

# Techniques Syllabus

YELLOW BELT

6<sup>th</sup> & 5<sup>th</sup> Kyu

*Basic techniques as for white through blue belts as well as the following examples:*

## **A) Techniques**

### **\* Kihon (Basics)**

#### **(1) Tsuki (Punches / Strikes)**

Koken Uchi, Haito Uchi, Morote Tsuki

#### **(2) Uke (Blocks)**

Koken Uke, Haito Uchi, Jyuji Uke

### **\* Ido (Moving Basics)**

Kaiten Ido (Spinning) --- eg: Kiba Dachi +Kaiten Tettsui

Dako Ido (45 Degree Angle) --- eg: 45 Degree Kiba Dachi +Gedan Barai

### **\* Kata**

Pinan Sono San & Yon, Yantsu, Tsuki No Kata

## **B) Conditioning**

\* Flexibility: Same as for blue belt with notable improvement.

\* Push -ups: 50

\* Jumping Squats : 50

\* Hand stand : 50 seconds

\* Chin ups: 10

\* Jump ( Tobi Geri): Your own height + 20 cm

## **C) Kumite**

### **(1) Yakusoku Kumite: Uke Kaeshi ( Block and Retaliation)**

Opponent attack, Uke, Retaliation using a variety of attacks, blocks & reactions. Eg: hand, hand / hand, hand, leg / hand, leg, hand / leg, hand, hand / hand, leg, leg / leg, leg, hand / leg, hand, leg / leg, leg

### **(2) Jiyu Kumite: 60 seconds \* 3 rounds**

Criterion: Reiki / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi