

8TH GUP TO 7TH GUP BLUE REQUIREMENTS

10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test

(Testing Cycle: 4 Months)

New Techniques in Red

Red Stripe Forms

Basic Form Number 2

Basic Form Number 5

Stances

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

White Stripe - 1 Steps

#8 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

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

White Stripe - Escapes

Wrist Grab Escape

Double Wrist Grab Escape

2 Hands Grabbing 1 Escape

Lapel Grab Escape

Side Shoulder Grab Escape

Blue Stripe

Blocks

Low, Knife Hand, High, Inside, Outside

Kicks

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

Back 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

Tie Your Own Belt (Juniors)

20 Palm Push Ups

40 Crunches

30 Jumps Over Target

1.5 Minute In Horse Stance

Yellow Stripe – Board Breaking

1 Board Spinning Side Kick

1 Board Standing Elbow

Essay Requirements

Word Definition:

1 Paragraph on Perseverance

Uniform:

White w/ patches