

**JUNIOR TECHNIQUES**

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<b>White</b>	Back Fist	Punch	Side Kick	Check High	Round Kick
<b>Yellow</b>	Knife Hand	Back Ridge Hand	Back Leg Front Kick	Check Low	2 Round house
<b>Orange</b>	Hook Kick	Jab	Lead Ridge Hand Strike	Middle Block / RH Kick	3 roundhouse kicks
<b>Green</b>	Hook / Roundhouse	Lead Leg Front Kick	Hook Punch	Check High / Lead Ridge	4 roundhouse kicks
<b>Blue</b>	Jump Front Kick	Spinning Back Fist Strike	Crescent Kick	Parry	4 Side kicks
<b>Blue Adv</b>	Slide-up Roundhouse	Spinning Back Kick	Back Leg Roundhouse	Counter Roundhouse	4 Hook kicks
<b>1st Purple</b>	Slide-up Side Kick	Inverted Knife Hand Strike	Back Leg Side Kick	Counter Side Kick	1 set s/r/h kick
<b>1st Purple Adv.</b>	Slide-up Hook Kick	Back Leg Reverse Crescent	Back Leg Hook Kick	Counter Hook Kick	1 set s/r/h kick
<b>2nd Purple</b>	Sliding Round	Spinning Reverse Crescent	Jump Roundhouse Kick	Spinning Roundhouse	2 sets
<b>2nd Purple Adv.</b>	Sliding Side	Jump Spin Rev. Crescent	Jump Side Kick	Spinning Side Kick	2 sets
<b>3rd Purple</b>	Sliding Hook	Inside Roundhouse Kick	Jump Hook Kick	Spinning Hook Kick	3 sets
<b>3rd Purple Adv.</b>	Flying Side Kick	Lead Leg Reverse Crescent	Upper Cut	Turning Jump Crescent	3 sets
<b>1st Red</b>	Fwd Stance/Down Block	FwdS/Db/Lunge Punch	Jump Spinning Back Kick	Bk Stance/BF Block	4 sets
<b>2nd Red</b>	Rear Def. Stance / H-L BL	Fwd Stance/Outside Block	Front Axe Kick	Bk Stance/Inside Block	4 sets
<b>3rd Red</b>	Cat Stance Inside Block	F/S High block/Inverted Knife	Jump Back Roundhouse	Crane Stance High/low block	4 sets
<b>1<sup>st</sup> Jr. BB</b>	Fwd St/DB/Vert Fist Pnch	Horse St/Hammer Fist/Out Bl.	Reverse Spinning Bkfist	FS/DB/Front Kick/Overhd KH	s-r-h/bf/pn/ hkp/ pn

## ADULT TECHNIQUES

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<b>WHITE</b>	Back Fist	Punch	Side Kick	Check High	Roundhouse Kick
<b>WHITE</b>	Knife Hand	Back Ridge Hand	Back Leg Front Kick	Check Low	Low-High Roundhouse
<b>YELLOW</b>	Hook Kick	Jab	Lead Ridge Hand Strike	Middle Block / RH Kick	Step-up Fake RH/ High Hook Kick
<b>YELLOW</b>	Hook / Roundhouse	Lead Leg Front Kick	Hook Punch	Check High / Lead Ridge	Backfist/ Side Kick/ Punch
<b>ORANGE</b>	Jump Front Kick	Spinning Back Fist Strike	Crescent Kick	Parry	Step-up Side Kick, Hook Kick, Roundhouse Kick
<b>ORANGE</b>	Slide-up Roundhouse	Spinning Back Kick	Back Leg Roundhouse	Counter Roundhouse	Step-up RH/ Punch/ Hk Punch/ RH Kick
<b>GREEN</b>	Slide-up Side Kick	Inverted Knife Hand Strike	Back Leg Side Kick	Counter Side Kick	Slide-up Side Kick, Counter Hook Kick
<b>GREEN</b>	Slide-up Hook Kick	Back Leg Reverse Crescent	Back Leg Hook Kick	Counter Hook Kick	Hk Kick/ Punch/ Low Hk Punch/ High Hk Punch/ Hk Kick
<b>BLUE</b>	Sliding Round	Spinning Reverse Crescent	Jump Roundhouse Kick	Spinning Roundhouse	Jab/ Hk Punch/ Punch/ Hk Punch/ Low RH
<b>BLUE</b>	Sliding Side	Jump Spin Rev. Crescent	Jump Side Kick	Spinning Side Kick	Dbl Jab/ Punch/ Low Hk Punch/ High Hk Punch/ Low RH
<b>PURPLE</b>	Sliding Hook	Inside Roundhouse Kick	Jump Hook Kick	Spinning Hook Kick	4 set s/r/h kick
<b>PURPLE</b>	Flying Side Kick	Lead Leg Reverse Crescent	Upper Cut	Turning Jump Crescent	Jab/ Punch/Hook Punch/ Upper Cut/ Hk Punch/ Punch

<b>Adult Belt</b> <i>(add combos)</i>	<b>Junior Belt Equivalent</b> <i>(add balancing techniques)</i>
White	White - yellow
Yellow	Orange - green
Orange	Blue - Adv.Blue
Green	1 <sup>st</sup> Purple - Adv.1 <sup>st</sup> Purple
Blue	2 <sup>nd</sup> Purple - Adv.2 <sup>nd</sup> Purple
Purple	3 <sup>rd</sup> Purple - Adv.3 <sup>rd</sup> Purple
3 <sup>rd</sup> Brown	1 <sup>st</sup> Red – 1 <sup>st</sup> Jr. BB