



## **YELLOW BELT - 5th. Rokkyu**

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<b>Objective:</b>	Improve basics
<b>Stances:</b>	Fighting stance, twist stance.
<b>Hand strikes:</b>	Crane, back fist, outward elbow, and downward elbow, reverse hammer.
<b>Leg strikes:</b>	Shuffling side thrust, hopping side thrust, blade kick, crescent and reverse crescent kick, and front heel.
<b>Blocks:</b>	8 point blocking with natural strikes, and cross block.
<b>Combinations:</b>	#3
<b>Animals:</b>	Advancing Leopard
<b>Forms:</b>	1 pinan
<b>Drills:</b>	Two of the same strikes to the same target or different targets. Half moon forward with single strike, and form combinations.
<b>Falls:</b>	Falls from standing position
<b>Jujitsu's:</b>	Single and double wrist grab, bear hug.
<b>Club:</b>	N/A
<b>Knife:</b>	Overhead
<b>Knowledge:</b>	5 principles to master a form and elements of a Jujitsu.
<b>Takedowns:</b>	Sweep.