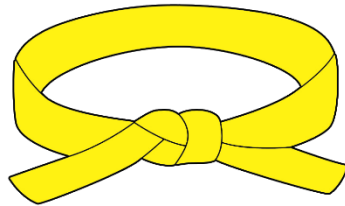


Yellow Belt



Minimum Hours required: **40**

TEST REQUIREMENTS

Seiza

Karitsu

Tenkai - Oshi

Tenkan

Tai – Sabaki

Basic Front / Side / Back Break-Falls

Ai hanmi katate – tori:

Demonstrate a Range of techniques