

## **ORANGE TO 8<sup>th</sup> BLUE TEST REQUIREMENTS**

(Testing Cycle: 2 Months)

All Ages

New Techniques in Red

### **Red Stripe – Basics & Stances**

#### BASIC FORMS

- Basic Form #1
- Basic Form #4

#### STANCES:

- Ready Stance • Horse Stance • Front Stance
- Back Stance (Must Step Into Stances Starting From Ready Stance)

### **Orange Stripe – Falling**

- Forward Fall
- Backward Fall
- Side Fall (Both Left and Right Directions)
- Forward Shoulder Roll
- Backward Shoulder Roll (12 & Under Only)

### **White Stripe – Interactive Exercises**

#### ESCAPES:

- Single Wrist Grab Escape
- Double Wrist Grab Escape
- Two Hands Grabbing One Wrist Escape
- Uniform Grab Escape

#### SOFT GRAB DEFENSES:

- Crossing Wrist Grab Arm Bar
- Side Shoulder Grab Arm Bar (Straight Arm)
- Double Wrist Grab Twist Lock

#### HARD GRAB DEFENSES:

- Rear & Front Bear Hug Defenses
- 2-Hand Front Choke Defense
- 2-Hand Rear Choke Defense
- 1-Arm Rear Choke (2 variations)

### **Blue Stripe - Target Work**

#### FRONT KICKS, ROUND KICKS & SIDE KICKS:

- All Variations – Standing, Stepping & Slide-Up

#### BLOCKS (Instructor Picks Follow-Up Technique):

- High Block w/ Follow-Up Technique
- Knife-Hand Block w/ Follow-Up Technique

- Low Block w/ Follow-Up Technique
- Inside Block w/ Follow-Up Technique

### **Yellow Stripe - Board Breaking**

#### BOARD BREAKING:

- Slide-Up Side-Kick

### **Green Stripe - Exercises & Stretching**

#### EXERCISES, ENDURANCE & STRENGTH:

- 15 Palm push ups
- 30 Crunches
- 20 Jumps Over Target
- 90 Seconds in Horse Stance

### **Black Stripe - Turning & Stepping**

#### 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)
- Palm Strike, Elbow

**Word Definition:** Write 1 Paragraph on  
“Self-Control”  
(See Testing Application)