

Yellow Belt Requirements

All of White Belt Material

Kicks:

- Jump Double Front Snap Kick
- Jump Single Inside Smash
- Jump Single Outside Smash

Hand Strikes:

- Ridge Hands = Palm Up, Palm Down, & Vertical
- Chop = Palm Up & Palm Down

Sweeps:

- Simple Birds - Front & Back

Conditioning:

- 10 Push Ups
- 10 Bent Knee Sit Ups
- 10 Flat Foot Squats
- 10 Leg Lifts

Pressure Points:

- Spleen = SP 11, SP 21
- Liver = LR 13, LR 14
- Lung = LU 10
- Large Intestine = LI 4, LI 5
- Extra Ordinary Pressure Point/Head & Neck = EX-HN 5

Sparring Techniques: 11-20

Chin Na: 11-20

Tan Tui Short Forms: 6-15

Staff Spins: 1-5

I Pu Tue Ta: 1-9

Long Forms:

- Se Meng T'ao Lian (Reversibly Facing Four Opponents/Directions)
- Fei Hu Ch'u Tung (Flying Tiger Comes Out of The Cave)

