

United Karate Centers

Adult Yellow Belt Curriculum

Kicks

Inside Ax kick

Outside Ax kick

Inside Crescent kick

Outside Crescent kick

Cross step Hook Kick

1st Tip Achieved _____ Date _____

Kick Boxing

Kickboxing Combination # 1(C-H-RT Kick-H-C-LFT Kick)

Kicking Combinations # 1 - low leg kick to front kick to cross step side kick

Kicking Combination #2 - front kick to cross step side kick to cross step in front roundhouse kick

2nd Tip Achieved _____ Date _____

Timing and Defense

Side kick against the attacker

Step back, back kick against the attacker

Outside Sweep

Inside Sweep

Front Kick to Jump Front kick (on bag)

Power Kicks (10 X both sides)

Front kick

Round kick

Side kick

Back kick

3rd Tip Achieved _____ Date _____

Adult Yellow Belt Curriculum

Falls

Side fall

Back fall

Front fall

Kali

Cup Cup, X pattern, Three Count, 6 Count Heaven

Judo Throw

Over the shoulder judo throw Drills

3rd Tip Achieved _____ Date _____

2nd Half 4 Count Kickboxing

- 4 Counts – RK-H-C-H
 - 4 Counts – LK-C-H-C
 - 4 Counts – J-C-RK-LK
 - 4 Counts - J-C-R. Knee – L. Knee
 - 4 Counts – J-C-L. Knee – R. Knee

 - Pull Ups (more than One)
 - How to jump rope
 - Kipping pull ups
 - Kipping jump pull ups
 - Character building memorization (Love your enemies, do good to those who hate you)
 - Red Tip Test Date and Signature
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