

YELLOW BELT TEST

Horse Stance Strikes (x 20)

- FRONT
- THRUST
- PALM
- KNIFE
- HAMMER

Stances With Steps (x 20)

- HALF MOON
- HALF MOON WITH FRONT PUNCH
- HALF MOON WITH 8 POINT BLOCKS

Grab Defenses (x 5)

- 1 HAND WRIST
- 2 HAND WRIST
- 2 HAND NECK (FRONT)
- 1 HAND HAIR (FRONT)

Random Attack Fighting Defenses

- STEP IN PUNCH (D. M. 7)
- 1 HAND WRIST
- 2 HAND WRIST
- 2 HAND NECK (FRONT)
- 1 HAND HAIR

Horse Stance Blocking

- 8 POINT (1 COMMAND X 10)

Kicks (x 40 each leg)

- BACK LEG FRONT / FROM HALF MOON STANCE
- STEP IN SIDE / FROM SIDE STANCE

Defense Maneuvers

6 / LEFT AND RIGHT (X 10)

7 / LEFT AND RIGHT (X 10)