

TIGER AND ADULT FIRST YEAR PROMOTION REQUIREMENTS

Requirements to earn an Green/Black Belt

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

Low/High kicks, Shuffling Side Kicks, Spinning Backhands, Downward Forward Elbows, Extended Straight Punches, Backfists, Chops, Break Falls, Jab/Cross/Hook combinations

1st— 6th Stripe on Green Belt: Demonstrate the current lesson taught in the previous two weeks

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

- Hand Form
- 14 good Push-ups
- \$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 minutes), any 3 Lessons and 1 Weapon Lesson, the current non-physical self defense technique, 1 vs. 1 Freestyle, break board w/ R side kick, proper respect, focus and intensity

KEY CONCEPTS: You should now be concentrating on **correct pole position**. This means you are not leaning your body but keeping it mostly straight up and down and have good pole position for all your moves. Also, recognize the **angle of your opponent's attack**: if you see the angle that a strike is coming at, you can defend against it.

Requirements to earn a Blue Belt

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

Outside Crescent Kicks, Cross Step Side Kicks, Stepping Snap Kicks, Back Kicks, Reverse Uppercut Elbows, Head Butts, Jab/Cross/Hook combinations shuffling forward.

1st— 6th Stripe on Green/Black Belt: Demonstrate the current lesson taught in the previous two weeks

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

- Hand Form
- 16 good Push-ups
- \$25 Belt Test Fee
- Intent to Promote form (if under 13 years old)
- **Short essay on why you'd like to be a Black Belt**

Belt Test Night: Students Show: Exercises, Hand Form, Full Horse Squats (2 min. 10 sec.), any 3 Lessons and 1 Weapon Lesson, the current non-physical self defense technique, 1 vs. club Freestyle, break board w/ L side kick, proper respect, focus and intensity.

KEY CONCEPTS: You should now be concentrating on **taking your opponent's space**. This means you should move forward through your opponent and take his or her space. Create room to strike by bumping into opponent's pole (center of body) .

Requirements to earn a Blue/Black Belt

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

Inside Crescent Kicks, Inside Shin Kicks, Claws, Spinning Back Kicks, Standing Back Leg Sweeps, Back Shoulder Rolls, Palm/Grabs, Flying Side Kicks, Untwist Throw, Jab/Cross/Hook/Uppercut combinations

1st—6th Stripe on Blue Belt: Demonstrate the current lesson taught in the previous two weeks

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

- Hand Form
- 18 good Push-ups
- \$25 Belt Test Fee
- Intent to Promote form (if under 13 years old)

Belt Test Night: Students show: Exercises, Hand Form, Squats (2 min. 20 sec.) any 3 Lessons and 2 Weapon Lessons, the current non-physical self defense technique, 1 vs. 2 Freestyle, board break w/ R snap kick, respect, focus and intensity.

KEY CONCEPTS: You should be integrating **taking your opponent's balance (pole)**. If you manipulate your opponent to make them off balance or lose their correct pole position, you gain a huge advantage. This also includes **uprooting your opponent**, which means them up and off one or both feet (their roots).

Requirements to earn a Brown Belt

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

Sliding Side Kicks, Check Kicks, Modified Half Horses, Forearm Hammers (at different angles), Palm Claws, Parry Blocks, Outside Knees, Hip Throws, Jab/Cross/Hook/Uppercut combinations moving forward

1st—6th Stripe on Blue/Black Belt: Demonstrate the current lesson taught in the previous two weeks

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

- Hand Form
- 20 good Push-ups
- \$25 Belt Test Fee
- Intent to Promote form (if under 13 years old)

Belt Test Night: Students show: Exercises, Hand Form, Squats (2 min. 30 sec.) any 3 Lessons and 2 Weapon Lessons, the current non-physical self defense technique, 1 vs. 2 Freestyle (1 with club) break board w/ L snap kick, respect, focus, flow, power, etc.

KEY CONCEPTS: Once an attack is certain you do not wait for an opponent's first strike; you should **attack to defend** yourself. Also, with multiple attackers you must **move out of the center** of the circle. Always move to position yourself outside of the circle.