

Stance:	One legged	
Strike:	Backfist (downward & outward)	Spear finger
Punch:		
Kick:		
Block:	Square	Pressing Augmented
Kata:	Heian Nidan	
Kumite:	Ippon Kumite	Jiyu Kumite
Testing Points:	Beginning combinations, longer stance and noticable development of smooth transition between stances. At this level a noticable application of hip development should begin to emerge. Wrist rotation applied with square block should be obvious and this concept expanding into other kihon Waza. Knowledge of "5 principles" at introductory level" <i>Rotation, Vibration, Expansion Submaximal Contraction, Maximal Contraction</i>	

Yellow Belt - 1 green stripe