

RED BELT

TESTING REQUIREMENTS GUIDE

PUNCHES

- Jab
- High Punch
- Backfist
- Middle Punch
- Front Hook
- Uppercut
- Ridgehand
- Knifehand

SELF-DEFENSES

- Break Fall/Kick & Stand
- Front Choke
- Haymaker
- Outside Wrist Grab
- Front Bear Hug
- Straight Punch
- Headlock
- Hammerlock Arm Free
- Single Lapel w/ Punch
- Rear Bearhug (Trapped)

BASIC/POWER KICKS

- Defensive Front Kick
- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)
- Defensive Side Kick (Power Kick)
- Pulling Round Kick
- Pulling Side Kick
- Skipping Front Kick (Power Kick)
- Skipping Side Kick (Power Kick)

COMBINATIONS

- Jab, high punch, hook, uppercut
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch
- High punch, front kick, sliding side kick, high punch
- Jab, high punch, ridgehand
- Rear jab block, shield, shield, hook
- Pulling round kick, slide up jab, stepping middle punch

COMBINATION KICKS

- Front/Round Kick
- Slide up side kick, bounce side kick

PHYSICAL FITNESS

- Push-ups
- Sit-ups
- Horse Stance

BELT

- Demonstrate you know how to properly tie your belt