

# Yellow White Stripe 10<sup>th</sup> Kyu

## Punches

- Basic Punching Drills

## Kicks

- Front kick
- Roundhouse kick
- Knees

## Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- Fitness Drills

## Kata

- First 4 moves of Shoshin Kata