

White Belt Testing For Yellow Belt

Red Stripe: Kata (Forms)

Taikyoku Shodan

Yellow Stripe: Kihon (Basics)

Ready Stance

Bowing Stance

Horse Stance

Front Stance (Only Footwork moving in and out)

Rising Block (Stationary in Horse stance)

Downward Block (Stationary in Horse stance)

Punching (Stationary in Horse stance)

Blue Stripe: Kumite (Sparring)

Fighting stance

Jab

Reverse

Jab / Reverse Punch (1 Shift)

Black Stripe: Kihon 2 (Basics)

Front Punch (Forward & Backwards in Front Stance)

Rising blocks (Forward & Backwards in Front Stance)

Downward blocks (Forward & Backwards in Front Stance)

Reverse Punch (Stationary in Front Stance)

Front Kick (Stationary in Front Stance)

Round Kick (Stationary in Front Stance)

Front Kick (Forward & Backward in Front Stance)

Front Kick / Front Punch (Forward in Front Stance)

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