

## TIGER AND ADULT FIRST YEAR PROMOTION REQUIREMENTS

### **Requirements to earn an Orange Belt**

Students should show a basic understanding of the following exercises:

Up Windmill Blocks, Down Windmill Blocks, Basic Guarding Stances, Hammers, Snap Kicks (front and rear leg), Back Elbows, Down Elbows, Straight Punch

**1st Stripe on White Belt:** Exercises only

**2nd —6th Stripe on White 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)

- The beginning 6 movements of a Hand Form
- 4 good push-ups
- **Show your notebook with lessons and Hand Form sheets**
- \$20 Belt Test Fee
- Intent To Promote form (if under 13 years old)

**Belt Test Night:** Students show: Exercises, 6 movements or more of a Hand Form, Full Horse Squats (1 minute), any 2 Lessons, the current non-physical self defense technique, 3-5 move defense, proper respect, focus and intensity

**KEY CONCEPTS:** It is important that you have a **proper guarding stance**. Hands should always be up, just below eye level, body sideways towards opponent. Also, have good control; remember the **6 inch rule** when working with your partner. The techniques and lessons learned at this studio are only used for **serious** self defense. **Avoid all fights if possible.**

### **Requirements to earn a Yellow Belt**

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

Roundhouse Punches, Backhands, Backhand Elbows, Straight Knees, Uppercut Elbows, Uppercut Punches, Stomps, Straight Palms, and proper Full Horse Squats

**1st— 6th Stripe on Orange 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)

- The beginning 12 movements of a Hand Form (Students choice of form)
- 8 good Push-ups
- \$20 Belt Test Fee
- Intent to Promote form (if under 13 years old)
- **List of 5 goals**

**Belt Test Night:** Students show: Exercises, 12 movements or more of a Hand Form, Full Horse Squats (1 min. 15 sec.), any 2 Lessons, the current non-physical self defense technique, 3-5 move defense, proper respect, focus and intensity.

**KEY CONCEPTS:** It is important that you **shuffle forward to stay with your opponent**. As you perform your lessons, always move forward as your opponent moves to react to your strikes. Also, practice *your own proper reactions*.

### **Requirements to earn a Purple Belt**

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

Sidekicks, Roundhouse Elbows, Hop Kicks, Pump Kicks, Hooking Heels, Roundhouse Knees, Roundhouse Kicks, Open Palms, 1 Knuckle Punches, proper 1/2 Horse stances (both Right & Left)

**1st—6th Stripe on Yellow 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)

- The beginning 18 movements of a Hand Form (Students choice of form)
- 10 good Push-ups
- **List 5 benefits you've received from training**
- \$20 Belt Test Fee
- Intent to Promote form (if under 13 years old)

**Belt Test Night:** Students show: Exercises, 18 movements or more of a Hand Form, Squats (1 min. 30 sec.) any 3 Lessons, the current non-physical self defense technique, 3-5 move defense, respect, focus and intensity.

**KEY CONCEPTS:** At this point you should work on **blocking and striking at the same time**. Instead of making the block separate from the strike, put them together at the same instant. This saves valuable seconds fight and put you at an advantage.

### **Requirements to earn a Green Belt**

Students should show improvements in all previously required exercises as well as: 4 Knuckle Hammers, 4 Knuckle Uppercuts, Blocks— high, low, cross & out, Front Shoulder Rolls, Back Falls, Front Falls, Jab/Cross combinations, proper Kick Stances, good technique, power, and precision.

**You must keep hands up to move to Advanced Class.**

**1st—6th Stripe on Purple 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)

- Know complete Hand Form (Students choice of form)
- 12 good Push-ups
- **A Letter of Recommendation** (read at Belt Test)
- \$20 Belt Test Fee
- Intent to Promote form (if under 13 years old)
- Freestyling Rules signed by student

**Belt Test Night:** Students show: Exercises, one complete Hand Form, Squats (1 min. 45 sec.) any 3 Lessons, the current non-physical self defense technique, 3-5 move defense, respect, focus, flow, power, etc.

**KEY CONCEPTS:** You should focus on **target accuracy**. The vital targets that we learn to strike are usually very small, so you must train to strike directly on target.