

**Yellow Belt
Advancement Techniques**

Students Currently Yellow Belts

Backfist (Front Hand)

Palm Strike (Back Hand)

Knife Hand Strike

Ridge Hand Strike

High Downward Hammer Fist

Front Snap Kick (Front Leg)

Back Kick

Knee Strike (Back Leg)

Round House Kick (Front Leg)

***All techniques will be judged on the following
criteria: good form, coordination and balance,
focus, speed, power and kiai.***

