

May 27th Belt Promotion
Youth at 11:00am

Red tip testing will be taking place the **week of May 15th**. 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

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

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
- ☐ 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
- ☐ 25 push ups / 30 crunches

5th Kyu Green

- ☐ Previous +
- ☐ A kata of students choice
- ☐ Naihanchi shodan oyo bunkai off balancing (last technique)
- ☐ Pad holding: jab / cross / jab cross / jab cross cover cover
- ☐ 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
- ☐ Naihanchi Shodan Oyo bunkai
- ☐ Applications from pian shodan and naihanchi shodan bunkai