

Orange to Yellow belt requirements for testing:

Earn your first stripe:

1. ___ Know the **L-stance**, or also known as the back stance.
2. ___ Know the **Shuto-uke stance** with the knife block or strike.
3. ___ Basic orange belt kicks: inside crescent kick landing in front, outside crescent kick landing in front, front leg sweep with the back leg.
4. ___ Basic orange belt strikes: back knuckle and the upper-cut punch.
5. ___ **Orange belt “basic drill”**: From a horse stance position, (2) front punches, (2) ridge-hand strikes, (2) palm-heel strikes, and (2) front chops, drop right leg back into a front stance with the guards up, step up with a front kick and land into a front stance, step up with a front kick land into a front stance and follow-up with a front punch, kiay!

Earn your second stripe:

1. ___ **“Easy driver”**- back knuckle fist strike and side kick.
2. ___ **“Rounder”**- back leg round house kick and back knuckle strike.
3. ___ **“Sneaky”**- back knuckle strike and a reverse upper-cut strike.
4. ___ **“Combo”**- back knuckle, front punch and a front kick.
5. ___ **“Follow-up”**- back leg sweep followed with a back knuckle strike.

Earn your third stripe:

1. ___ Learn and perform your, **“RYUU-NI”**.
2. ___ Learn and perform in combining, **“RYUU-ICHI & NI”**.
3. ___ Learn and perform **“HEIAN SHODAN”**.

* _____ has completed the requirements and is eligible to be tested for his/her yellow belt, good luck and practice, practice, practice!

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