

Belt Testing Requirements

Discipline

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
X stance	upset palm heel	hook	twin palm heel
	square block	rev/spin crescent	tiger strike

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Target Area	Stance
A				A opposite			
1. B	Twin Palm Heel	X	H	25. B	Twin Palm Heel	X	H
2. B	Twin Upset Palm Heel	B	M	26. B	Twin Upset Palm Heel	B	M
3. R	#3 Hook Kick	-	M/H	27. L	#3 Hook Kick	-	
4. L	Spin Hook Kick	-	M/H	28. R	Spin Hook Kick	-	M/H
5. R	Double Outer Forearm Block	S	H	29. L	Double Outer Forearm Block	S	H
B				B opposite			
6. L	Square Block	R	H	30. R	Square Block	R	H
7. L	#1 Front Kick	--	M	31. R	#1 Front Kick	-	M
8. L	Round Kick	--	M/H	32. R	Round Kick	-	M/H
9. B	Knife-hand Double Low Block	R	L	33. B	Knife-hand Double Low Block	R	L
10. R	Punch	B	L	34. L	Punch	B	L
11. L	Punch	B	L	35. R	Punch	B	L
12. R	Downward Hammer Fist	B	M	36. L	Downward Hammer Fist	B	M
C				C opposite			
13. L	Upset Palm Heel	B	H	37. R	Upset Palm Heel	B	H
14. R	Spear-hand	B	H	38. L	Spear-hand	B	H
15. L	Tiger Strike	B	H	39. R	Tiger Strike	B	H
16. R	Reverse Elbow (Ki-hap)	B	H	40. L	Reverse Elbow (Ki-hap)	B	H
17. L	Double Outer Forearm Block	B		41. R	Double Outer Forearm Block	B	
D				D opposite			
L	(Outer sweep to rear stance)			R	(Outer sweep to rear stance)		
18. L	Front High/Low Block	R	H/L	42. R	Front High/Low Block	R	H/L
19. R	High/Low Block	R	H/L	43. L	High/Low Block	R	H/L
20. L	#1 Front Kick	--	M/H	44. R	#1 Front Kick	--	M/H
21. L	Back Fist	B	H	45. R	Back Fist	B	H
22. R	Punch	B	M	46. L	Punch	B	M
R	(Outer sweep to rear stance)			L	(Outer sweep to rear stance)		
23. R/L	High/Low Cross Over Block	R	H	47. L/R	High/Low Cross Over Block	R	H
24. R	Punch	R	M	48. L	Punch	R	M

Stripe 3: Self Defense & board break

Self-defense Techniques (A) Attacker (D) Defender

(A) two hand choke (D) shooting gun, arm swim	(A) single grab from behind (D) arm swim to inside
(A) single grab from behind (D) arm swim to outside	(A) two hand neck grab from behind (D) arm swim(same as single outside)

Additional Requirements

weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique		Discipline worksheet
	1 above foot technique	apply new basics	attendance checklist