

White Belt testing requirements for Yellow Belt

I highly recommend printing this page out and using it while you practice.

Stances:

Left Fighting Stance (Walking Stance)

Right Fighting Stance (Walking Stance)

L-Stance

Blocks:

Low Block

Middle Block

High Block

Punches (Hand Techniques):

Jab

Reverse Punch (Cross)

Hammer Fist

Palm Heel Strike

Ridge Hand

Knife Hand

Ox Jaw

Eagle Beak Strike

Kicks:

Front Kick (snap kick style and thrusting kick style)

Turn Kick (roundhouse)

Side Kick

Instep Stomp

Breakaways (joint locking):

Across-n-Strike

Down-n-Strike

Across the Bow

Ridge Arm Takedown

Spin Away

Out the Door

Push Away

Spin Out to Elbow

Radial Nerve Strike

Spin in to Elbow