

Yellow Belt One Steps  
"Values"

#1 Self-control. Controlling my actions. Self-control!

Left double outer forearm block and say self-control

Left jump front kick and say controlling

Left knifehand strike and say my

Right punch and say actions

Double step back with block and say self-control

#2 Integrity. Choosing right over wrong always. Integrity!

Left double outer forearm block and say integrity

Right jump front kick and say choosing

Right backfist and say right

Left punch say over

Right punch and say wrong

Right round kick and say always

Double step back with block and say integrity

#3 Honesty. Be honest all your life. Honesty!

Right low block and say honesty

Step around and say being

Left backfist and say honest

Left knifehand strike and say all

Step back and say your

Right round kick and say life

Double step back with block and say respect