

## Basic Techniques - Belt Requirements

<u>WHITE BELT</u> Minimum 4 months	<u>Tip Color</u>	<u>YELLOW BELT</u> Minimum 4 months	<u>Tip Color</u>	<u>SLIME BELT</u> Minimum 4 months	<u>Tip Color</u>
<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>	
Lead Punch	Orange	Back Fist	Orange	Outer Forearm Block	Orange
Straight	Green	Ridgehand	Green	Inside middle Block	Green
Hook	Blue	High Block	Blue	Outside Middle Block	Blue
Uppercut	Red	Middle Punch	Red	Palm Heel Strike	Red
		Low Block	Red		
<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>	
Rear Front Kick	Orange	Rear Roundhouse	Orange	Pump Front Kick	Orange
Lead Front Kick	Green	Lead Leg Roundhouse	Green	Rear Leg Side Kick	Orange
1st freestyle sequence	Silver Star/Belt	2nd freestyle sequence	Silver Star/Belt	Lead Leg Side Kick	Green
				Switch Kick	Green
				3rd Freestyle Sequence	Silver Star/Belt
<u>STANCES</u>		<u>STANCES</u>		<u>STANCES</u>	
Attention	White	Stationary Horse Stance	White	Front Stance	White
Ready Position		Fighting Stance Turn		Front Stance Turn	
Fighting Stance					
<u>SELF DEFENSE</u>		<u>SELF DEFENSE</u>		<u>SELF DEFENSE</u>	
Parents' Names		Stun & Run		Wrist Grabs	
Phone Number		Hand Over Mouth	Black Star	Rear Bear Hug	Black Star
Verbal Boundaries	Black Star				
<u>KATA</u>		<u>KATA</u>		<u>KATA</u>	
1st 1/2 Freestyle Form One	Blue Star	2nd 1/2 Freestyle Form One	Blue Star	Basic Form One	Blue Star
<u>FITNESS</u>		<u>FITNESS</u>		<u>FITNESS</u>	
5 Jumping Jacks	Red Star	20 Jumping Jacks	Red Star	30 Jumping Jacks	Red Star
1 Push Up		5 Pushups		10 Pushups	
3 Sit ups		10 Sit Ups		25 Sit Ups	
		Front Shoulder Roll		Rear Shoulder Roll	

## Basic Techniques - Belt Requirements

Student Creed #1	Silver Star	Student Creed #2	Silver Star	Student Creed #3	Silver Star
<b><u>TEAL BELT</u></b>	<b><u>Tip Color</u></b>	<b><u>PURPLE BELT</u></b>	<b><u>Tip Color</u></b>	<b><u>SILVER BELT</u></b>	<b><u>Tip Color</u></b>
<b>Minimum 8 months</b>		<b>Minimum 8 months</b>		<b>Minimum 8 months</b>	
<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>	
Guarding Knifehand Blk	Orange	Outside Knifehand Strike	Orange	Double Arm Block	Orange
Wedging Block	Green	Hooking Block	Green	Upward Palm Block	Green
Twin Forearm Block	Blue	Downward Palm Block	Blue	Pressing Palm Block	Blue
Middle Spearhand	Red	Hammer Fist	Red	Upward Elbow Strike	Red
<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>	
Inside Crescent Kick	Orange	Spin Side Thrust	Orange	Spin Crescent	Orange
Edge Roundhouse	Blue	Jump Side Thrust	Orange	Rear Hook	Orange
Skipping Lead Front Kick	Green	Lead Hook	Green	Instant Jump Front Kick	Green
4th Freestyle Sequence	Silver Star/Belt	Jam Kick	Green	Fade Away Side Kick	Green
		5th Freestyle Sequence	Silver Star/Belt	6th Freestyle Sequence	Silver Star/Belt
<u>STANCES</u>					
Back Stance	White				
Back Stance Turn					
<u>SELF DEFENSE</u>		<u>SELF DEFENSE</u>		<u>SELF DEFENSE</u>	
Hair Pull		Rear Choke		Guard Control Position	
Front Choke	Black Star	Side Bear Hug		Mounted Control Position	Black Star
		Front Bear Hug	Black Star		
<u>KATA</u>		<u>KATA</u>		<u>KATA</u>	
1st 1/2 Chon Ji	Blue Star	2nd 1/2 Chon Ji	Blue Star	Tan Gun	Blue Star
<u>SPARRING</u>		<u>SPARRING</u>		<u>SPARRING</u>	
Blocking	Yellow	Application	Yellow	Working Angles	Yellow
Counter Attacks				Combinations	
<u>FITNESS</u>		<u>FITNESS</u>		<u>FITNESS</u>	
40 Jumping Jacks	Red Star	50 Jumping Jacks	Red Star	75 Jumping Jacks	Red Star

## Basic Techniques - Belt Requirements

15 Push Up  
30 Sit ups

25 Pushups  
50 Sit Ups

40 Pushups  
75 Sit Ups

## **Basic Techniques - Belt Requirements**

## **Basic Techniques - Belt Requirements**

## **Basic Techniques - Belt Requirements**