

# **DRAGON KENPO**

## **YELLOW BELT REQUIREMENTS**

### **Yellow I**

**Defense against a right front punch**

- 1. Step with your left foot towards 10:30 into a left neutral bow.**
- 1. Execute a left inside block**
- 1. Execute a right outside block, then hook with your right hand to capture the arm.**
- 2. Fire a right snap kick to the ribs.**
- 3. Execute a right side kick to the knee, bringing your opponent to their knee.**
- 4. Control your assailant with an arm bar.**

### **Yellow II**

**Defense against a two-hand front choke**

- 1. From a natural stance, step back with your right foot to 6:00 into a right forward bow.**
- 1. Execute a double hand sword strike to opponent's arms.**
- 2. Fire a double spear hand strike to the throat to finish.**

### **Yellow III**

**Defense against two-hand choke from the rear**

- 1. Step with your left foot to 9:00 into a horse stance.**
- 1. Execute a right rear elbow the solar plexus.**
- 2. Execute a right hammer fist strike to the groin**
- 3. Finish with an obscure elbow to the jaw.**