



ON MISSION MARTIAL ARTS
ADULT YELLOW BELT REQUIREMENTS



Stances

- Front Position
- Fighting Stance
- Crane Stance
- Twist Stance
- Horse Stance

Footwork

- Half-moon slide forward & back
- Step-drag slide
- Jump Switch

Strikes

- Front Two Knuckle Punch
- Thrust Punch
- Back Two Knuckle Punch
- Hammer Strike
- Front Ball Kick
- Front Instep Kick
- Side Blade Kick

Blocks

- Outward Hard Blocks (1 & 2)
- Inward Hard Blocks (3 & 4)
- Upward Hard Blocks (5 & 6)
- Downward Hard Blocks (7 & 8)
- Overhead X-Block
- Half-mooning with 8 Blocks
- Above with a partner
- Star Block Drill

Spiritual Fitness

- O.M.S.F. (On Mission Spiritual Fitness)
ADULT YELLOW completed

Techniques

- Defensive Maneuver (DM) #6
- Defensive Maneuver (DM) #7
- Kempo "A"
- Kempo "B"
- Grab Defenses #1-3
- Overhead Club Defense #1

Forms & Miscellaneous

- Begin journaling habit
- Proper "punching in"
- Slap-out from a crouch
- Transition from Front Position to Fighting Stance (mental change)
- 3-Stance Flow Drill
- YELLOW Belt Line Drill (#1)
- White Belt KATA

OMMA/Martial Arts Knowledge

- Read "Distinctives of Kempo"
- Read "4 Ranges of Self Defense"
- Read "Your First Few Weeks"
(in OMMA Student Handbook)