

# **Gold Belt Requirements - Adults**

*(Minimum 2 months & 20 classes)*

## **First Green Stripe**

### **Hand Strikes and Kicking Basics**

1. Side Kick
2. Round Kick
3. Palm Heel

### **Kickboxing Techniques**

1. Jab, Punch
2. Jab, Punch, Front Hook, Back Hook

## **Second Green Stripe**

### **Self-Defense**

1. Outside Block – Palm to attackers nose
2. Lapel Grab

## **Third Green Stripe**

### **Stances**

1. Back Stance
2. Front Stance

### **Blocks/Marching Basics**

1. Sudo Block (back stance) – Punch (front stance)