

1ST RED TO 1ST BLACK TEST REQUIREMENTS

15 Classes to test for RED, WHITE and BLUE Stripes - 30 Classes to test

1 Tournament Patch @ Red – Black

2 Course Certificates Earned From Red – Black (4 Total)

Red Stripe Forms

Basic Forms Numbers 1 to 5

Intermediate Forms Numbers 1 to 5

Bassai

White Stripe - 1 Steps

Right Punch Defense (Students)

Left Punch Defense (Students)

Right Jab Punch Defense (Students)

Left Jab Punch Defense (Students)

Right Kick Defense

Left Kick Defense

Stick Defense 1 to 6

White Stripe - Hard Grabs

Spontaneous Grabs

White Stripe - Soft Grabs

Spontaneous Grabs

White Stripe - Escapes

Any Previous Escape

Blue Stripe

Ground Linear Kicking Combination

Ground Circular Kicking Combination

Jump Circular Kicking Combination

Jump Linear Kicking Combination

Orange Stripe – Throws and Take Downs

Dead Tree

Shoulder Drop

Inside Shin Take Down

Scissor Sweep (Ground or Jump either R or L)

Hip Throw (R & L)

Inside Hook Swee

2 Hand Reap

Shoulder Throw

Fireman's Throw

Monkey Roll

Black Stripe

5 Sparring Classes

Win a 3-point match against another student your rank or higher

1 Sparring Rotation or Tournament.

Green Stripe - Fitness

20 Knuckle Push Ups

100 Crunches

60 Jumps Over Target

3 Minutes in Horse Stance

15 Seconds in Front Stance

15 Seconds in Back Stance

Yellow Stripe – Board Breaking

(Safety Stripe for White to Purple Juniors)

2 boards with hand techniques

2 board with kicks

3 or 4 Board Flying Side Kick

Essay Requirements

What does Black Belt mean to me?

