

Yellow Belt (Lynx) - 8th Kyu

Novice Testing Requirements

1st Stripe

Fighting Stance
Horse-Riding Stance (aka: Side-Kicking Stance or Horse Stance)
In to Out Block
Out to In Block
Cross Block

2nd Stripe

1st Stripe Requirements

Backward Roll
Spring Step (Clock Drills & NSEW)
Pressure Points

3rd Stripe

2nd Stripe Requirements

Palm Heel Strike
Knife Hand Strike
Side Hand Strike

4th Stripe

3rd Stripe Requirements

Side Kick
Jump Front Kick

5th Stripe

4th Stripe Requirements

Combinations (4 - 6)

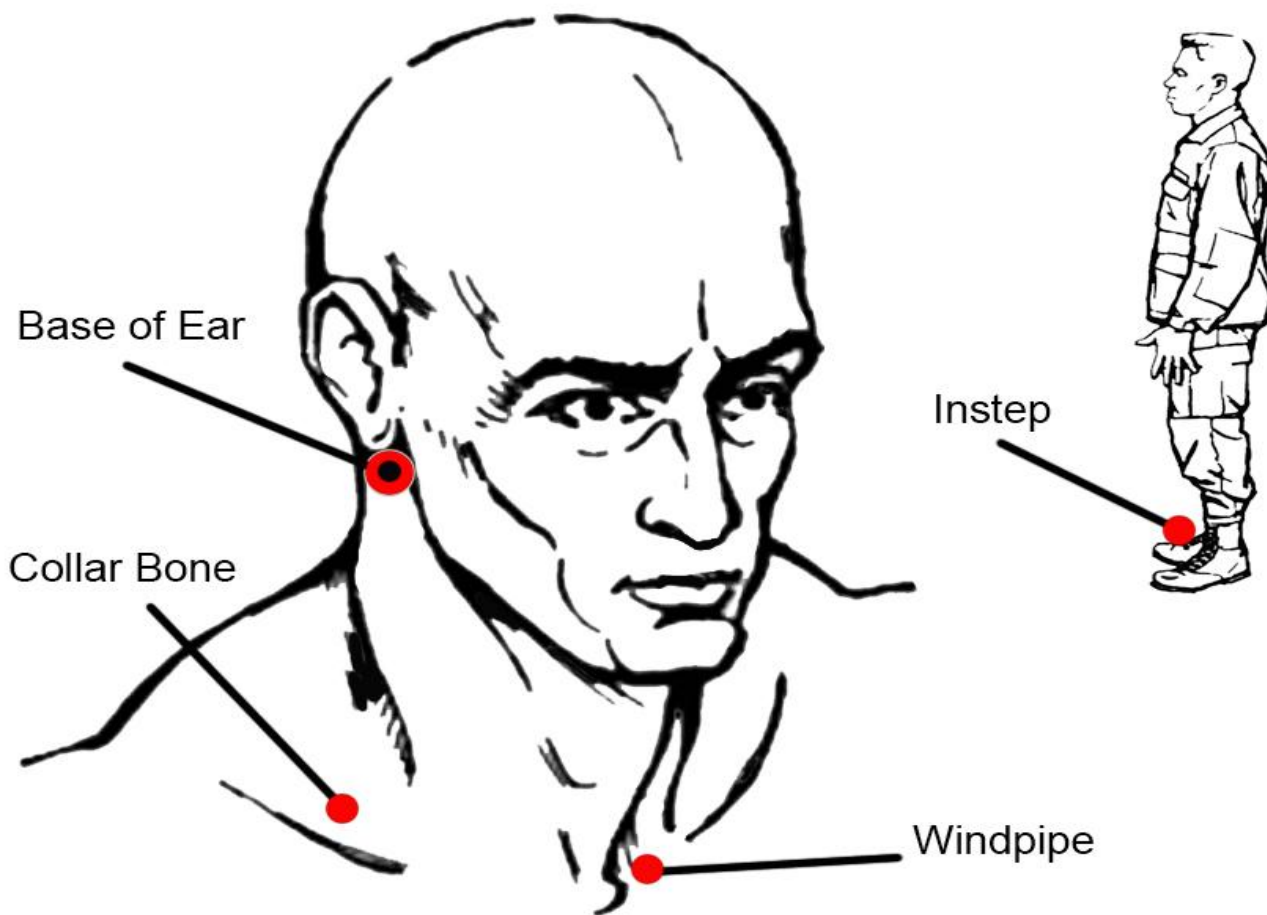
Orange Belt (Leopard) Test - 7th Kyu

5th Stripe Requirements

Kata II: Ten Position Blocks (10/SB)
Terminology

Yellow Belt (Lynx) - 8th Kyu

Pressure Points



Base of Ear

Collar Bone

Instep

Windpipe

Base of the Ear

Collar Bone

Windpipe

Instep

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Combinations (4 - 6)

4. Attacker- Front Kick (Left & Right Foot)

Defender- Step back into Low Block, Reverse Palm Heel to A's face,
front leg Front Kick

5. Attacker- High Punch (Left & Right Hand)

Defender- Step back into Out/In Block, Reverse Punch,
step front foot a little to the side, back leg Roundhouse Kick

6. Attacker- Middle Punch (Left & Right Hand)

Defender- Step back into In/Out Block, Reverse Side Hand,
Grab head, pull head downward, back Knee to head

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Terminology

Fruit of the Spirit

4. I will be a **righteous** student and friend.
5. I will remain **faithful** to God and trust Him in every situation.
6. I will be **gentle** and **control** the power God has entrusted me with.
7. I will do all to the **glory** of God.

Scripture

I Timothy 4:15 "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all."

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Kata II: Ten Position Blocks (10/SB)

#	Direction	Stances	Blocks	Strikes	Kicks
1	Forward	L Front Kicking	L High Block		
2	Forward	R Front Kicking	R High Block		
3	Right	R Front Kicking	R In to Out Block		
4	Forward	L Front Kicking	L In to Out Block		
5	Left	L Side Kicking	L Out to In Block		
6	Forward	R Side Kicking	R Out to In Block		
7	Left	L Front Kicking	L Low Block		
8	Forward	R Front Kicking	R Low Block		
9	Right	R Front Kicking	R Cross Block		
10	Forward	L Front Kicking	L Cross Block		

Don't forget the two primary purposes for Kata training: 1. To provide a *fantastic drill in basic techniques*. 2. To showcase *dynamic technique and style*.

Pretend that you are surrounded by attackers. Each step and block is saving your life. Make the blocks perfect, but do not allow your stances to become sloppy. Unnecessary speed will weaken your moves. You now have two techniques to concentrate on (stances *and* blocks), don't rush yourself . . . perfect yourself.

Many Yellow Belts start "bobbing" when they reach this Kata. As they attempt to coordinate their modified cat stances and their block-sets, they start bobbing up and down. One way to avoid this is to pretend you are in a room whose ceiling is right above your head. Don't let your head go any higher than it already is.

I Timothy 4:15 "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all."

When you perform your techniques correctly, everyone will be able to see it.

2/2/2012