

KRFMA Yellow Belt Requirements

			Introduction	Pre-test	Approved
1 st Stripe	Fundamentals	Isshinryu History, Dojo Etiquette, Count to 10, Basic 1-5, Mae Geri, Shoba Konate, Ura Geri, Wrist Grab, Hair Pull, Parts of the Uniform			
2 nd Stripe	Fundamentals	All the above plus, Basic 6-10, Yoko Geri, Shoba Geri, Hize Geri, 2 choke defense. Style of Karate, Grandmaster's Name			
3 rd Stripe	Fundamentals	All the above plus Basic 11-15, Mawashi Geri, Mae Konate, Ushira Geri, Falling, Lapel Grabs			
Promotion to Yellow Belt					