



JUNIOR YELLOW BELT

TECHNIQUES

_____ 001. DELAYED SWORD	Right Hand Shirt Grab
_____ 002. ALTERNATING MACES	Two Hand Chest Push
_____ 003. SWORD OF DESTRUCTION	Left Roundhouse Punch
_____ 004. DEFLECTING HAMMER	Right Step-through Front Kick
_____ 005. CAPTURED TWIGS	Rear Bear Hug Arms Pinned
_____ 006. SWORD AND HAMMER	Right Side Left Shoulder Grab

FORMS & SETS

_____ Universal Form One

_____ Blocking Set One

EXECUTION OF BASICS

As a beginner, yellow belts are expected to give their best to improving their art. The goal should not just be to memorize techniques, sets or forms, but to understand and execute the basic moves (blocks, chops, punches, kicks, etc) contained in each one to the best of their ability. While precision isn't expected, improvement is!

KENPO CREED

"I come to you with only karate, empty hands. I have no weapons, but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, of right or wrong; then here are my weapons: karate, my empty hands"

Senior Grand Master Ed Parker