

Rising Warriors - Yellow Belt Requirements

Going From White Belt to Yellow Belt

This rank is primarily focused on the Student's behavior, ability to follow direction, and treatment towards their instructors and fellow classmates.

Students need to be able to follow common commands and procedures in the class, such as

- Put in 100% effort while in class!
- Treat all students, teachers, parents and visitors with respect
- Holding the door for their parents when arriving at class
- Putting their shoes on the shoe rack when entering the school.
- Addressing the instructors by their title. Guro / Jo-Shu / Mr. / Mrs. etc...
- Responding to questions with Yes Sir, No Sir, Yes Ma'am, No Ma'am.
- Raising their hand when answering or asking questions in class.
- Speaking respectfully to all adults
- Asking to use the bathroom, or get water.
- Cleaning up after themselves in the bathroom.
- Doing what an Instructor asks without argument.
- Not running across the parking lot.
- No tackling or grappling when playing on the mats before class
- No leaning on, or running into the walls
- Demonstrate a proper Attention Stance on command
- Not talking or interrupting while the instructors are talking or teaching the class.
- Student must be able to demonstrate proper push-up form (requires practicing at home)

PERSONAL AWARENESS

1. Student is responsible for filling out their own attendance card.
2. Student must know the difference between Lead & Rear (hand, arm, leg, foot)
3. Student must be able to tie their own belt correctly. (*requires practicing at home*)
4. Student must also be working toward the physical requirements for Orange Belt as well.
5. Student must know the name of the school & the name of the style they are learning.

STANCES

1. Attention Stance (feet together, hands to your side, back straight, eyes forward)
2. Fighting Stance (Left Lead)
3. Shoulder Stance (Feet shoulder width apart)