



Goju Ryu Shimbukai



YELLOW BELT FACT SHEET

1. STEP UP, OR STEP OUT

Reaching your Yellow belt, shows that you are a winner, not a quitter, you have trained and you were rewarded with your Yellow Belt for your effort., Now show me you can continue the Karate path until Black Belt



2. Condition your Basics

The first thing you must do is condition your mind and body doing your Basics from and standing position. Focus on doing it correctly not fast, 'SLOW IS SMOOTH AND SMOOTH IS FAST'

3. Establishing Your Stance

The first thing any student must establish for is their stance. As a Yellow belt in karate, it is best to focus on techniques one at a time, The regular practice of zenkutsu dachi during basic training will develop the instinctive habit to always strike with our front leg. The regular practice of zenkutsu dachi in basic training moving forwards and backwards develops our muscle memory.

4. KATA

You will start to learn Kata, a pattern of movements acting out a fighting scene. This pattern is your basic Punches, Blocks and stance in a sequence of movements in different directions, it is the most important thing you will learn through your Karate journey.

