

Children BELT GRADING

** All the underlined techniques need to be performed using the same hand/leg

YELLOW/WHITE Belt

Gold Star ★

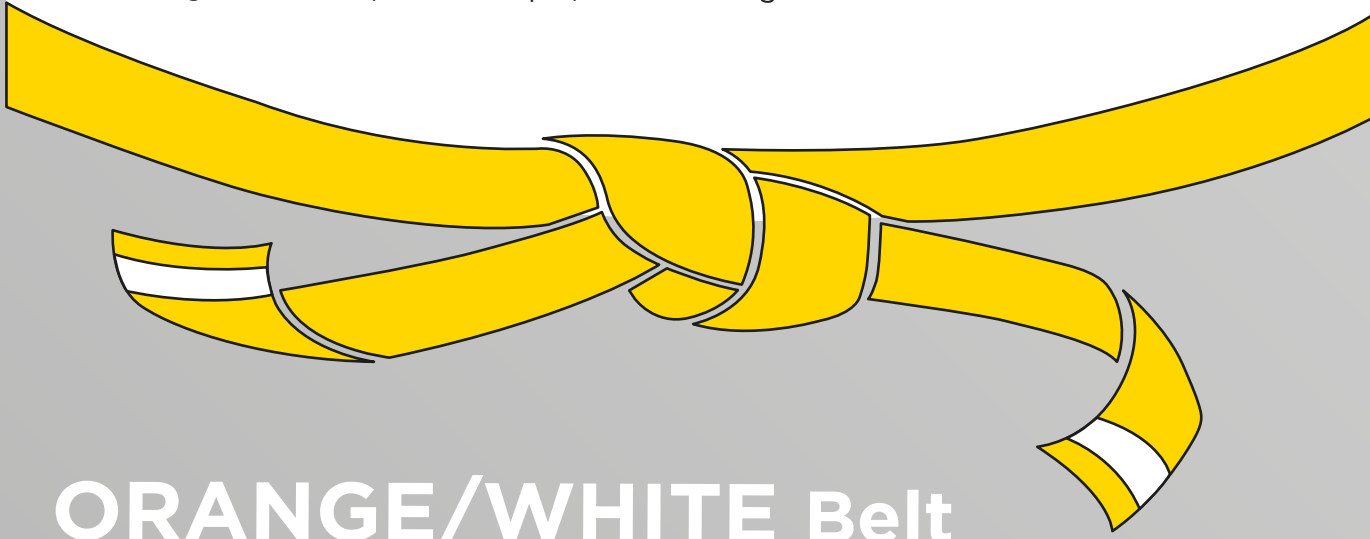
1. Slide Forward, Slide Back, Slide Left, Slide Right
2. Change Legs / Turn
3. Counter Front Punch

Red Star ★

1. Front Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Roundhouse Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
3. Counter Front Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch

Black Star ★

20 Straight Punches | 20 Push ups | Free Padding



YELLOW Belt

Gold Star ★

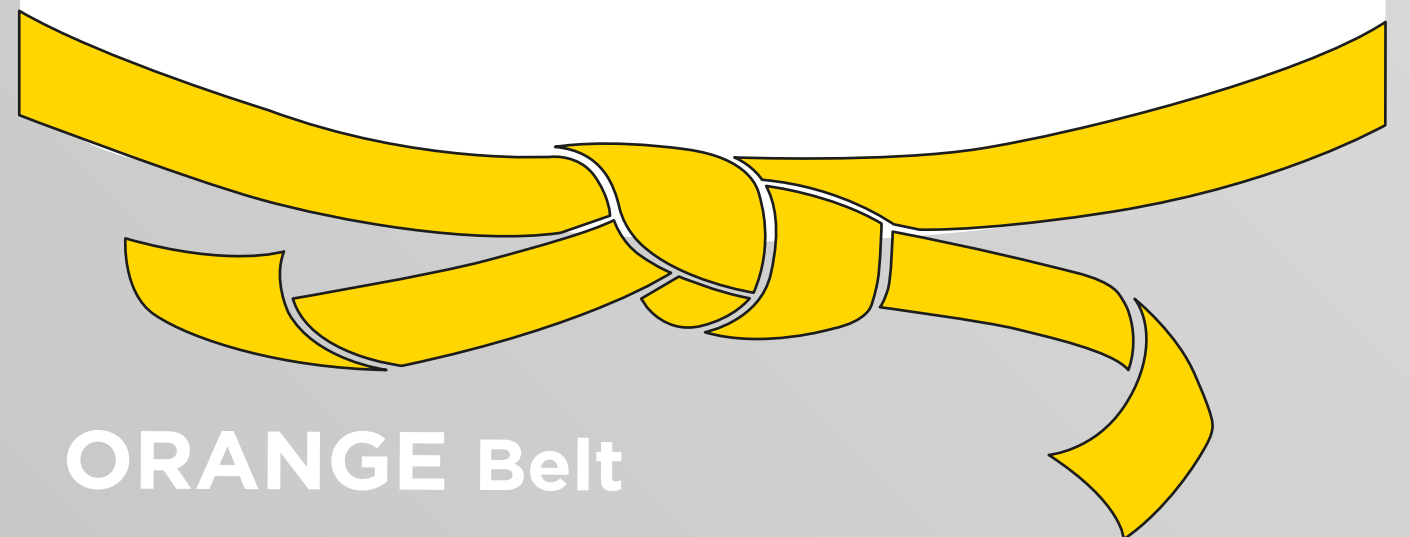
1. Counter Front Punch, Reverse Punch, Front Punch
2. Slide in Front Punch, Slide Back
3. Slide in Front Punch, Reverse Punch, Front Punch, Slide Back

