

Testing Requirements

White Belt:

Must know new form and three one steps. Be able to do 3 push ups and 3 stomach crunches. A self defense move by defending yourself against a bully, show how to walk away without getting into a conflict with your attacker.

Low-Yellow:

Must know new and previous form and three one steps. Be able to do 5 push ups and 5 stomach crunches. A self defense move by defending yourself against a wrist grab from the front and get away from the attacker.

High-Yellow:

Must know new and previous form and three one steps. Be able to do 10 push ups and 10 stomach crunches. A self defense move by defending yourself against a neck grab from the front and get away from the attacker.

Low-Green:

Must know new and previous form and three one steps. Be able to do 15 push ups and 15 stomach crunches. Break one board at one station within three tries the week of pre-testing. Be able to spar one on one once for 1 minute. A self defense move by defending yourself against a neck grab from the front and take control of the attacker.

High-Green:

Must know new and previous form and three one steps. Be able to do 20 push ups and 20 stomach crunches. Break one board at one station within three tries the week of pre testing. Be able to spar one on one once for 1 minute A self defense move by defending yourself free handed against a neck grab from behind and take control of the attacker.

Low-Blue:

Must know new and previous form and three one steps. Be able to do 25 push ups and 25 stomach crunches. Break one board at two stations within three tries the week of pre-test. Be able to spar one on one twice for 1 minute, each match. A self defense move by defending yourself free handed against a bear hug, hands trapped from behind and take control of the attacker.

High-Blue:

Must know new and previous form and three one steps. Be able to do 30 push ups and 30 stomach crunches. Break one board at two stations within three tries the week of pre testing. Be able to spar one on one twice for 1 minute each match. A self defense move by defending yourself free handed against a head lock and take control of the attacker.

Low-Red:

Must know new and previous form and three one steps. Be able to do 35 push ups and 35 stomach crunches. Break at two station within three tries the week of pre testing, according to the breaking requirements. Be able to spar one on one twice for 1 minute each match. A self defense move by defending yourself with a stick against an attacker with a stick or club style weapon using a #1 strike.

High-Red:

Must know new and previous form and three one steps. Be able to do 40 push ups and 40 stomach crunches. Break at two stations within three tries the week of pre testing, according to the breaking requirements. Be able to spar one on one twice for 1 minute each match. A self defense move by defending yourself free handed against an attacker with a stick or club style weapon using a #1 strike.

Red-Black:

Must know all forms and three one steps. Be able to do 50 push ups and 50 stomach crunches. Break at three stations within three tries, according to the breaking requirements. Be able to spar one on one twice and two on one once for 1 1/2 minutes each match. A self defense move by defending yourself free handed against an attacker with a knife using a #5 strike. Will also be expected to help any other student that may need a little help.

BLACK BELTS 1st DEGREES:

Must know all forms and six one steps. Be able to do 50 push ups and 50 stomach crunches, break at three stations within three tries at testing, at least one break has to be a combo break, according to the breaking requirements. Be able to spar one on one twice and two on one once for 1 1/2 min. each match. A self defense move by defending yourself free handed against a knife attack #6 high strike, take control and damage the attacker. Will also be expected to help any other student that may need a little help. Also need to help someone in the community at least twice a year.

BLACK BELTS 2nd DEGREES:

Must know all forms and six one steps. Be able to do 50 push ups and 50 stomach crunches, break at three stations within three tries at testing, at least one break has to be a twin break, according to the breaking requirements. Be able to spar one on one twice and two on one once for 1 1/2 min. each match. A self defense move by defending yourself free handed against two attackers, this is not sparring take them both down. Will also be expected to help any other student that may need a little help. Also need to help someone in the community at least twice a year.