

Belt Testing Requirements

Respect

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
sparring	double outer forearm	inner crescent kick	ridge hand
	double knife hand low	outer crescent kick	upset ridge hand

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
A				B opposite			
1. L	Outer forearm block	S	H	19. R	#3 Jump front kick	-	H
2. R	#2 Round kick	-	M/H	20. L	Reverse side kick (land in front stance)	-	M/H
3. R	Repeat round kick	-	M/H	21. L	Knife-hand strike	M	M
4. R	Double knife hand low block	S	L	22. R	Upset knife-hand strike	F	H
5. R	Upset ridge hand (Adjust foot to front stance)	S	H	23. R	#2 Front kick (land in front stance)	--	M/H
6. L	Ridge hand	F	H	24. L	Palm heel - Ki-hap	F	M
7. L	#2 Inner crescent kick	-	H	C opposite			
8. R	Spin crescent kick	-	H	25. L	#4 reverse Outer crescent kick	-	H
9. L	Double outer forearm block	S	M	26. L	Spear hand strike to throat		H
B				27. L	Double outer forearm block	S	H
10. L	#3 Jump front kick	-	M/H	A opposite			
11. R	#3 side kick	T	M/H	28. L	#3 Round kick	-	M/H
12. R	Knife-hand strike (Adjust foot to front stance)	S	M	29. L	Repeat round kick (land in sparring stance)	-	M/H
13. L	Upset knife-hand strike	F	H	30. L	Double Knife hand	S	L
14. L	#2 Front kick	-	M/H	31. L	Upset Ridge hand strike (adjust to front stance)	S	H
15. R	Palm heel - Ki-hap	F	M	32. R	Ridge hand strike	F	H
C				33. R	#2 Inner crescent kick	-	H
16. R	#1 Outer crescent kick (to right side land in spar stance)	-	H	34. L	Spinning crescent kick (land in sparring stance)	-	H
17. R	Spear hand to throat	S	H	35. R	Double outer forearm block	S	H
18. R	Outer forearm block	S	H				

Stripe 3: Self Defense & board break

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

(A) Same side wrist grab (D) arm bar take down submission	(A) Two hand choke (D) arm bar take down
(A) from escort or advanced escort (D) arm bar to take down	

Additional Requirements

weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique		Goals worksheet
	1 above foot technique	basic defense	attendance checklist