Red Star ★

1. Counter Roundhouse Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
2. Skip in Front Kick, Skip Back, Front Punch, Reverse Punch, Front Punch
3. Skip in Roundhouse Kick, Skip Back, Front Punch, Reverse Punch, Front Punch

Black Star ★

20 Hook Punches | 20 Push ups | Free Padding



ORANGE/WHITE Belt

Gold Star ★

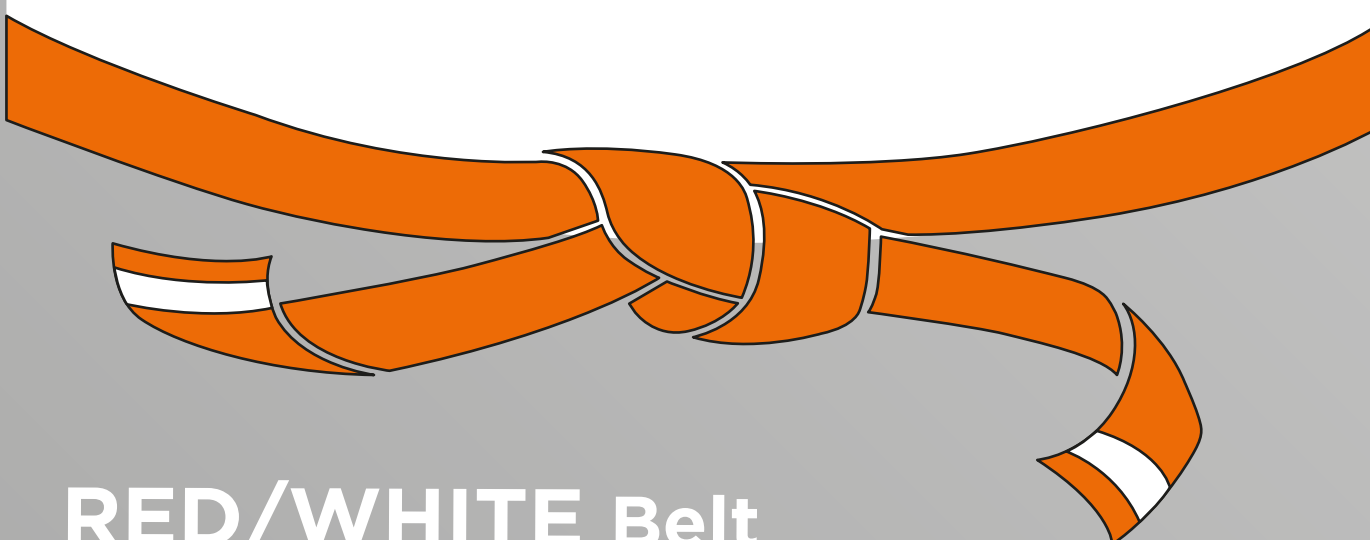
1. Side Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Counter Side Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
3. Skip in Side Kick, Skip Back, Front Punch, Reverse Punch, Front Punch

Red Star ★

1. Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Skip in Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Black Star ★

