

1ST RED TO 1ST BLACK REQUIREMENTS

10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test – (Testing Cycle: 4 Months)

1 Tournament Patch -2 Course Certificates from Red-Black

New Techniques in Red

Red Stripe Forms

Basic Forms Number 1-5

Intermediate Forms Number 1-5

Bassai

White Stripe - 1 Steps

Past Defenses

#1 Hand and Foot Defenses

Called Off One Step

White Stripe - Hard Grabs

Front & Rear Bear Hug Defense

2 Hand Front and Rear Choke Defense

1 Arm Rear Choke Defense

Front Hair & Rear Hair Grab Defense

Front Side & Rear Side Choke Defense

Full Nelson Defense

Ground Pin Escape

Guard Escape

White Stripe - Soft Grabs

Single Wrist Grab Arm Bar

Side Shoulder Grab Deep Arm Bar

Double Wrist Grab Twist Lock

Side Shoulder Grab Shoulder Lock

Lapel Grab Wrist Lock Defense

Lapel Grab Shoulder Drop

Wrist Grab Trap & Wrap Defense

Crossing Wrist Grab Arm Bar Goose Neck

Lapel Grab Z Lock

White Stripe - Escapes

Wrist Grab Escape

Double Wrist Grab Escape

2 Hands Grabbing 1 Escape

Lapel Grab Escape

Side Shoulder Grab Escape

Double Lapel Grab Escape

Two Hands Up High Escape

Two Hands From Behind Escape

Tackle Defenses (2)

Blue Stripe

Blocks

Low, Knife Hand, High, Inside, Outside

Kicks

Front Kick, Side Kick, Round Kick, Hook Kick,

Back Kick, Turning Heel Kick, Outside and Inside

Crescent Kicks

Jump Kicks

Offensive Jump Front

Offensive Jump Back

Offensive Jump Round

Flying Side

Jump Turning Heel

Butterfly Kick

Black Stripe

5 Sparring Classes

Win a 3-point match against your rank or higher.

1 v. 1 Target Sparring

2 v. 1 Target Sparring

1 v. 1 Sparring

Green Stripe - Fitness

15 Knuckle Push Ups

60 Crunches

50 Jumps Over Target

2.5 Minute in Horse Stance

Yellow Stripe – Board Breaking

2 Boards with Hand Techniques

2 Boards with Foot Techniques

2 Boards Flying Side Kick

Essay Requirements

Word Definition:

What does Black Belt mean to me

Uniform

Red Trim w/ patches