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| Student:   | Rank Requirements: Junior White Belt  |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “at ease” stance</li> <li><input type="checkbox"/> “attention” stance</li> <li><input type="checkbox"/> learn to bow</li> <li><input type="checkbox"/> fighting stance</li> <li><input type="checkbox"/> jump switch</li> <li><input type="checkbox"/> high block</li> <li><input type="checkbox"/> hammer fist</li> </ul> |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend against shoulder grab with high block, counter with push, then fighting stance</li> </ul>  | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (no gear required)</li> </ul>  |
| <p style="text-align: center;"><u>Board Breaks</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left hammer fist</li> <li><input type="checkbox"/> right hammer fist</li> </ul>   | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (yellow tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul>  |



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| Student Name:  | Rank Requirements: Junior Yellow Belt  |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> horse stance</li> <li><input type="checkbox"/> middle block</li> <li><input type="checkbox"/> front kick</li> </ul>   |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend against should grab with middle block, counter with push, then fighting stance</li> </ul>  | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (foot gear required)</li> </ul>   |
| <p style="text-align: center;"><u>Board Breaks</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left front kick</li> <li><input type="checkbox"/> right front kick</li> </ul>   | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (orange tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |



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|--|---|
| Student Name:  | Rank Requirements: Junior Orange Belt   |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> walking stance</li> <li><input type="checkbox"/> low block</li> <li><input type="checkbox"/> elbow strike</li> </ul>   |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend against wrist grab with low block, counter with push, then fighting stance</li> </ul>  | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (foot gear and hand gear required)</li> </ul>  |
| <p style="text-align: center;"><u>Board Breaks</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left elbow strike</li> <li><input type="checkbox"/> right elbow strike</li> <li><input type="checkbox"/> Student's choice</li> </ul>                                  | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (green tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |



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|--|--|
| Student Name:  | Rank Requirements: Junior Green Belt   |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> front stance</li> <li><input type="checkbox"/> X block</li> <li><input type="checkbox"/> knee strike</li> </ul>   |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend against collar grab with X block, counter with push, then fighting stance</li> </ul>   | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (head, hand, and foot gear required)</li> </ul>   |
| <p style="text-align: center;"><u>Board Breaks</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left knee strike</li> <li><input type="checkbox"/> right knee strike</li> </ul>   | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (purple tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |



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|--|--|
| Student Name:  | Rank Requirements: Junior Purple Belt  |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> crane stance</li> <li><input type="checkbox"/> shin block</li> <li><input type="checkbox"/> palm heel</li> </ul>  |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend wrist grab with shin block, counter with push, then fighting stance</li> </ul>   | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (head, hand, and foot gear required)</li> </ul>   |
| <p style="text-align: center;"><u>Board Break</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left palm heel</li> <li><input type="checkbox"/> right palm heel</li> </ul>  | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (blue tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |



|  |   |
|--|---|
| Student Name:  | Rank Requirements: Junior Blue Belt   |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> tiger stance</li> <li><input type="checkbox"/> foot sweep</li> <li><input type="checkbox"/> axe kick</li> </ul>  |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> defend against one hand choke with foot sweep, then fighting stance</li> </ul>  | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches (head, hand, and foot gear required)</li> </ul>  |
| <p style="text-align: center;"><u>Board Break</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> left axe kick</li> <li><input type="checkbox"/> right axe kick</li> </ul>  | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (brown tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |



|  |   |
|--|---|
| Student Name:  | Rank Requirements: Junior Brown Belt  |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <input type="checkbox"/> 10 jumping jacks<br><input type="checkbox"/> 10 pushups<br><input type="checkbox"/> 10 squats<br><input type="checkbox"/> 10 sit ups | <p style="text-align: center;"><u>Techniques/Terms</u></p> <input type="checkbox"/> cross stance<br><input type="checkbox"/> forward roll<br><input type="checkbox"/> jab/reverse punch   |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <input type="checkbox"/> defend against rear push with forward roll, then fighting stance   | <p style="text-align: center;"><u>Sparring</u></p> <input type="checkbox"/> participate in sparring matches (head, hand, and foot gear required)  |
| <p style="text-align: center;"><u>Board Break</u></p> <input type="checkbox"/> left punch<br><input type="checkbox"/> right punch  | <p style="text-align: center;"><u>Other Requirements</u></p> <input type="checkbox"/> 12 classes over 2 months (red tape)<br><input type="checkbox"/> Parent and teacher permission (gold tape)<br><input type="checkbox"/> Instructor permission (silver tape) |



|  |   |
|--|---|
| Student Name:  | Rank Requirements: Junior Red Belt  |
| <p style="text-align: center;"><u>Fitness (2 sets)</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 jumping jacks</li> <li><input type="checkbox"/> 10 pushups</li> <li><input type="checkbox"/> 10 squats</li> <li><input type="checkbox"/> 10 sit ups</li> </ul> | <p style="text-align: center;"><u>Techniques/Terms</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> all previous (white-brown)</li> </ul>  |
| <p style="text-align: center;"><u>Self Defense Application</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> all previous (white-brown)</li> </ul>   | <p style="text-align: center;"><u>Sparring</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> participate in sparring matches<br/>offensively and defensively (head,<br/>hand, and foot gear required)</li> </ul>  |
| <p style="text-align: center;"><u>Board Break</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> all previous (white-brown)</li> </ul>  | <p style="text-align: center;"><u>Other Requirements</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 classes over 2 months (black tape)</li> <li><input type="checkbox"/> Parent and teacher permission (gold<br/>tape)</li> <li><input type="checkbox"/> Instructor permission (silver tape)</li> </ul> |