20 Uppercut Punches | 20 Push ups | Free Padding



ORANGE Belt

Gold Star ★

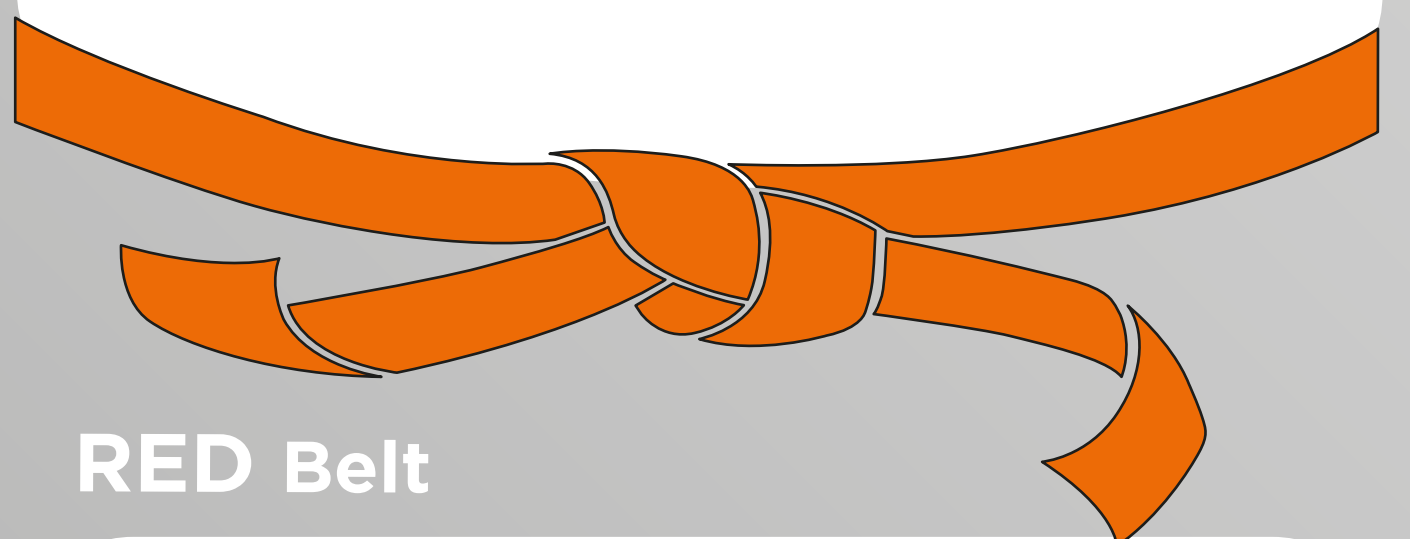
1. Double Roundhouse Kick, Leg Behind
2. Skip in Double Roundhouse Kick, Skip Back
3. Front Kick, Leg Behind, Counter Roundhouse Kick, Reverse Punch, Front Punch

Red Star ★

1. Skip in Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Skip in Double Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Black Star ★

20 Front Kicks | 2 x 20 Push ups | Free Padding



RED/WHITE Belt

Gold Star ★

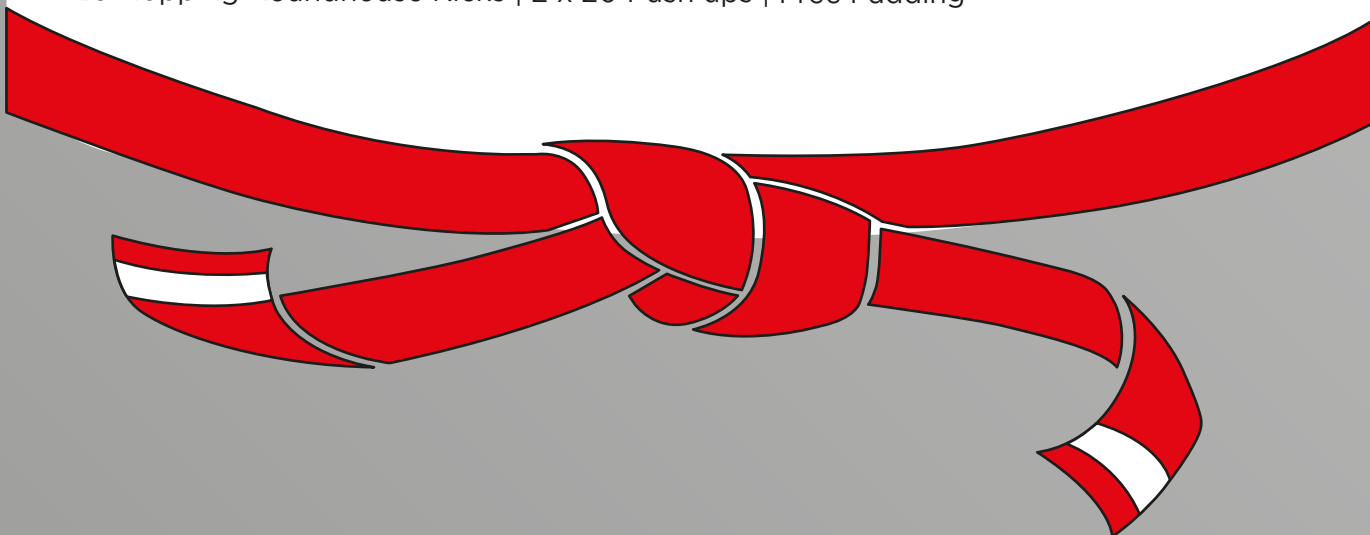
1. Slide in back fist, slide back
2. Step back fist (front hand), step reverse punch, front punch, slide back
3. Slide in side slip punch

