



## YELLOW BELT ■ for karateka currently white belt (beginner going to 8<sup>th</sup> kyu)

	Kihon (basic movements)
	<ol style="list-style-type: none"> <li>1. Chudan Oizuki</li> <li>2. Chudan Gyakuzuki</li> <li>3. Jodan Ageuke</li> <li>4. Gedanbarai</li> <li>5. Chudan Soto-uke</li> <li>6. Chudan Uchi-uke</li> <li>7. Shutouke</li> <li>8. Maegeri</li> <li>9. Yokogeri-Keagi</li> <li>10. Yokogeri-Kekomi</li> </ol> <div data-bbox="842 1196 1375 1624" data-label="Complex-Block"> <p><b>Tips for a successful grading:</b></p> <ul style="list-style-type: none"> <li>✓ Arrive early to the venue</li> <li>✓ Make sure you do the pre-grading training session</li> <li>✓ Stay hydrated</li> <li>✓ Ask if you don't understand an instruction</li> <li>✓ Remain calm and focussed throughout</li> </ul> </div>

	Kata
<p>Karateka are required to know the following:</p> <ul style="list-style-type: none"> <li>■ Tekki-yoki Shodan</li> <li>■ Heian Shodan</li> </ul>	<p>Kumite</p> <p>Gohon kumite: jodan, chudan, maegeri.</p> <ul style="list-style-type: none"> <li>■ Attacker steps forward five times (Jodan oizuki, chudan oizuki, chudan maegeri)</li> <li>■ Defense steps back five times (Jodan: agae-uki, Chudan: soto-uki, Maegeri: gedan-barai)</li> </ul>