

TESTING FOR BEGINNING YELLOW	
General	Show Self-Discipline - Dress Code
	Understand and explain the 4 controls
	Define and show "Kiai"
Questions	What is a "Kick"?
	Why is Breathing Correctly so important?
	What is the ability to determine "Useful, Unuseful and Useless" called?
	What is "Around, On and In You" called?
Sets	Coordination Set
Forms	Short 1
Defenses	<i>Know 3. Show base move. Use to Defend.</i>
	Hammer Defense - High - Inside (HDHI)
	Hammer Defense - High - Outside (HDHO)
	Whipping Defense - High - Inside (WDHI)
	Whipping Defense - High - Outside (WDHO)
Type of Attack	Touch
Angle of Attack	Front
Moving In or Out	Show moving away from the attack
Weapons	Forearm-Inside - Handsword - Heel Palm
Kicks	Front Ball - Back Heel
Targets	Solar Plexus - Groin
Qualities	Respect: Replies correctly to upper ranks
	Discipline: Arrives- Prepared/On Time
	Control: Posture - Maintains Guard