

SUPER KID Belt Requirements (1.JUN 12)

<u>WHITE BELT</u>	<u>Tip Color</u>	<u>YELLOW BELT</u>	<u>Tip Color</u>	<u>SLIME BELT</u>	<u>Tip Color</u>
Minimum 3 months		Minimum 4 months		Minimum 4 months	
<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>	
Lead Punch	Yellow	Back Fist	Yellow	Palm Heel Strike	Yellow
Straight	Orange	Palm Heel	Orange	Inside Middle Knife Block	Orange
Hook	Green	High Knifehand Block	Green	Ridgehand	Green
Uppercut	Blue	Middle Punch	Blue	Outer Knife/Forearm Block	Blue
		Low Knifehand Block	Red		
<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>	
Lead Front Kick	Yellow	Rear Frontkick	Yellow	Pump Front Kick	Yellow
Lead Roundhouse Kick	Orange	Rear Roundhouse	Orange	Skipping Front Kick	Orange
Lead Sidekick	Green	Rear Sidekick	Green	Rear Outside Crescent	Green
1st freestyle sequence	Silver Star/Belt	2nd freestyle sequence	Silver Star/Belt	Rear Inside Crescent	Blue
				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	Black Stripe	Stun & Run	Black Stripe	Wrist Grabs	Black Stripe
Phone Number		Hand Over Mouth		Bear Hugs	
Verbal Boundaries		Escape From Bottom			
Address				<u>KATA</u>	Blue Star
				Basic Form One	
<u>KATA</u>		<u>KATA</u>		<u>SPARRING</u>	
1st 1/2 Freestyle Form One	Blue Star	2nd 1/2 Freestyle Form One	Blue Star	Intro to Point Fighting	Yellow 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	
5 Sit ups		10 Sit Ups		25 Sit Ups	
		Cart Wheel		Front Shoulder Roll	

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Student Creed #1 <u>TEAL BELT</u> Minimum 6 months	Silver Star <u>Tip Color</u>	Student Creed #2 <u>PURPLE BELT</u> Minimum 6 months	Silver Star <u>Tip Color</u>	Student Creed #3 <u>SILVER BELT</u> Minimum 6 months	Silver Star <u>Tip Color</u>
<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>		<u>HAND TECHNIQUES</u>	
Guarding Knifehand Blk	Yellow	Outside Knifehand Strike	Yellow	Double Arm Block	Yellow
Wedging Block	Orange	Hooking Block	Orange	Upward Palm Block	Orange
Twin Forearm Block	Green	Downward Palm Block	Green	Pressing Palm Block	Green
Middle Spearhand	Blue	Hammer Fist	Blue	Upward Elbow Strike	Blue
High/Low Spearhand	Red				
<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>		<u>KICK TECHNIQUES</u>	
Rear Ax Kick	Yellow	Spin Side Thrust	Yellow	Spin Crescent	Yellow
Edge Roundhouse	Orange	Jump Side Thrust	Orange	Switch Kick	Orange
Rear Hook Kick	Green	Fade Away Side Kick	Green	Instant Jump Front Kick	Green
Lead Hook Kick	Blue	Jam Kick	Blue	Tornado	Blue
	Silver Star/Belt	5th Freestyle Sequence	Silver Star/Belt	6th Freestyle Sequence	Silver Star/Belt
<u>STANCES</u>	White	<u>STANCES</u>	White		
Back Stance		Horse Stance (moving)			
Back Stance Turn		Horse Stance Turn			
<u>SELF DEFENSE</u>	Black Stripe	<u>SELF DEFENSE</u>	Black Stripe	<u>SELF DEFENSE</u>	Black Stripe
Hair Pulls		Chokes		Break Falls	
Ground Control					
<u>KATA</u>	Blue Star	<u>KATA</u>	Blue Star	<u>KATA</u>	Blue Star
Chon Ji		Bo Kata		Kama Kata	
<u>SPARRING</u>	Yellow Star	<u>SPARRING</u>	Yellow Star	<u>SPARRING</u>	Yellow Star
Blocking		Intro to KB		Intro To MMA	
Counter Attacks					
<u>FITNESS</u>	Red Star	<u>FITNESS</u>	Red Star	<u>FITNESS</u>	Red Star
40 Jumping Jacks		50 Jumping Jacks		75 Jumping Jacks	
15 Push Up		25 Pushups		40 Pushups	
30 Sit ups		50 Sit Ups		50 Sit Ups	
Rear Shoulder Roll		Hand Stand		Leaping Shoulder Roll	

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