

Yellow Belt Testing For Orange Belt

Red Stripe: Kata (Forms)

Heian Shodan

Yellow Stripe: Kihon (Basics)

Triple punches (Forward & Backwards in Front Stance)
Inward blocks (Forward & Backwards in Front Stance)
Outward blocks (Forward & Backwards in Front Stance)
Knife Hand Block (Forward & Backward in Back Stance)
Side Thrust Kick (Stationary in Ready Stance)
Side Thrust Kick (Forward & Backwards in Horse Stance)
Round Kick (Forward & Backwards in Front Stance)

Blue Stripe: Kumite (Sparring)

Reverse Punch (Block and Counter)
Reverse Punch / Round Kick (Front Leg)
Reverse Punch / Round Kick (Back Leg)

Black Stripe: Personal Goals (Kids/Youth)

Courtesy - 50 acts of Kindness

Black Stripe: Self Defense (Adults)

Escape from wrist grabs

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