



# AIM USA YELLOW BELT SHOW WHAT YOU KNOW EVENT



This event is designed to show the judges how well the students have learned these moves that are taught through the YELLOW BELT course.

Students will be judged on:

- 1) Good Form (Technique)
- 2) Coordination & Balance
- 3) Focus
- 4) Speed
- 5) Power
- 6) Kiai

Each student will be asked to perform:

- 1) **Blocks**
  - a) High Block / Reverse Punch
  - b) Low Block / Reverse Punch
  - c) Inside Block / Reverse Punch
  - d) Outside Block / Reverse Punch
- 2) **Punches**
  - a) Combo Back Fist / Reverse Punch
  - b) Combo Jab / Reverse Punch
- 3) **Kicks**
  - a) Front Snap Kick (Stepping Forward)
  - b) Skip Side Kick
  - c) Front Round House Kick (Front Leg)
  - d) Turning Round House Kick (Back Leg) Stepping Forward