

YELLOW STRIPE

ETIQUETTE

Kneeling Bow
Standing Bow

BREAKFALLS

Front
Side
Rear
Shoulder Rolls (front & back)

STANCE TECHNIQUES

Ready Stance
Defensive Stance
Fighting Stance
Front Stance
Horse Stance
Hook Stance

BLOCKING TECHNIQUES

High Block
Low Block
Inside Block
Outside Block
Knife Hand Block

KICKING TECHNIQUES

Front Snap Kick
Back Kick

STRIKING TECHNIQUES

Jab
Cross
Back Fist
Elbow Strikes (4):

- Roundhouse
- Inline
- Rising
- Downward

FIGHTING ZONES

White – Outside striking distance
Grey – Inside striking distance
Red – Standing clinch
Black – On the ground

TAI SABAKI

Body Shifting and movement