

Single Black Stripe Belt Requirements - Youth

(Minimum 3 months & 40 classes)

First Black Stripe

Previous Hand Strikes

1. Ridge Hand
2. Back Fist Combination
3. Palm Heel
4. Back Fist
5. Punch

New Kicking Basics

1. Triple Tornado Kick

Previous Kicking Basics

1. Tornado Kick
2. Spin Hook Kick
3. Turn Side Kick
4. Hook Kick
5. Slide Double Round Kick (low – high)
6. Turn Side Kick
7. Hook Kick
8. Slide Double Round Kick (low – high)
9. Slide Round Kick
10. Back Leg Round Kick
11. Offensive Side Kick
12. Jump Scissor Kick
13. Axe Kick
14. Side Kick (Pick knee up, pivot on ball of foot. Lock kick out with toes down & hit with heel)
15. Round Kick (Knee behind your shoulder, snap kick out and back hitting with the top of foot and shin)
16. Front Leg Front Kick
17. Back Leg Front Kick
18. Back Leg Thrust Kick
19. Wheel Kick

Previous Pads Kicks

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

Second Black Stripe

New Self-Defense

1. Double Lapel Grab – Hip Toss

Previous Self-Defense

1. Lapel Grab – Inside Wrist Lock
2. Push Defense
3. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep
4. Double Chicken Wing
5. Hammer Lock
6. Double Chicken Wing
7. Hammer Lock
8. Head Lock
9. Arm Bar Choke
10. Front Choke
11. Bear Hug
12. Outside Block – Punch to attackers nose
13. Lapel Grab
14. Outside & Inside Blocks
15. Front Wrist Grabs
16. Rear Wrist Grabs

Third Black Stripe

Bo Strikes

Previous Classical Basics – Marching with Back and Front Stances

1. Sudo Block
2. High Block
3. Low Block
4. Side Block

Previous Classical Basics

1. Sudo Block (back stance)
2. Classical Punch (front stance)
3. Low Block (front stance)
4. High Block (front stance)

Form

Discovery (Full Form)

Fourth Black Stripe

Sparring