

Yellow Belt Requirements

Techniques

1. Capturing Paws A
2. Sharpening the Blade A, B
3. Escape of the Lamb A
4. Chopping Bamboo A
5. Evading the Samurai A
6. Grasping Honor B
7. Entering the Shrine A
8. Hidden Sword A
9. Twisted Wing A

Basics

- Stances: square horse, rear horse
- Footwork: step, cross step, hidden foot, shuffle step
- Strikes: punch, half-fist, palm, hammer fist, back knuckle, raking back knuckle
- Chops: speed chop, locking chop, ridge hand
- Blocks: inward, vertical outward, upward, downward, extended outward
- Kicks: snap kick, rear kick, knife-edge kick, wheel kick

Yellow Belt Techniques

1. Capturing Paws, A variation – Bear hug from behind, arms pinned

Tori

- Step to the left into a square horse and punch forward with your right hand to loosen the bear hug.
- Strike with a right back elbow to the uke's solar plexus and follow with a right hammer fist to the groin.
- Cover out.

Uke

- Stand upright and grab with two hands, as though to lift the person.
- Let go as the tori punches.
- Buckle knees slightly with the elbow and further after the groin strike.
- Crumple.

2. Sharpening the Blade, A variation – Left hand grab

Tori

- Pin attacker's hand with your left hand as you step back with the left foot into a rear horse. Strike the attacker's arm at the elbow with your right in an inward block motion, toward the ground.
- Right speed chop to the throat.
- Cover out.

Uke

- Facing the tori, grab the right lapel with your left hand.
- Let go as the tori strikes your arm. Keep your elbow bent to ensure that it is not hyper-extended. Your head will snap forward and recoil back up to expose the neck.
- Turn your head slightly so that the side of the neck is exposed, rather than the throat.
- Crumple.

Sharpening the Blade, B variation – Left hand grab

Tori

- Circle your right arm clockwise to counter grab attacker's left shoulder.
- Step back with the right foot into a rear horse. Pull attacker to you as you simultaneously strike attacker's chin with a left palm.
- Cover out

Uke

- Facing the tori, grab the right lapel with your left hand.
- Keep teeth closed or wear a mouth guard to avoid injury in case of contact.
- Crumple.

3. Escape of the Lamb, A variation – Choke from behind

Tori

- Step behind with your left foot into a hidden foot stance, bend low, and duck your head under the attacker's arms, while striking the groin with a left chop.
- Pivot to the left into a square horse facing the opponent and strike with a right ridge hand to the groin.
- Cover out.

Uke

- Get close to the tori and grab around the neck with both hands, keeping your arms bent.
- Release the neck as the person ducks below your arms. Buckle your knees slightly at the groin strike.
- Buckle knees further.
- Crumple.

4. Chopping Bamboo, A variation – Double shoulder grab

Tori

- With your left hand, pin the right attacker's hand to your right shoulder. Turn to face this attacker as you strike with a speed chop to the throat.
- Right cross step and pivot into a left rear horse, striking the second attacker's neck or face with a palm-up locking chop.
- Cover out.

Uke

- Two person attack. The uke on the right grabs with the left hand, the uke on the left grabs with the right.
- Stand slightly ahead of and face the tori, so the chop goes to the side of the neck instead of the throat.
- Stand slightly ahead of and face the tori, so the chop goes to the side of the neck instead of the throat.
- Grab throat and buckle knees.

5. Evading the Samurai, A variation – Right punch

Tori

- Step to your left evading the punch with a right extended outward block. Cover your face with your left hand.
- Right wheel kick to the attacker's midsection.
- Cross step and cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.
- Keep arm loose so that it moves with the block.
- Keep hands out of the way of the kick.
- Crumple.

6. Grasping Honor, B variation – Right handshake

Tori

- With your left hand, slap the back of the attacker's hand, lifting it high and to the right, as you step forward with your left foot.
- Right knife edge kick to the uke's right knee.
- Cover out.

Uke

- Right handshake, left fist at ready.
- Go with the strike.
- Bend your knee and turn away so that any contact is to the back of the knee, not the front or side.
- Crumple.

7. Entering the Shrine, A variation – Bear hug and lift from the front

Tori

- Step forward with left foot. Reach behind the attacker with your left hand and grab the hair, eye socket, or nose. Pull attacker's head back and down to expose the throat.
- Right half-fist to the throat.
- Cover out.

Uke

- Step forward with the left foot and grab the tori with both arms around the midsection.
- Drop to your right knee to expose your throat without hurting your back.
- Grab throat.
- Crumple.

8. Hidden Sword, A variation – Low lapel grab and pull

Tori

- Pin the attacker's hands to your chest with your left hand and step forward with your right foot, going with the pull.
- Right ridge hand to the attacker's groin.
- Raise the right arm as if for an inward block, and right raking back knuckle across the attacker's nose.
- Right speed chop to the throat.
- Cover out.

Uke

- Grab the tori's lower lapels with both hands and pull toward you.
- Buckle knees with the strike.
- Turn head slightly to the right so your nose is not as exposed.
- Keep head turned so chop will go to the side of the neck, instead of the throat.
- Crumple.

9. Twisted Wing, A variation – Right arm lock from behind

Tori

- Counter-grab attacker's right wrist with your right hand as you step back with your left foot. Left elbow strike to the attacker's head.
- Left cross step forward and pivot right to face the attacker in a left rear horse as you twist the attacker's wrist clockwise. Keep control of the attacker's wrist as you left snap kick to the torso. Plant forward with your left foot in front of the attacker's legs.
- Pivot into a square horse. Strike the attacker's right arm with your left forearm while pulling up on the wrist with your right hand.
- Cover out.

Uke

- Grab the tori's right hand with your right and lock it behind the tori's back with your right palm facing up. Left hand can check left shoulder.
- Keep your head close to the tori's back so that you are not hit. Look toward your right shoulder to keep your face hidden.
- Go with the twist and keep your hands away from the kick. Look away from the strike so that you are not kicked in the face.
- Lean over but keep your elbow bent so that it is not hyper-extended by the strike.
- Crumple.