



## Yellow Belt (8<sup>th</sup> Kyu)

Breakfalls

(A) Rolling

(B) Back

(2)

(C) Front

(2)

(D) Side

(E) Foreflap

\*Breaking Front Strangles

(2)

\*Breaking Back Strangles

(2)

\*Straight Arm Lock

\*Hip Throw

\*Recumbent Ankle

Shoulder Locks

(2)

\*Kata of Blocks

\*Kata of Strikes

\*Front Thrust Kick

\*Front Snap Kick

Pad drills (Jabs, hooks and elbows)

Dojo Etiquette

Club Safety

**\*Techniques to be demonstrated left and right handed**