



Young Americans Schools of Self-Defense

KATA REQUIREMENTS

White Belt (for White Belt students who will be testing for Yellow Belt)

1. LEFT HIGH BLOCK (while stepping back with right foot)
2. RIGHT FRONT KICK (drop foot out in front after kick)
3. DOUBLE PUNCH (right hand first, then left)
4. LOW BLOCK (with left arm while stepping back with the right foot)
5. PALM STRIKE (with right arm – without moving feet at all)

Yellow Belt (for Yellow Belt students who will be testing for Yellow Belt, Green Stripe)

6. MIDDLE BLOCK TO LEFT (first, bring right foot up next to left)
7. LOW SIDE KICK TO LEFT (to left with the left leg)
8. HAMMERFIST TO LEFT (to left with the left arm)
9. MIDDLE BLOCK TO RIGHT (side middle block to the right)
10. LOW SIDE KICK TO RIGHT (to the right with the right leg)
11. HAMMERFIST TO RIGHT (to right with the right arm)

Yellow Belt, Green Stripe (for Yellow Belt, Green Stripe students who will test for Green Belt)

12. RIGHT REAR KICK (drop right foot in rear, ready to turn into high block)
13. RIGHT ARM HIGH BLOCK
14. LEFT LEG FRONT KICK (drop left foot in front after kick)
15. DOUBLE PUNCH (first with left hand, then the right hand)
16. RIGHT ARM LOW BLOCK (while stepping back with the left foot)
17. PALM STRIKE WITH LEFT ARM (do not step)

Green Belt (for students who will be testing for Green Belt, Purple Stripe)

18. KNIFEHAND BLOCK (to the right with the right arm)
19. HIGH SIDE KICK (to the right with the right leg)
20. INWARD KNIFEHAND STRIKE (to the right with the left hand)
21. KNIFEHAND BLOCK (to the left with the left arm)
22. HIGH SIDE KICK (to the left with the left leg)
23. INWARD KNIFEHAND STRIKE (to the left with the right hand)

Green Belt, Purple Stripe (for students who will be testing to Purple Belt)

24. LEFT REAR KICK/LEFT FRONT KICK (drop left foot in front & turn to face rear)
25. KNIFEHAND BLOCK WITH RIGHT HAND
26. SLAP BLOCK WITH LEFT HAND
27. ROUND KICK (left leg – drop leg in front of you as you face side)
28. OUTWARD KNIFEHAND STRIKE (with left arm)
29. KNIFEHAND BLOCK WITH LEFT HAND
30. SLAP BLOCK WITH RIGHT HAND
31. ROUND KICK (right leg – drop leg in front of you as you face side)
32. OUTWARD KNIFEHAND STRIKE (with right arm)

Purple Belt (for students testing for Purple Belt, Brown Stripe)

33. LEFT LOW BLOCK/CRANE STANCE (don't drop foot after the block)
34. HOOK KICK (with the left leg)
35. CRESCENT KICK (with the right leg)
36. BACKFIST (with the right arm)
37. RIGHT LOW BLOCK/CRANE STANCE (don't drop foot after the block)
38. HOOK KICK (with the right leg)
39. CRESCENT KICK (with the left leg)
40. BACKFIST (with the left arm)

Purple Belt, Brown Stripe (for students testing for Brown Belt)

41. HIGH X BLOCK (step with left foot to side body is facing – a front stance)
42. JUMPING FRONT KICK (kicking with the left leg)
43. SPIN BACK KICK (with the right leg)
44. LOW X BLOCK/DOUBLE HIGH BLOCK
45. DOUBLE UPPER CUT PUNCH (step forward with the left leg)

Brown Belt (for students testing for Brown Belt, Red Stripe)

46. HIGH X BLOCK (turn to opposite side – step with right leg)
47. JUMPING FRONT KICK (kicking with the right leg)
48. SPIN BACK KICK (with the left leg)
49. LOW X BLOCK/DOUBLE HIGH BLOCK
50. DOUBLE UPPER CUT PUNCH (step forward with right leg)

Brown Belt, Red Stripe (for students testing for red belt)

51. SCISSORS BLOCK (left arm high – while stepping back with the right leg)
52. SCISSORS BLOCK (right arm high when you begin the block)
53. DOUBLE PALM STRIKE (while stepping forward with right leg)
54. DOUBLE MIDDLE BLOCK/COUNTER GRAB
55. FRONT KICK (step back after kick)

Red Belt (for students testing for Red Belt, Black Stripe)

56. DOUBLE KNIFEHAND HIGH BLOCK
57. DOUBLE KNIFEHAND HIGH BLOCK (while stepping back)
58. LEAD LEG FRONT KICK (spin to face rear after kick)
59. DOUBLE KNIFEHAND LOW BLOCK
60. DOUBLE KNIFEHAND LOW BLOCK (while stepping back)

Red Belt, Black Stripe (for students testing for Black Belt)

61. SLAP BLOCK/LEFT RIDGEHAND STRIKE
62. LOW BLOCK (with open hand)/RIGHT RIDGEHAND STRIKE
63. SPREAD BLOCK/DOUBLEFIST PUNCH
64. GUARDING POSITION
65. FLYING SIDE KICK
66. GUARDING POSITION