

# **WHITE**

- 1. Back Fist**
- 2. Punch**
- 3. Side Kick**
- 4. Check Hi**
- 5. Roundhouse Kick**
- 6. Knife Hand**
- 7. Back Ridge Hand**
- 8. Back Leg Front Kick**
- 9. Check Low**
- 10. Low-Hi Roundhouse**

# **YELLOW**

- 1.** Hook Kick
- 2.** Jab
- 3.** Lead Ridge Hand Strike
- 4.** Middle Block/Roundhouse
- 5.** Hook Kick / Roundhouse
- 6.** Lead Leg Front Kick
- 7.** Hook Punch
- 8.** Check High/ Lead Ridge Hand Strike
- 9.** Step-up Fake Low RH/  
High Hook Kick
- 10.** Backfist/ Side Kick/ Punch

# ORANGE

1. Jump Front Kick
2. Spinning Back Fist Strike
3. Crescent Kick
4. Parry
5. Slide-up Roundhouse
6. Spinning Back Kick
7. Back Leg Roundhouse
8. Counter Roundhouse Kick
9. Side Kick/ Hk Kick/ RH Kick
  
10. Roundhouse/ Punch  
Hook Punch/ Roundhouse

# **GREEN**

- 1.** Slide-up Side Kick
- 2.** Inverted Knife Hand Strike
- 3.** Back Leg Side Kick
- 4.** Counter Side Kick
- 5.** Slide-up Hook Kick
- 6.** Back Leg Rev.Crescent Kick
- 7.** Back Leg Hook Kick
- 8.** Counter Hook Kick
- 9.** Slide-up Side Kick, Counter Hook Kick
  
- 10.** Hook Kick/ Punch/  
Low-High Hook Punch/ Hook Kick

# **BLUE**

- 1.** Sliding Roundhouse Kick
- 2.** Spinning Rev. Crescent Kick
- 3.** Jump Roundhouse Kick
- 4.** Spinning Roundhouse Kick
- 5.** Sliding Side Kick
- 6.** Jump Spinning Reverse Crescent Kick
- 7.** Jump Side Kick
- 8.** Spinning Side Kick
- 9.** Jab/ Hook Punch/ Punch/  
Hook Punch/ Low RH Kick
- 10.** Dbl Jab/ Punch/  
Low-High Hook Punch/ RH Kick

# PURPLE

- 1.** Sliding Hook Kick
- 2.** Inside Roundhouse Kick
- 3.** Jump Hook Kick
- 4.** Spinning Hook Kick
- 5.** Flying Side Kick
- 6.** Lead Leg Rev. Crescent Kick
- 7.** Upper Cut
- 8.** Turning Jump Crescent Kick
- 9.** 4 Sets of Side/ Round/ Hook
  
- 10.** Jab/ Punch/ Hook Punch/  
Upper Cut/ Hook Punch/ Punch

# **THIRD DEGREE BROWN**

- 1.** Fwd Stance/Down Block
- 2.** Fwd St. /DB/ Lunge Punch
- 3.** Jump Spinning Back Kick
- 4.** Bk Stance/Back Fist Block
- 5.** Rear Def. St. / H-L Block
- 6.** Fwd Stance/Outside Block
- 7.** Front Axe Kick
- 8.** Bk Stance/Inside
- 9.** Cat Stance/Inside Block
- 10.** Fwd Stance / High Block /  
Inverted Knife Hand Strike
- 11.** Jump Back Roundhouse
- 12.** Crane Stance/High-Low  
Block

# **Jr. White**

- 1. Back Fist**
- 2. Punch**
- 3. Side Kick**
- 4. Check Hi**
- 5. Roundhouse Kick**

## **Jr. Yellow**

- 1. Knife Hand**
- 2. Back Ridge Hand**
- 3. Back Leg Front Kick**
- 4. Check Low**
- 5. Two Roundhouse Kicks**

# **Jr. Orange**

- 1. Hook Kick**
- 2. Jab**
- 3. Lead Ridge Hand Strike**
- 4. Middle Block/Roundhouse**
- 5. Three Roundhouse Kicks**

# **Jr. Green**

- 1. Hook Kick / Roundhouse**
- 2. Lead Leg Front Kick**
- 3. Hook Punch**
- 4. Check High/ Lead Ridge      Hand Strike**
- 5. Four Roundhouse Kicks**

# **Jr. Blue**

- 1. Jump Front Kick**
- 2. Spinning Back Fist Strike**
- 3. Crescent Kick**
- 4. Parry**
- 5. Four Side Kicks**

