

Yellow Belt Blocks and Kicks

Double Knifehand Block

Reach both arms back away from the target. Sweep front hand in front of the face and turn palm out. Bring other hand palm up to the solar plexus.



Square Block

Both hands palm up on the hip away from the target with the front hand on top. Bring hands diagonally up doing an outerforearm and high block.



Round Kick

Pivot the base foot with heel to the target. Point the bent kicking knee at the target. Extend the leg out striking with the ball of the foot or instep. Rechamber the knee to the starting position before setting it down.



Spin Side Kick

Pivot the base heel until it points to the target as you turn the head in the same direction. Chamber the back leg and extend out a side kick. Rechamber and set the foot down next to the target.



Spin Crescent Kick

Turn the base foot and the head backwards until you see the target. Continue to spin on the base foot and rotate the body until the back leg is lifted off the ground. Swing that leg in a crescent kick and set it down in the starting position.



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