

# Yellow Belt

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the tot and junior levels, they will receive stars on their belts to chart their progress. Stars will be awarded when students can demonstrate the material competently without the assistance of an instructor.



## Yellow Star

### Personal Safety

*Defending against grabs and successfully breaking grips while avoiding the use of strikes and kicks*

- 2 Techniques

### Partnering Skills

*Demonstrating the ability to work respectfully with a partner and taking proper space using self-control*

- Punching In with a Partner



## Blue Star

### Combinations

*Properly connecting strikes, kicks, and blocks into basic self-defense techniques*

- 3 Combination
- 5 Combination



## Red Star

### Forms

*Demonstrating the ability to move through the first long pattern ('Form' or 'Pinan') which combines footwork, strikes, and blocks*

- 1 Pinan (3 Directions)



## Black Star

### Cumulative Review

*Students are expected to perform required material from all previous ranks in a way that demonstrates a level of growth and effort as they advance from belt to belt*

### Mechanics

*Demonstrating the foundational skills of the art with effectiveness appropriate to their rank*

#### Strikes

- Dropping Hammer
- Back Hammer
- Circling Hammer
- Circling Knife

#### Kicks

- Crescent Kick
- Heel Stomp

## Character Connections



### Orange Bar - Respect

Complete the "Flip It!" mission.



Minimum Class Credits Required: 12

Rank Training Videos: Email us at [TheTeam@Villarismansfield.com](mailto:TheTeam@Villarismansfield.com)