

# **Red Stripe Belt Requirements - Adults**

*(Minimum 3 months & 30 classes)*

## **First Red Stripe**

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

1. Hook Kick - Round Kick
2. Throat Strike

### **Pads Kicks**

1. Offensive side kick
2. Defensive side kick
3. Turn Side Kick
4. Back Leg Round Kick
5. Back Leg Thrust Kick

### **Kickboxing Techniques**

1. Foot work for sparring – Proper bounce, front step, side step, back step
2. All Previous Combos with Footwork

## **Second Red Stripe**

### **Self-Defense**

All previous self-defense techniques

## **Third Red Stripe**

### **Blocks/Marching Basics**

1. Sudo Block (back stance) – Punch (front stance)
2. Sudo Block (back stance) – High Block (front stance) – Punch (front stance)
3. Low Block (front stance) – Front Kick/Lunge Punch (front stance)

### **Form**

Wan Jun Hyung “Pursuit of Excellence”

## **Fourth Red Stripe**

### **Sparring**