

Belt Testing Requirements

Integrity

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
X stance	double inner fore arm	heel	back horizontal elbow
	low X	heel sweep	upward elbow

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Target Area	Stance
A							
1. L	Back horizontal elbow	B	H	30. L	Upset punch	F	M
2. L	Upset knife-hand strike	B	H	31. R	Ridge-hand strike (shift stances)	F	H
3. R	Knife-hand strike (Step forward)	B	H	32. L	Palm heel	F	H
4. L	Upset knife-hand strike	B	H	B opposite			
5. L	Double inner forearm block	F	H	33. R	Double inner forearm block	X	H
6. R	Upset punch	F	M	34. L	Spin heel kick	-	M/H
7. L	Ridge-hand strike (shift stances)	S	H	35. L	Heel kick sweep	-	L
8. R	Palm heel	F	H	36. L	#1 round kick (sitting on ground)	-	H
B				37. R	Punch	Set	M
9. L	Double inner forearm block	X	H	38. L	Punch	Set	M
10. R	Spin heel kick	-	M/H	39. R	Vertical punch	Set	M
11. R	Heel kick sweep	-	L	40. L	Knife-hand high block	Set	H
12. R	#1 round kick (sitting on ground)	-	H	41. R	Upward elbow strike(Ki-hap)	Set	H
13. L	Punch	Set	M	42. B	High X Block	Set	H
14. R	Punch	Set	M	C opposite			
15. L	Vertical punch	Set	M	43. R	Back elbow	B	L
16. R	Knife-hand high block	Set	H	44. L	Back elbow	B	M
17. L	Upward elbow strike (Ki-hap)	Set	H	45. R	Horizontal back elbow	B	H
18. B	High X Block	Set	H	46. L	Reverse side kick	-	M/H
C				47. L	#3 hook kick	-	M/H
19. L	Back elbow	B	L	48. L	Double outer forearm block	S	M
20. R	Back elbow	B	M	D			
21. L	Horizontal back elbow	B	H	49. L	X-Low block	F	L
22. R	Reverse side kick	-	M/H	50. B	Twin upset punch	F	M
23. R	#3 hook kick	-	M/H	51. L	#1 jump front kick	-	M/H
24. R	Double outer forearm block	S	M	52. R	Upward elbow strike	F	H
A opposite				53. L	Reverse punch	F	H
25. R	Back horizontal elbow	B	H	D opposite			
26. R	Upset knife-hand strike	B	H	54. R	X-Low block	F	L
27. L	Knife-hand strike	B	H	55. B	Twin upset punch	F	M
28. R	Upset knife-hand strike	B	H	56. R	#1 jump front kick	-	M/H
29. R	Double inner forearm block	F	H	57. L	Upward elbow strike	F	H
				58. R	Reverse punch	F	H

Stripe 3: Self Defense & board break

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

(A) two hand wrist grab (D) upward elbow escape	(A) choke from behind (D) lurch money, secure arm w/bow
(adults only) (A) two hand choke (D) head cork with choke out	(for children & adults) (A) single hand choke (D) hair grab, knee strike

Additional Requirements

weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique		Integrity worksheet

	1 above foot technique	apply new basics	attendance checklist
--	---------------------------	------------------	----------------------