

YELLOW BELT TEST REQUIREMENTS

Eligibility:

- Minimum 3 months of consistent attendance as a white belt
- Able to do 10 push-ups and 10 sit-ups without stopping

Perform kata (55%)

- **Sanchin** | Three Powers

Perform kihon (25%)

- **jodan** | high area
- **chudan** | middle area
- **gedan** | lower area
- **mae geri** | front kick
- **yoko geri** | side kick
- **shuto** | knife hand strike
- **tettsui** | hammer punch

Dojo terminology (20%)

- **sensei** | teacher
- **arigato gozaimashita** | thank you (formal)
- **onegai shimasu** | please teach me
- **uke** | block
- **mawashi uke** | circular block
- **fudo dachi** | fighting stance
- **musubi dachi** | attention stance
- **heiko dachi** | parallel stance
- **shiko dachi** | straddle leg stance
- **sanchin dachi** | short stance for Sanchin
- **tsuki** | punch
- **oi tsuki** | lunge punch
- **gyaku tsuki** | reverse punch

Stripe belts:

White/Yellow stripe belts may be awarded to junior students who have put in the attendance and effort requirements but are unable to perform Sanchin without errors.