

## CHILD YELLOW BELT

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### TIP #1 – STUDENT CREED

#### TIP#2 – FORM

1. LEFT FRONT KICK
2. RIGHT FRONT KICK
3. LEFT ROUND KICK
4. RIGHT ROUND KICK
5. RIGHT SIDE KICK
6. TURN 180 DEGREES LEFT SIDE KICK
7. RIGHT FRONT KICK, ROUND KICK, SIDE KICK
8. TURN 180 DEGREES
9. LEFT LEG FRONT KICK, ROUND KICK, SIDE KICK
10. TURN 90 DEGREES TO RIGHT
11. RIGHT INNER CRESENT KICK
12. LEFT INNER CRESENT KICK

#### TIP #3 – PAD WORK

1. LEFT FRONT KICK
2. RIGHT FRONT KICK
3. LEFT ROUND KICK
4. RIGHT ROUND KICK
5. RIGHT SIDE KICK
6. LEFT SIDE KICK
7. RIGHT FRONT KICK, ROUND KICK, SIDE KICK
8. LEFT LEG FRONT KICK, ROUND KICK, SIDE KICK
9. RIGHT INNER CRESENT KICK
10. LEFT INNER CRESENT KICK