

Gold Belt Requirements – Adults

(Minimum 2 months & 20 classes)

First Green Stripe

New Hand Strikes

1. Palm Heel

Previous Hand Strikes

1. Back Fist / Jab
2. Reverse Punch
3. Front & Back Hooks
4. Front & Back Uppercuts

New Kicking Basics

1. Side Kick
2. Round Kick

Previous Kicking Basics

1. Front Leg Front Kick
2. Back Leg Front Kick
3. Back Leg Thrust Kick
4. Back Kick

Pad Strikes

1. Thrust Kick
2. Standing Side Kick (on Bar)

Kickboxing Techniques

1. Jab, Punch

Second Green Stripe

New Self-Defense

1. Outside Block – Palm to attackers nose
2. Lapel Grab

Previous Self-Defense

1. Outside & Inside Blocks
2. Front Wrist Grabs
3. Rear Wrist Grabs

Third Green Stripe

Stances

1. Back Stance
2. Front Stance

Blocks/Marching Basics

1. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Genesis – “The Beginning” (First Half)