

Black Stripe Belt Requirements - Adults

(Minimum 5 months & 50 classes)

First Black Stripe

Hand Strikes and Kicking Basics

1. All previous hand and foot strikes
2. Triple Tornado Kick

Pads Kicks

1. Offensive side kick
2. Defensive side kick
3. Turn Side Kick
4. Back Leg Round Kick
5. Back Leg Thrust Kick
6. Knee

Kickboxing Techniques

Any/All combinations of jab, punch, hook, uppercut with any type of kick and proper footwork

Second Black Stripe

Self-Defense

1. Double Lapel Grab – Hip Toss
2. Bear Hug – Scoop Throw
3. All previous self-defense techniques with variations

Third Black Stripe

Blocks/Marching Basics

1. Sudo Block (back stance) – Punch (front stance)
2. Sudo Block (back stance) – High Block (front stance) – Punch (front stance)
3. Low Block (front stance) – Front Kick/Lunge Punch (front stance)
4. Side Block (back stance) – Punch (front stance)
5. High Block (back stance) – Punch (front stance)

Form

Discovery (full form)

Fourth Black Stripe

Sparring