

Orange Belt Testing For Green Belt

Red Stripe: Kata (Forms)

Heian Nidan

Yellow Stripe: Kihon (Basics)

Blocking/punching combinations (Stationary in Horse Stance)
Back Fist (Stationary in Horse Stance)
Palm Heel Strike (Stationary in Horse Stance)
Side Snap Kick (Stationary in Ready Stance)
Round Kick (Back Leg) / Reverse Punch in FS (Forward & Backwards)
Front Kick and Round Kick (Rear Legs) / Reverse Punch in FS (F & Back)
Reverse punches (Forward & Backwards in Front Stance)

Blue Stripe: Kumite (Sparring)

Reverse Punch (Interception)
Reverse Punch / Jab (1 Shift)
Reverse Punch / Side Thrust Kick (Front Leg)
Reverse Punch / Side Thrust Kick (Back Leg)

Black Stripe: Personal Goals (Kids/Youth)

Teamwork - 50 acts of Home Help

Black Stripe: Self Defense (Adults)

Defense against hook punches

*Time Requirement: Minimum of 8 Weeks of Training (or 16 Classes) from Last Exam