

# Yellow belt 9<sup>th</sup> Kyu

## Punches

- Basic Punching Drills
- Slide forward jab cross

## Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Knees

## Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front Left Round
- 2 Punches, Right Round Left Front
- Fitness Drills

## Kata

- First 6 moves of Shoshin Kata