

## **3RD RED TO 2ND RED 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 1-4

**Intermediate Form 5**

### **White Stripe - 1 Steps**

Past Defenses

**#3 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:** Role Model

### **Uniform**

Red Trim w/ patches