

Belt Testing Requirements

Esteem

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
Back	twin outer forearm	jump side kick	back elbow
	twin inner forearm	jump rev side kick	vertical punch

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
A				C opposite			
1. B	Twin inner forearm block	B	H	18. R	Double outer forearm block	B	H
2. L	Back elbow strike	B	M	19. L	#2 round kick	-	M/H
3. L	Reverse vertical punch	B	M	20. R	Jump reverse side kick (land in back stance)	-	M
4. R	#3 jump front kick (land in back stance)	-	M/H	21. R	Back fist	B	H
5. R	Double outer forearm block	B	H	22. L	Reverse vertical punch	B	M
B				23. R	Upset knife-hand strike	B	H
6. B	Twin outer forearm block	F	H	A opposite			
7. R	#2 front kick	-	M/H	24. B	Twin inner forearm block	B	H
8. R	Reverse vertical punch	F	M	25. R	Back elbow strike	B	M
9. L	Vertical punch	F	M	26. R	Reverse vertical punch	B	M
10. R	#2 jump side kick (Ki-hap) (land in middle stance)	-	M	27. L	#3 jump front kick (land in back stance)	-	M/H
11. R	Knife-hand strike	M	M	28. L	Double outer forearm block	B	H
C				B opposite			
12. L	Double outer forearm block	B	H	29. B	Twin outer forearm block	F	H
13. R	#2 round kick (land facing backwards)	-	M/H	30. L	#2 front kick (land back in front stance)	-	M/H
14. L	Jump reverse side kick	-	M	31. L	Reverse vertical punch	F	M
15. L	Back fist	B	H	32. R	Vertical punch	F	M
16. R	Reverse vertical punch	B	M	33. L	#2 jump side kick (Ki-hap) (land in middle stance)	-	M
17. L	Upset knife-hand strike	B	H	34. L	Knife-hand strike	M	M

Stripe 3: Self Defense & board break

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

(A) wrist grab (D) Lunch money (follow up)	(A) lapel grab (D) lunch money (follow up)
(A) one hand choke (D) lunch money	

Additional Requirements

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