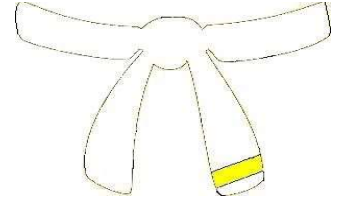




ON MISSION MARTIAL ARTS

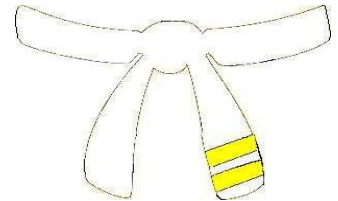
Young Warriors – **YELLOW Belt** Checklist

- | | |
|--|---|
| <input type="checkbox"/> Front Position | <input type="checkbox"/> Same Side Wrist Grab (#1) |
| <input type="checkbox"/> Fighting Stance | <input type="checkbox"/> Opposite Side Wrist Grab (#2) |
| <input type="checkbox"/> Crane Stance | <input type="checkbox"/> Jump Switch |
| <input type="checkbox"/> Half Mooning Forward | <input type="checkbox"/> Outward Blocks (#1 & 2) |
| <input type="checkbox"/> Front Two Knuckle Punch | <input type="checkbox"/> Front Ball Kick |
| <input type="checkbox"/> Horse Stance | <input type="checkbox"/> 3 total @home practice sessions |



This stripe will be awarded during regular class time when student is ready.

- | | |
|---|---|
| <input type="checkbox"/> Twist Stance | <input type="checkbox"/> Kempo "A" (R & L) |
| <input type="checkbox"/> Half Mooning Backward | <input type="checkbox"/> Two Hand Wrist Grab (#3) |
| <input type="checkbox"/> Thrust Punch | <input type="checkbox"/> 3 Stance Flow Drill |
| <input type="checkbox"/> Front Instep Kick | <input type="checkbox"/> Step-Drag footwork |
| <input type="checkbox"/> 8 POINT Blocking Set | <input type="checkbox"/> Overhead X-Block |
| <input type="checkbox"/> Slap Out from a crouch | <input type="checkbox"/> 9 total @home practice sessions |



This stripe will be awarded during regular class time when student is ready.

Do your best to complete these requirements and submit your binder to your Instructor.

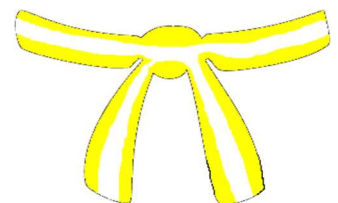
- 15 **total** practice sessions on Yellow Belt @ Home Worksheet
- Complete On Mission Spiritual Fitness - Yellow Belt

Please ask your instructors if you need any assistance.



This stripe will be awarded when student has submitted these papers.

- | | |
|---|--|
| <input type="checkbox"/> Hammer Strike | <input type="checkbox"/> DM #6 (R & L) |
| <input type="checkbox"/> Back Two Knuckle Punch | <input type="checkbox"/> Kempo "B" (R & L) |
| <input type="checkbox"/> Overhead Club #1 | <input type="checkbox"/> Yellow Belt Line Drill #1 |
| <input type="checkbox"/> Proper "Punching In" | <input type="checkbox"/> WHITE BELT KATA |



Your Instructor will invite you to test for your Yellow Belt.