

7TH BLUE TO 6TH GREEN REQUIREMENTS
10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test
(Testing Cycle: 4 Months)
1 Tournament Patch
New Techniques in Red

Red Stripe – Forms

Basic Forms Number 3

Intermediate Form Number 1

Stances

Front Stance, Back Stance, Horse Stance, Ready Stance, Fighting Stance

White Stripe - 1 Steps

Past Defenses

#7 Hand and Kick 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

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

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

Blue Stripe

Blocks

Low, Knife Hand, High, Inside, Outside

Kicks

Front Kick, Side Kick, Round Kick, Hook Kick and Back Kick, **Turning Heel Kick**

Jump Kicks

Offensive Jump Front

Offensive Jump Back

Offensive Jump Round

Flying Side

Black Stripe

SPARRING

5 Sparring Classes

Free Spar at Test

TURNING & STEPPING:

• Turning Fighting Stance

• Stepping Forward and Retreating In Fighting Stance

• Lunging, Stepping & Skipping-Up In Fighting Stance

JABS & PUNCHES:

• Standing Jab-Reverse Punch In Fighting Stance

• From Fighting Stance: Parry Blocks & Covering (Elbows Up)

Green Stripe - Fitness

10 Knuckle Push Ups

50 Crunches

40 Jumps Over Target

2 Minute in Horse Stance

Yellow Stripe – Board Breaking

1 Board Stepping Front

1 Board Hammerfist

Essay Requirements

What does Green Belt mean to me?

Word Definitions: Courage

Uniform

White w/ patches