



Yellow Belt One-Steps - Juniors do 1-3, Adults do all 5

1	2	3	4	5
Left Front Kick [land in a left front stance]	Left Crescent Kick	[step right into a sitting stance]	[step right to evade into a right front stance]	[step into a left back stance]
Left Outer Forearm Block	Right Front Kick/Round Kick Combination	Right Outside Block	Left Reverse Outer Forearm Block	Left Double Knifehand Block
Right Reverse Punch [step left foot backward]	[land with feet together]	Right Backfist	#2 Left Side Kick	Right Reverse Punch, Left Hook Punch
Right Round Kick	Left Spin Side Kick	Right Side Kick [land with feet together]	[land with feet together]	Left Side Kick [land with feet together]
		Left Spin Crescent Kick	Right Spin Crescent Kick	Right Spin Side Kick
			Left Double Round Kick [land in Left Back Stance]	
			Left Backfist [shift into a left front stance]	
			Right Reverse Ridgehand	