

September 30th Belt Promotion

Youth at 11:00am

Red tip testing will be taking place the **week of September 18th**. When students pass red tip testing, they can be registered for belt promotion directly on the website.

Beginner Belt Testing Requirements

Gold Belt

- Kumite 1 R/L
- Holding kicking shields
- Power round kicks
- Blocking basics
- Blocking reverse punch with movement
- Shoulder rolls
- 10 push ups / 15 crunches

Orange Belt

- Previous +
- A kata of students choice
- Kumite 2 R/L
- Back hand swim block
- Power back kicks and sidekicks
- 10 push ups / 15 crunches
- Arm drag
- Working slip work vs cross and jab

Blue Belt

- Previous +
- A kata of students choice
- Kumite 3 R/L
- 15 pushups / 20 crunches
- Power spinning back kicks
- Lead round / back leg round moving down floor
- Arm drag
- Leg drag
- Working slip work vs cross and jab

Intermediate/Advanced Belt Testing Requirements

Blue/Green Belt

- A kata of students choice
- Power round kick & switch kick
 - Power spinning side & back kicks
- Focus hook and round kicks
- Arm drag
- Leg drag to shoulder touch
- Shoulder roll forward
- Backward & side break falls
- Blocking or collecting the arm from reverse punch
- Working slip work vs cross and jab
- 20 push ups / 25 crunches

6th Kyu Green

- Previous +
- A kata of students choice
- All 5 kihon katas
- Kumite 4 R/L
- Elbow in close blocking/striking (application from pinan shodan)
- Power step spinning side & back kicks
- Mitt work: jab cross & covers
- Kihon yandan and godan bunkai
- Working slip work vs cross and jab
- 25 push ups / 30 crunches

5th Kyu Green

- Previous +
- A kata of students choice
- Naihanchi shodan oyo bunkai
- Naihanchi shodan kata
- 30 push ups / 35 crunches

4th Kyu Green

- Previous +
- A kata of students choice
- Off balancing to a take down
- 35 push ups / 40 crunches

3rd Kyu Brown

- Previous +
- A kata of students choice
- Pinan shodan oyo bunkai application
- Mitt work with instructor