



KICK PUNCH FU Yellow Belt Requirements



1. Technique :

- a. Kicks: Student must be able to perform front ball kick and front snap kick.
- b. Strikes: Student must be able to perform front-two-knuckle jab & cross and palm strike.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll and back break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system.
- e. Stances: Student must be able to demonstrate the proper 'ready stance' and 'guard stance.'
- f. Pushups: Student must be able to perform 6 pushups.
- g. Self Defense Basics: Student must be able to demonstrate step-block-push technique. Student must be able to demonstrate evade and retreat technique.
- h. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab.
- i. Self Defense against an attack: Student must perform a minimum of one self-defense technique.
- j. Holds & Submissions: Student must be able to demonstrate a snake-wrap hold.
- k. Takedowns: Student must be able to perform two takedown maneuver, such as, Trip takedown and two lock and block.

2. **Fitness Level** : Should be examined for 10 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
3. **Knowledge and information** : 10 questions about KICK PUNCH FU and different type martial arts(oral/written)
4. **Sequence Dynamic Demonstration** : 2 technique basic land gymnastic , Musical Forms , Self-defense forms
5. **Fighting ability** : 3 rounds each for 2 minute