Red Star ★

1. Counter Back Fist, Skip in Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Black Star ★

20 Hopping Roundhouse Kicks | 2 x 20 Push ups | Free Padding



RED Belt

Gold Star ★

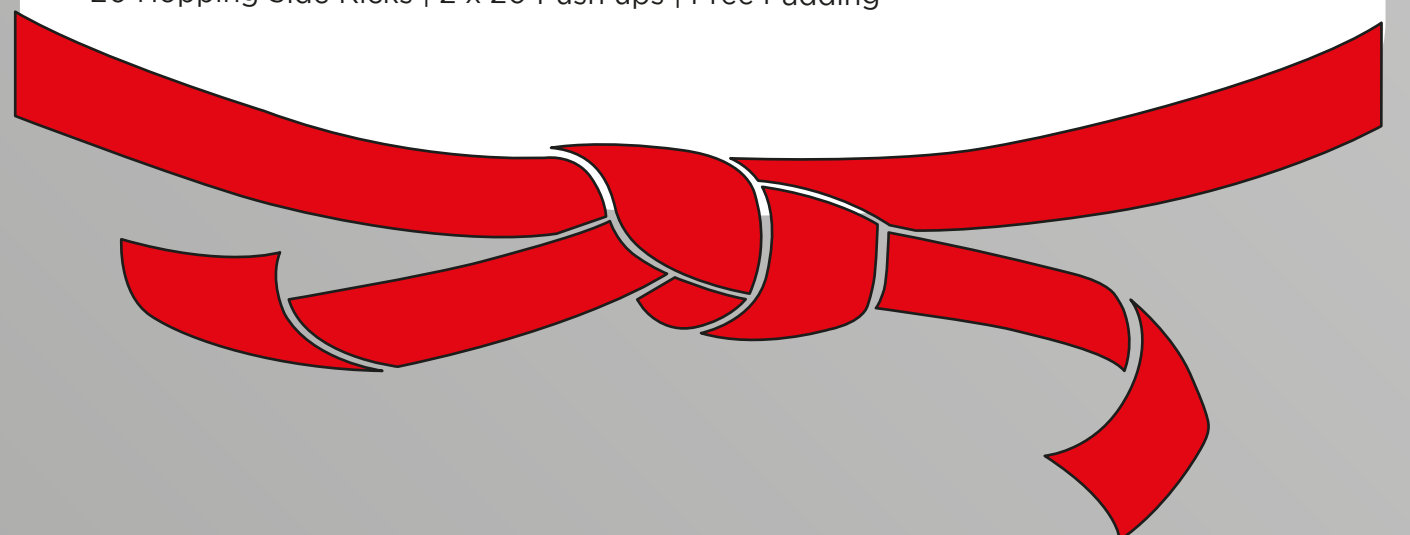
1. Slide in side slip punch, reverse punch, front punch
2. Slide in side slip back fist
3. Slide in side slip back fist, reverse punch, front punch

Red Star ★

1. Skip side kick, roundhouse kick, reverse punch, front punch, slide back
2. Front kick, side slip punch, reverse punch, roundhouse kick, reverse punch, front punch, slide back
3. Front Kick, Roundhouse Kick, Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Black Star ★

20 Hopping Side Kicks | 2 x 20 Push ups | Free Padding



Children BELT GRADING

** All the underlined techniques need to be performed using the same hand/leg

GREEN/WHITE Belt

Gold Star ★

1. Hook Kick, Leg Behind, Front Punch, Reverse Punch, Front Punch
2. Skip in hook kick, skip back, front punch, reverse punch, front punch
3. Front punch, spinning back fist, reverse punch, front punch, slide back

Red Star ★

1. Roundhouse Kick, Side Kick, Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Skip Side Kick, Hook Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Skip Hook Kick, Double Roundhouse Kick, Reverse Punch, Front Punch, Slide Back

Black Star ★

20 Hopping Hook Kicks | 3x 20 Push ups | Free Padding

GREEN Belt

Gold Star ★

1. Switch punch, slide back
2. Switch punch, reverse punch, front punch, slide back
3. Spinning side kick, reverse punch, front punch, slide back

Red Star ★

1. Switch Punch, Reverse Punch, Roundhouse Kick, Leg in Front, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
2. Counter Back Fist, Spinning Side Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back

Black Star ★

3 x 20 Sit ups | 3 x 20 Push ups | Free Padding / Form Fighting

PURPLE Belt

Gold Star ★

1. Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Red Star ★

1. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Side Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

Black Star ★

4 x 20 Sit ups | 4 x 20 Push ups | Free Padding / Form Fighting

BLUE Belt

Gold Star ★

1. Roundhouse Kick, Skip in Hook Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Spinning Hook Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

