



# YELLOW BELT

8<sup>TH</sup> KYU

## Kung Fu Lore: Way Of The Novice

### Defense Techniques

- Japanese Sword (a,b)
- Chinese Sword (a,b)
- Delayed Sword
- Knee Of Vengeance
- Fang Of The Cobra

### Kata

Short 1 (Horse)

### Kicks

- Front Snap
- Rear
- Side
- Wheel
- Hook

### Basic Stances

- Attention Stance
- Forward Stance
- Hard Bow
- Soft Bow
- Horse Stance

### Basic Motions

- Forward Stance – Forward and Backwards
- Horse Stance – Forward

## Teaching: Power and Stability

### Defense Techniques

- Twisting Talon
- Returning Dragon
- Breaking The Sword
- Kenpo Shield
- Evasion

### Kata Portions

Lesson: ①②③④  
Know: ①②③④

### Hand Forms

- Punch
- Side Fist
- Inverted
- Hook
- Back Fist

### Combinations

- Back Fist – (SB) Punch
- (SB) Punch – Hook
- (SB) Punch – Inverted

### Basic Blocks

- Downward
- Inward
- Upward
- Outward
- Extended Outward

## Creed

I come to you in peace with only Karate, Empty Hands. I have no weapons and seek no trouble or strife; but should I be forced to defend myself, my loved ones and friends, my principle or my honor; should it be a matter of life or death, right or wrong; then these are my weapons - Empty Hands.

*Print out and use the  to track progress. Fill out the first circle to indicate you have completed the lesson. Fill in the second circle once you are confident with the movement. Fill in the circles for each Kata Portion under the Kata's name as you learn them.*