

MACABEE MARTIAL ARTS SASH REQUIREMENTS (White Dragon Kempo)

At this level the student is required to perform a 1-minute Horse stance, Bow stance (on each side), and Cat stance on each side before each test.



Yellow Sash

- 1. Perform all four basic blocks together.**
- 2. Sidekick**
- 3. Movements of the Tiger**

Yellow Sash/White Fringe

- 1. Combination self-defense against a punch.**
- 2. Back fist**
- 3. Movements of the tiger / two count.**

Yellow Sash/Black Fringe

- 1. Slide up Sidekick**
- 2. Self-defense against a front kick.**
- 3. Movements of the Tiger/ five count**

Yellow Sash/Red Fringe

- 1. Roundhouse kick**
- 2. Four basic kicks on one leg.**
- 3. Self Defense against a choke.**
- 4. Movements of the Tiger on one breath.**