Red Star ★

1. Skip in Double Side Kick, Spin Double Side Kick, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide back

Black Star ★

4 x 20 Sit ups | 4 x 20 Push ups | Free Padding / Form Fighting

BROWN Belt

Gold Star ★

1. Back Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back

Red Star ★

1. Counter Back Fist, Spinning Back Fist, Reverse Punch, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back

Black Star ★

5 x 20 Sit ups | 5 x 20 Push ups | Free Padding / Form Fighting

Children BELT GRADING

** All the underlined techniques need to be performed using the same hand/leg

Junior BLACK Belt

1. Back Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
2. Jumping Front Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick (body), Roundhouse Kick (head), Reverse Punch, Front Punch, Slide Back
4. Jumping Front Kick, Back Kick, Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting

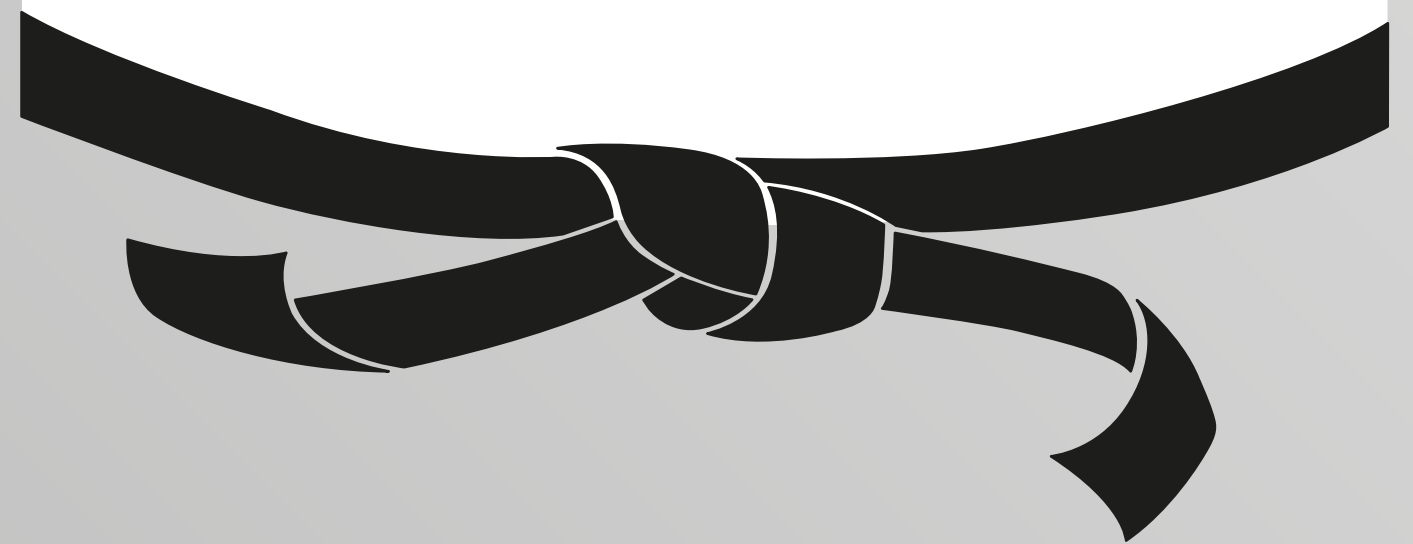
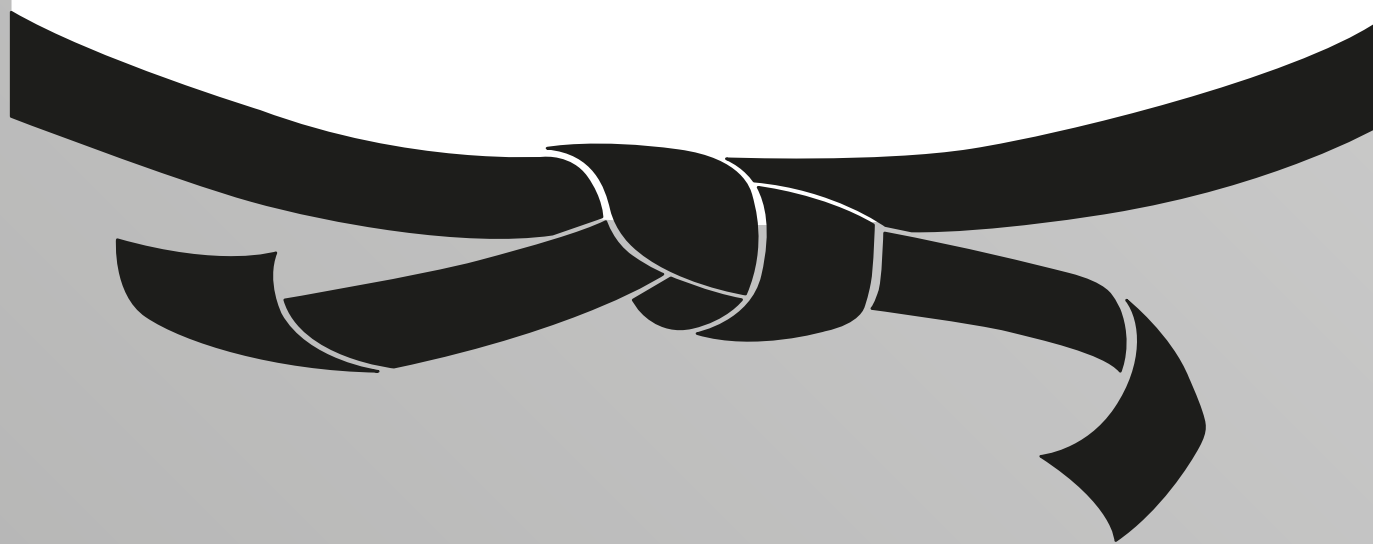
Face Techniques 1
Front Kick Techniques 1
Roundhouse Techniques 1

