

Yellow to Purple belt requirements for testing:

Earn your first stripe:

1. ___ Must be able to perform, “Corner to Corner”, combinations with your hand and feet.
2. ___ Must be able to perform a, “Hook Kick”, with the front leg.
3. ___ Must be able to perform the following JUMP KICKS:
 - A. Jump front kick
 - B. Jump side kick
 - C. Jump front and back leg round house kick.
4. ___ **Yellow belt drill “basic drill”**: From a horse stance position, right leg drops back into a front stance, front kick, land and drop back, switch, front kick, land and drop back, apply a blade kick land and drop back, switch, blade kick land and drop back, apply an outside crescent kick land and drop back, switch, outside crescent kick land and apply a front punch with the back hand.

Earn your second stripe:

1. ___ Learn and perform your, “**Ronin 1**”.
2. ___ Learn and perform your, “**Ronin 2**”.
3. ___ Learn and perform a hand technique.
4. ___ Learn and perform a grab art technique.
5. ___ Learn and perform a hand and feet technique.

Earn your third stripe:

1. ___ Learn and perform, “**RYUU-SAN**”.
3. ___ Must know how to combine ***all*** your kata’s.
4. ___ Must know where you begin and end with ***all*** your kata’s.

* _____, has completed the requirements and is eligible to be tested for his/her purple belt, good luck and practice, practice, practice!