# **Adv. Blue**

- 1. Slide-up Roundhouse**
- 2. Spinning Back Kick**
- 3. Back Leg Roundhouse**
- 4. Counter Roundhouse Kick**
- 5. Four Hook Kicks**

# **1<sup>st</sup> Purple**

- 1. Slide-up Side Kick**
- 2. Inverted Knife Hand Strike**
- 3. Back Leg Side Kick**
- 4. Counter Side Kick**
- 5. One set Side/Round/Hook**

# **Adv. 1<sup>st</sup> Purple**

- 1. Slide-up Hook Kick**
- 2. Back Leg Rev.Crescent Kick**
- 3. Back Leg Hook Kick**
- 4. Counter Hook Kick**
- 5. One set of Side/Round/Hook**

## **2<sup>nd</sup> Purple**

- 1. Sliding Roundhouse Kick**
- 2. Spinning Rev. Crescent Kick**
- 3. Jump Roundhouse Kick**
- 4. Spinning Roundhouse Kick**
- 5. Two sets of Side/Round/Hook**

## **Adv. 2<sup>nd</sup> Purple**

- 1. Sliding Side Kick**
- 2. Jump Spinning Reverse Crescent Kick**
- 3. Jump Side Kick**
- 4. Spinning Side Kick**
- 5. Two sets of Side/Round/Hook**

## **3<sup>rd</sup> Purple**

- 1. Sliding Hook Kick**
- 2. Inside Roundhouse Kick**
- 3. Jump Hook Kick**
- 4. Spinning Hook Kick**
- 5. Three sets of  
Side/Round/Hook**

## **Adv.3<sup>rd</sup> Purple**

- 1. Flying Side Kick**
- 2. Lead Leg Rev. Crescent Kick**
- 3. Upper Cut**
- 4. Turning Jump Crescent Kick**
- 5. Three sets of Side/Round/Hook**

# **1<sup>st</sup> Level Red Belt**

- 1. Fwd Stance/Down Block**
- 2. Fwd St. /DB/ Lunge Punch**
- 3. Jump Spinning Back Kick**
- 4. Bk Stance/Back Fist Block**
- 5. Four Sets Side/Round/Hook**

## **2<sup>nd</sup> Level Red Belt**

- 1. Rear Def. St. / H-L Block**
- 2. Fwd Stance/Outside Block**
- 3. Front Axe Kick**
- 4. Bk Stance/Inside Block**
- 5. Four sets of Side/Round/Hook**

## **3<sup>rd</sup> Level Red Belt**

- 1. Cat Stance/ Inside Block**
- 2. Fwd Stance/ High Block/ Inverted Knife  
Hand Strike**
- 3. Jump Back Roundhouse**
- 4. Crane Stance/ H-L Block**
- 5. Four sets of Side/ Rd/ Hk**

# **1<sup>st</sup> Degree Jr. Black Belt**

- 1. Fwd Stance / DB / Vertical-Fist Punch**
- 2. Horse Stance / Hammer Fist Strike /  
Outside Block**
- 3. Reverse Spinning Backfist Strike**
- 4. Fwd Stance / DB / Front Kick /  
Overhead Knife Hand Strike**
- 5. Side / Rd / Hk Kick / Backfist / Punch /  
Hook Punch / Punch**

## **Red Belts - Left Stance**

### **1<sup>st</sup> Jr. BB - Right Stance**

Red) Left Cat Stance/ Inside Block

**Black) Right Fwd Stance / DB / Vertical-Fist Punch**

Red) Left Fwd Stance/ High Block/ Inverted Knife Hand Strike

**Black) Right Horse Stance / Hammer Fist Strike / Outside Block**

Red) Left fighting stance - Jump Back Roundhouse

**Black) Right fighting stance - Reverse Spinning Backfist Strike**

Red) Left Crane Stance/ H-L Block

**Black) Right Fwd Stance / DB / Front Kick / Overhead Knife Hand Strike**

## **Red Belts - Right Stance**

### **1<sup>st</sup> Jr. BB - Left Stance**

Red) Right Cat Stance/ Inside Block

**Black) Left Fwd Stance / DB / Vertical-Fist Punch**

Red) Right Fwd Stance/ High Block/ Inverted Knife Hand Strike

**Black) Left Horse Stance / Hammer Fist Strike / Outside Block**

Red) Right fighting stance - Jump Back Roundhouse

**Black) Left fighting stance - Reverse Spinning Backfist Strike**

Red) Right Crane Stance/ H-L Block

**Black) Left Fwd Stance / DB / Front Kick / Overhead Knife Hand Strike**