GOLD Star

1. Roundhouse Kick, Step in Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Counter Hook Kick, Roundhouse Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
3. Front Kick, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting

Face Techniques 1 - 2
Front Kick Techniques 1 - 2
Roundhouse Techniques 1 - 2



RED Star

All Previous Basics and Combinations must be performed on demand and without hesitation

1. Roundhouse Kick, Side Kick, Hook Kick, Reverse Punch, Roundhouse Kick, Back Kick, Step in Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Side Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Double Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Skip in Side Kick, Spinning Hook Kick, Roundhouse Kick, Spinning Hook Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting

Face Techniques 1 - 3
Front Kick Techniques 1 - 3
Roundhouse Techniques 1 - 3

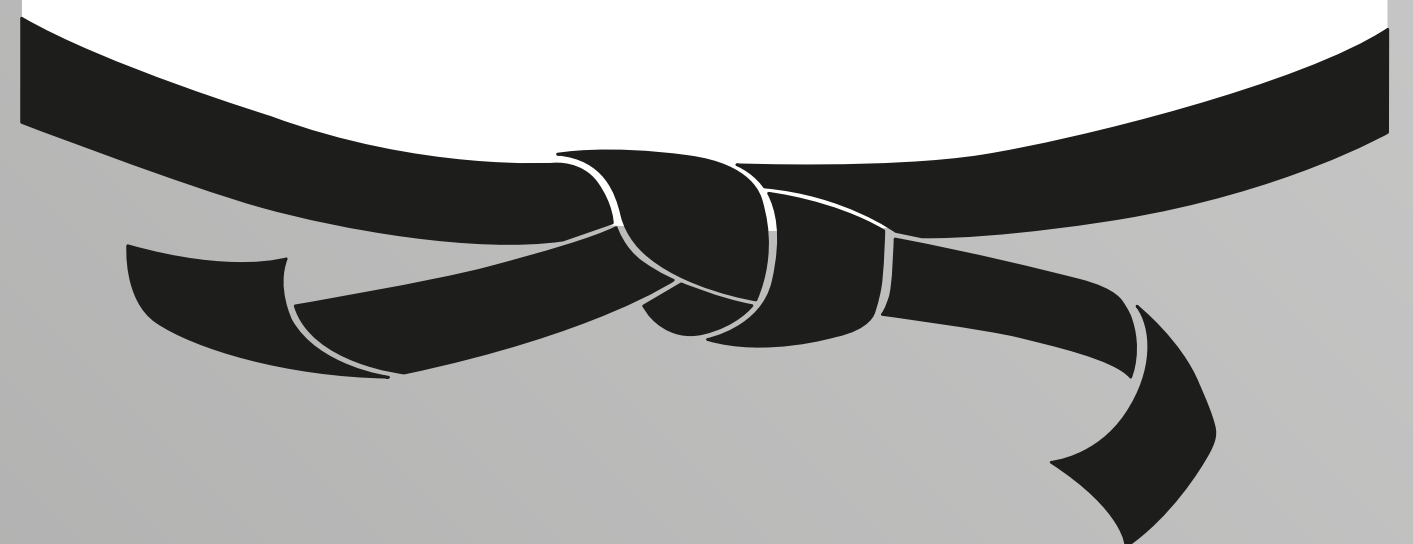
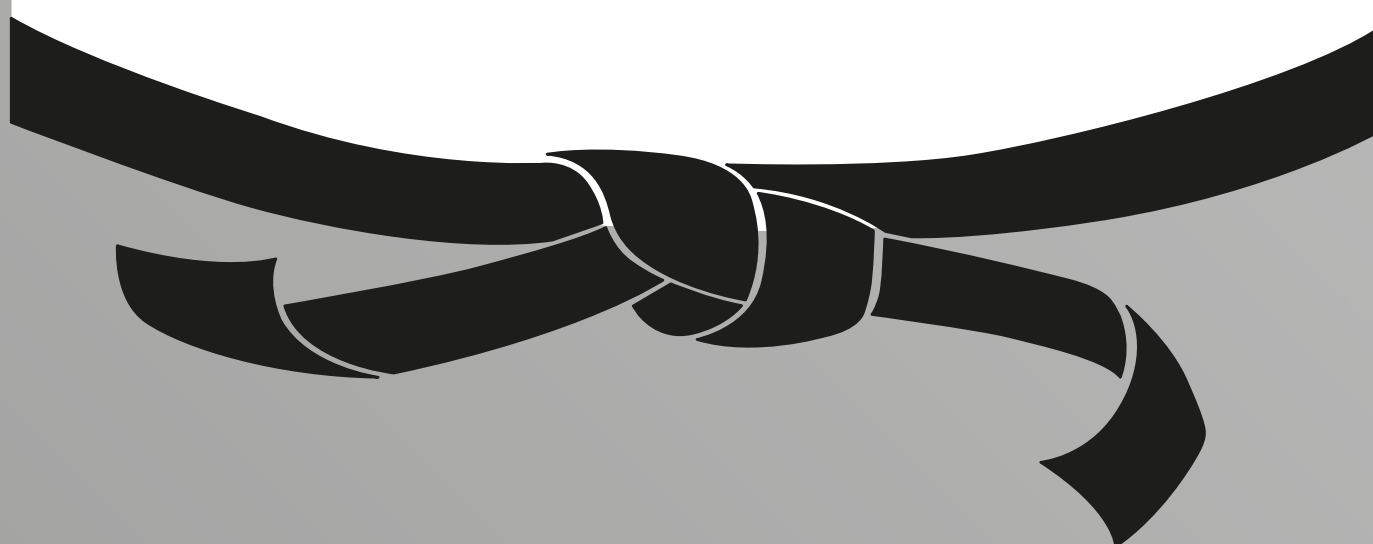
BLACK Star

