# 4TH GREEN TO 3RD RED REQUIREMENTS

**10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test – (Testing Cycle: 4 Months)**
**1 Tournament Patch**
**2 Course Certificates from Green – Red**
New Techniques in Red

## Red Stripe Forms
Basic Forms Number 1-5
Intermediate Forms Number 1-3
Intermediate Form 4
Tackle Defenses (2)

## White Stripe - 1 Steps
Past Defenses
#4 Hand and Foot 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
Full Nelson Defense
Ground Pin Escape
Guard Escape

## 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
Wrist Grab Trap & Wrap Defense
Crossing Wrist Grab Arm Bar Goose Neck
Lapel Grab Z Lock

## 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
Two Hands Up High Escape
Two Hands From Behind Escape

## Blue Stripe
Blocks
 Low, Knife Hand, High, Inside, Outside
Kicks
Front Kick, Side Kick, Round Kick, Hook Kick,
Back Kick, Turning Heel Kick, Outside and Inside
Crescent Kicks
Jump Kicks
Offensive Jump Front
Offensive  Jump Back
Offensive Jump Round
Flying Side
Jump Turmimg Heel
Butterfly Kick

## Black Stripe
5 Sparring Classes
Win a 3-point match against another student your
rank or higher.

1 v. 1 Target Sparring
2 v. 1 Target Sparring
1 v. 1 Sparring

## Green Stripe - Fitness
15 Knuckle Push Ups
60 Crunches
50 Jumps Over Target
2.5 Minute in Horse Stance

## Yellow Stripe – Board Breaking
2 Boards with Hand Techniques
2 Boards with Foot Techniques
2 Boards Flying Side Kick

## Essay Requirements
What does Red Belt mean to me?

**Uniform** Green trim with patches
Green Trim w/ patches