

# (HACHIKYU 8<sup>th</sup> KYU) YELLOW BELT REQUIREMENTS

## SELF DEFENCE TECHNIQUES

1. \_\_\_ \_\_\_ JAPANESE SWORD (AB)

L R T A. (A) LEFT HOOK (B) RIGHT CROSS

2. \_\_\_ \_\_\_ CHINESE SWORD (AB)

L R T A. (A) RIGHT CROSS (B) LEFT PUNCH

3. \_\_\_ \_\_\_ DELAYED SWORD

L R T A. RIGHT PUNCH

4. \_\_\_ \_\_\_ KNEE OF VENGEANCE

L R T A. TWO-HAND GRAB FROM THE FRONT

5. \_\_\_ \_\_\_ FANG OF THE COBRA (AB)

L R T A. TWO HAND CHOKE FROM THE FRONT

6. \_\_\_ \_\_\_ TWISTING TALON (AB)

L R T A. WRIST GRAB (A) STRAIGHT-ON (B) CROSS-HAND

7. \_\_\_ \_\_\_ RETURNING DRAGON

L R T A. SHOULDER GRAB FROM THE SIDE

8. \_\_\_ \_\_\_ BREAKING THE SWORD

L R T A. SUCKERPUNCH FROM A HANDSHAKE

9. \_\_\_ \_\_\_ KENPO SHIELD (AB)

L R T A. EITHER A LEFT OR RIGHT STRAIGHT PUNCH

10. \_\_\_ \_\_\_ EVASION

L R T A. OVERHEAD CLUB

## BASICS

### STANCES

1. \_\_\_ ATTENTION

2. \_\_\_ STREET

3. \_\_\_ SQUARE HORSE

4. \_\_\_ FIGHTING (HORSE)

5. \_\_\_ FORWARD & REVERSE BOW (SOFT)

6. \_\_\_ CAT STANCE

7. \_\_\_ CHINESE HIDDEN FOOT

### STRIKES

1. \_\_\_ JAB & CROSS

2. \_\_\_ HOOK (L&R)

3. \_\_\_ UPPERCUT (L&R)

4. \_\_\_ CHOP

5. \_\_\_ SPEARHAND

6. \_\_\_ ELBOW SANDWICH

7. \_\_\_ KNEE (L&R)

### KICKS

1. \_\_\_ FRONT SNAP & THRUST

2. \_\_\_ SIDE SNAP & THRUST

3. \_\_\_ ROUNDHOUSE

4. \_\_\_ BACK

5. \_\_\_ CROSSING BACK

6. \_\_\_ SPINNING BACK

### BLOCKS

1. \_\_\_ UPWARD

2. \_\_\_ INWARD

3. \_\_\_ OUTWARD

4. \_\_\_ DOWNWARD

5. \_\_\_ VERTICAL OUTWARD

6. \_\_\_ PARRY

### 12 ANGLES OF ATTACK

1. \_\_\_ TEMPLE (L) 2. \_\_\_ TEMPLE (R)

3. \_\_\_ RIBS (L) 4. \_\_\_ RIBS (R)

5. \_\_\_ BLADDER 6. \_\_\_ SHLDR. (L)

7. \_\_\_ SHLDR. (R) 8. \_\_\_ KNEE (R)

9. \_\_\_ KNEE (L) 10. \_\_\_ EYE (L)

11. \_\_\_ EYE (R) 12. \_\_\_ CROWN

TESTED BY: \_\_\_\_\_

PASSED BELT TEST : \_\_\_\_\_ 20 \_\_\_\_\_

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