

## TIGER AND ADULT FIRST YEAR PROMOTION REQUIREMENTS

### **Requirements to earn an Brown/Black Belt**

Students should show improvement in previously required exercises as well as:

Spinning Side Kicks, Side Kick Stomps, Diagonal Palms, T-leverages, 4 Finger Jabs, 4 Figure Chokes, proper hair grabs, Flying Straight Knees, Front Grabbing Leg Sweep (close and far), Single Back Leg Sweep (from ground)

**1st— 6th Stripe on Brown Belt:** Demonstrate the current lesson taught in the previous two weeks. All Black Belt checklist items associated with this belt must be signed off before advancement.

**For Red Stripe Test** (during next class following the 5th or 6th stripe test day)

- Hand Form (incorporating suggestions from evaluation and done very Aggressive)
- 1 lap around room of front falls
- \$25 Belt Test Fee
- Intent To Promote form (if under 13 years old)

**Belt Test Night:** Students show: Exercises, Hand Form, Full Horse Squats (2 min. 40 sec.) Any 4 Lessons and 2 Weapon Lessons, current non-physical self defense technique. 1 vs. 3 Freestyle (with flow, focus, aggression, and staying out of the circle), break board w/ R hooking heel

**KEY CONCEPTS:** Students must learn to defend with **overwhelming aggression**. Avoid a fight if at all possible, but if you must fight, overwhelm your opponent with fierce, powerful, aggressive moves.

### **Requirements to earn a Red Belt**

Students should show improvement in previously required exercises as well as:

Jumping Roundhouse Kicks, Spinning Hooking Heels, 2 Finger Jabs, Double Leg Sweeps, Hip Throws

**1st— 6th Stripe on Brown/Black:** Demonstrate the current lesson taught in the previous two weeks. Students may test for their next Belt when Black Belt Checklist items are signed off, regardless of the amount of stripes. If the 6th Stripe is reached before the checklist requirement is met, students will continue in the same way without receiving more stripes.

**For Red Stripe Test** (during next class following 5th or 6th stripe test day)

- Hand Form (Tai Chi and Hung Ga Style)
- 25 move Weapon Form
- 2 laps around room of front falls
- \$25 Belt Test Fee
- Intent to Promote form (if under 13 years old)

**Belt Test Night:** Students Show: Exercises, Hand Form, Full Horse Squats (2 min. 50 sec.) Any 4 Lessons and 2 Weapons Lessons, current non-physical self defense technique, 1 vs. 3 (1 with club, 1 with knife), break board w/ L hooking heel, proper respect, focus and intensity.

**KEY CONCEPTS:** Student must utilize **using your opponent's reactions** to add power and accuracy to all strikes.

### **Requirements to earn a Red/Black Belt**

Students should show improvement in all previously required exercises as well as:

Spinning Roundhouse Kicks, Spinning Outside Crescent Kicks, Wrist Leverages, Thumb Jabs, Guillotine Chokes, Reverse Guillotine Chokes, Shoulder Throws,

**1st—6th Stripe on Red Belt:** Demonstrate the current lesson taught in the previous two weeks. Students may test for their next Belt when Black Belt Checklist items are signed off, regardless of the amount of stripes. If the 6th Stripe is reached before the checklist requirement is met, students will continue in the same way without receiving more stripes.

**For Red Stripe Test** (during next class following the 5th or 6th stripe the week before Belt Test night)

- Hand Form (Tai Chi, Hung Ga and Aggressive)
- 3 laps around room of front falls
- \$25 Belt Test Fee
- Intent to Promote form (if under 13 years old)

**Belt Test Night:** Students show: Exercises, Hand Form (evaluated separately from all other tests), Squats (3 min.) Any 4 Lessons and 2 Weapon Lessons, 25 move Weapon Form create by student, 1 vs. 3 Freestyle (all 3 with weapons), break board w/ any one Black Belt Test kick, proper respect, focus and intensity

**KEY CONCEPTS:** Students must learn to **strike into opponent's pole**. By striking into the centerline of your opponent, you cause him or her to give up their space, keep them off balance and allow for circular movement of your opponent and still strike vital targets. Cardio conditioning should be a priority.

### **Requirements to earn a Black Belt**

Students must show proficiency in all previously required exercises and all Key Concepts. Black Belt Checklist must be signed off.

Each portion of the Black Belt Test must be demonstrated before the student is allowed to test.

- Demonstrate one Hand Form three ways—Tai Chi, Hung Ga and Aggressive.
- Show how three movements of the Hand Form apply to a fighting situation.
- Create three Weapon Lessons (at least three moves long)
- Demonstrate 6 Weapon Lessons with smooth transition and powerful movement.
- Demonstrate 10 open-hand Lessons, with smooth transition and powerful movement.
- Demonstrate student-created 25-move Weapon Form. Form should demonstrate the effective use of the weapon against attackers and should be done with power and aggression.
- Do random exercises with and without weapon
- Break wood with both legs, using a Side Kick, Snap Kick, and Hooking Heel.
- Beginner and Advanced exercises
- Freestyle against single and multiple attacks.

Black Belt Tests are held when students are ready. Once all requirements have been met accordingly, students will be given a test date by instructor. **Black Belt Test Fee: \$100**