All Previous Basics and Combinations must be performed on demand and without hesitation

1. Counter Hook Kick, Axe Kick, Spinning Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Outer Crescent Kick, Axe Kick, Spinning Side Kick, Reverse Punch, Front Punch, Slide Back
3. Axe Kick, Side Kick, Leg in Front, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting

Face Techniques 1 - 4
Front Kick Techniques 1 - 4
Roundhouse Techniques 1 - 4



Children ★ ★ ★ BELT GRADING

** All the underlined techniques need to be performed using the same hand/leg

Full Junior BLACK Belt

1. Front Kick, Side Kick, Back Kick, Roundhouse Kick, Spinning Hook Kick, Step in Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Jumping Front Kick, Back Kick, Spinning Kick, Step in Jump Spinning Kick, Reverse Punch, Front Punch, Slide Back
3. Counter Hook Kick, Axe Kick, Jump Spinning Crescent Kick, Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting
Teaching Junior Grades their Combinations

Face Techniques 1 - 5
Front Kick Techniques 1 - 5
Roundhouse Techniques 1 - 5

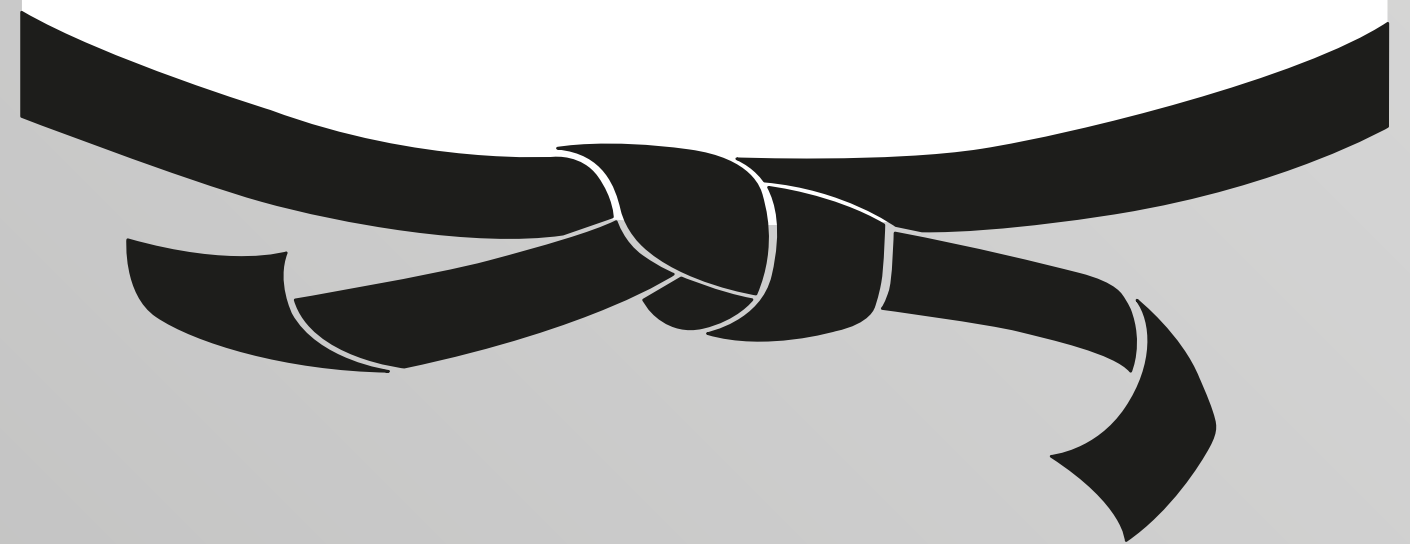
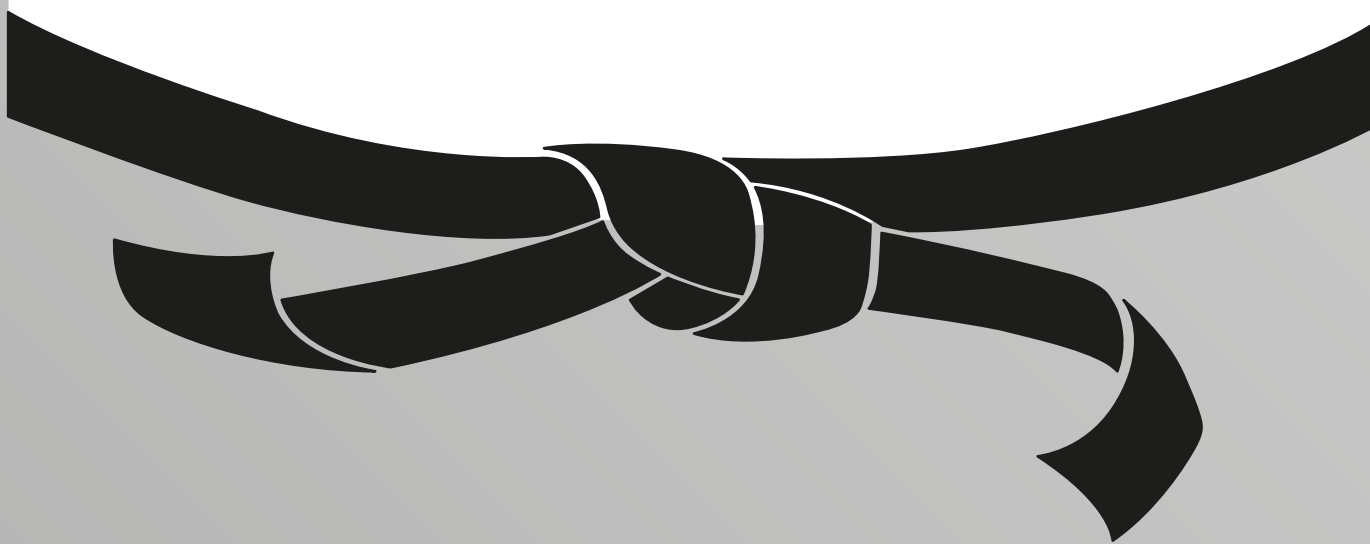
★ Full GOLD ★

All Previous Basics and Combinations must be performed on demand and without hesitation

1. Roundhouse Kick, Step in Jumping Spinning Hook Kick (Continuously)
