

WHITE TO PURPLE TEST REQUIREMENTS

(Testing Cycle: 2 Months)

Ages 13 & Up

New Techniques in Red

Red Stripe – Basics & Stances

BASIC FORM #1

- The Entire Form

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)

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

HARD GRAB DEFENSES:

- Rear & Front Bear Hug Defenses

Blue Stripe - Target Work

FRONT KICKS, ROUND KICKS & SIDE KICKS:

- All Variations – Standing, Stepping & Slide-Up

BLOCKS (From Ready Stance To Back Stance):

- 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:

- 10 Palm push ups
- 20 Crunches
- 10 Jumps Over Target
- 30 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)

Word Definition: Write 1 Paragraph on “Respect”
(See Testing Application)