



Yellow Belt



8th Kyu - hachikyu

The Yellow Belt techniques are not only a facet of beginning Kenpo, but are used as an exercise for physical conditioning. The basic self-defense techniques in Yellow Belt are the building blocks in your Kenpo life. These techniques will inspire confidence, endurance, and self-esteem.

Techniques

- | | |
|---------------------------|------------------------|
| 1. Kimono Grab | 6. Rising Elbow |
| 2. Blocking The Kick (4) | 7. Opponents At Sides |
| 3. Japanese Strangle Hold | 8. Passing The Horizon |
| 4. Pushing The Circle (3) | 9. Front Bear Hug |
| 5. Tackle Techniques (4) | 10. Crashing Elbow (2) |

KATA

- Short One

Kicks

- Snap Kick
- Rear Kick
- Snap-Rear Kick

Basics

- Square Horse Stance
- Fighting Stance
- Reverse Punch
- Step Drag Forward

Blocks

- Inward Block
- Outward Block
- Upward Block
- Downward Block

Creed:

"I come to you with only Karate— empty hands. I have no weapons. But if I should be forced to defend myself, my principles or my honor; should it be a matter of life or death, right or wrong, then here are my weapons: Karate— my empty hands."

-- Ed K. Parker