2. Spinning Hook Kick, Reverse Punch, Spinning Hook Kick, Reverse Punch, Jump Spinning Hook Kick, Leg Behind
3. Skip Side Kick, Hook Kick, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting
Teaching Junior Grades their Combinations

Face Techniques 1 - 6
Front Kick Techniques 1 - 6
Roundhouse Techniques 1 - 6



★ Full RED ★

All Previous Basics and Combinations must be performed on demand and without hesitation

1. Roundhouse Kick, Jump Spinning Roundhouse Kick (Continuously)
2. Counter Side Kick, Hook Kick, Roundhouse Kick, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Jump Spinning Hook Kick, Leg Behind

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting
Teaching Junior Grades their Combinations

Face Techniques 1 - 7
Front Kick Techniques 1 - 7
Roundhouse Techniques 1 - 7

★ Full BLACK ★

All Previous Basics and Combinations must be performed on demand and without hesitation

1. Counter Hook Kick, Axe Kick, Jump Spinning Crescent Kick (Continuously)
2. Front Punch, Reverse Punch, Roundhouse Kick, Spinning Hook Kick, Roundhouse Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Skip Side Kick, Spinning Hook Kick, Roundhouse Kick, Step in Jump Spinning Hook Kick, Reverse Punch, Front Punch, Slide Back

5 x 20 Sit ups
5 x 20 Push ups
Free Padding / Form Fighting
Teaching Junior Grades their Combinations

Face Techniques 1 - 8
Front Kick Techniques 1 - 8
Roundhouse Techniques 1 - 8

