



PUNCHES - BLUE

- Jab
- High Punch
- Backfist
- Middle Punch
- Ridgehand
- Knifehand
- Front Hook
- Uppercut
- Elbow Strike

Notes:

Key Points: Pivots, Balance, Snap, Guard, Extension

Requirements:

- Brown Belt 7/9**
- Advanced Brown 8/9**
- Novice Black 9/9**

KICKS - GREEN

- Knee Strike
- Offensive Front Kick
- Defensive Front Kick
- Sliding Front Kick
- Skipping Front Kick
- Turning Round Kick
- Sliding Round Kick
- Pulling Round Kick
- Defensive Side Kick
- Sliding Side Kick
- Skipping Side Kick
- Pulling Side Kick
- Back Kick
- Spinning Back Kick
- Defensive Swing Kick
- Sliding Swing Kick
- Spinning Swing Kick
- Offensive Crescent Kick
- Sliding Crescent Kick
- Spinning Crescent Kick
- Offensive Ax Kick

Notes:

Key Points: Landing, Target, Snap, Foot Position, Chamber

Requirements:

- Brown Belt 17/21**
- Advanced Brown 19/21**
- Novice Black 21/21**



KICK COMBO - PURPLE

- Sliding Side/Bounce-off Side
- Sliding Swing/Round Kick
- Front/Round Kick
- Sliding Side/Swing Kick

Notes:

Key Points: Landing, Target, Snap, Foot Position, Chamber

Requirements:

- Brown Belt 2/4
- Advanced Brown 3/4
- Novice Black 4/4

POWER KICKS - WHITE

- Offensive Front Kick
- Skipping Front Kick
- Turning Round Kick
- Sliding Round Kick
- Defensive Side Kick
- Sliding Side Kick
- Skipping Side Kick
- Spinning Back Kick
- Spinning Swing Kick
- Offensive Crescent Kick
- Sliding Crescent Kick
- Spinning Crescent Kick

Notes:

Key Points: Landing, Target, Snap, Foot Position, Chamber

Requirements:

- Brown Belt 10/12
- Advanced Brown 11/12
- Novice Black 12/12



COMBINATIONS - RED

- Slide Up Jab, Stepping Middle Punch
- Step Jab, High Punch, Turning Round Kick, Spinning Swing Kick, Backfist, Middle Punch
- Jab, High Punch, Hook, Uppercut
- Rear Jab Block, Shield, Shield, Hook
- Jab, Sliding Round Kick, High Punch, Uppercut, High Punch
- Step Jab, Sliding Side/Swing Kick, High Punch, Front/Round Kick
- Jab, Sliding Crescent Kick, High Punch, Front Kick, Sliding Side Kick, High Punch
- Step Jab, Spinning Back Kick, High Punch, Front Kick, Jab, High Punch, Ridgehand
- Sliding Side Kick/Bounce Off Side Kick, Pulling Double Round Kick, Blitz
- Boxing: Jab, High Punch, Roll, High Punch, Hook, Slip, Hook, Uppercut

Notes:

Key Points: Landing, Target, Snap, Foot Position, Chamber, Guard, Pivots, Extension

Requirements:

Brown Belt 8/10

Advanced Brown 9/10

Novice Black 10/10

SELF DEFENSE- BLACK

- Mount
- Break Fall/Kick Stand
- Hammerlock
- Rear Shoulder
- Outside Wrist
- Inside Wrist
- Double Wrist Grab

- Front Choke
- Headlock
- Rear Choke
- Short Push (D)
- Short Push (F)
- Tackle

- Haymaker
- Straight Punch
- Double Lapel
- Rear Bear Hug
- Lapel with Punch
- Front Bear Hug

Notes:

Key Points: Knowledge, Intensity, Adaptation, Accuracy, Control



Requirements:

Brown Belt 14/19

Advanced Brown 17/19

Novice Black 19/19

SPARRING - ORANGE

- Aggressiveness/Movement/Stamina
- Combinations/Variation of Technique

- Defense and Countering
- Attitude and Composure

Notes:

Requirements:

All Belts 4/4

PHYSICAL REQUIREMENTS - GREY

- Push-Ups
- Sits-Ups
- Horse Stance

BREAKING (Required on Black Belt Test ONLY)

- Hand Break
- Kick Break

Notes:

Requirements: (Physicals)

All Belts 3/3