbook

**Notes:**