



A black belt is a white belt who never quit.

YELLOW Belt Curriculum

Your YELLOW curriculum will take approximately 2 months or 16 classes.

YELLOW Belt Techniques

1) All WHITE Belt Techniques

2) Wrist Grab (near & far)

Attacker - Right straight wrist grab.

Defender

- (far) - Right front kick to knee.
- Land to the right side.
- Left palm to the jaw.
- Right upward elbow release.
- Guard.

Defender

- (near) - Right knee to groin.
- Land to the right side.
- Left palm to jaw.
- Right upward elbow release.
- Guard.

3) Rear Wrist Grab

Attacker - Rear wrist, arm or hair grab

Defender

- If attacker is far away, step toward attacker with left foot.
- Right rear kick to knee.
- Guard.

Defender

- If attacker is close, right stomp to foot.
- Pull away (for hair grab, hand pins the attackers hand).
- Guard.

YELLOW Belt Katas

1) All WHITE Belt Katas

2) Little Tiger

- Horse stance.
- Double star block (Up, In, Out, Touch, Down, Back, Double Palms, kiai!)
- Step back with the right foot into a sparring stance and left outward chop block.
- Right reverse punch pivoting into a forward bow stance.
- Right front kick advancing. Left roundhouse kick advancing.
- Left downward chop pivoting into a reverse bow stance.
- Right reverse punch.
- Right foot step up into horse stance.
- Bow.
- AmeriKick team salute.

YELLOW Belt Basics

1) All WHITE Belt Basics

2) Shuffle Back Knuckle – Reverse Punch

3) Rear Kick – Knee

4) Wheel Kick/Front Leg Round

AmeriKick Creed

As an AmeriKick student, I will work hard, aim high, and finish what I start.