

# YELLOW STRIPE



## *Form*

Kicho (24 movements)

Foundation. A solid foundation on which to build and develop your martial arts potential.

## *Blocks*

Middle Block  
Scooping Block

## *Stances*

Fighting Stance  
Back Stance

## *Self-Defense*

Double Wrist Escape  
Two on One Hand Wrist Escape

## *Strikes*

Mid-Section Punch  
Back Leg Front Thrust Kick  
Back Leg Roundhouse Kick

## *Grappling*

Side Break Fall  
Stand in Base