

PURPLE TO ORANGE TEST REQUIREMENTS

(Testing Cycle: 2 Months)

Ages 13 & Up

New Techniques in Red

Red Stripe – Basics & Stances

BASIC FORMS

- Basic Form #2
- Basic Form #3

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

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:

- Arm Bar
- Side Shoulder Grab Arm Bar (Straight Arm)

HARD GRAB DEFENSES:

- Rear & Front Bear Hug Defenses
- 2-Hand Front Choke Defense
- 2-Hand Rear Choke Defense

Blue Stripe - Target Work

FRONT KICKS, ROUND KICKS & SIDE KICKS:

- All Variations – Standing, Stepping & Slide-Up

BLOCKS (Instructor Picks Follow-Up Technique):

- High Block
- Knife-Hand Block
- Low Block
- Inside Block

Yellow Stripe - Board Breaking

BOARD BREAKING:

- Foot-Stomp Board Break

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

Word Definition: Write 1 Paragraph on “Honesty”