

Black Stripe Belt Requirements - Youth

(Minimum 5 months & 50 classes)

First Black Stripe

Hand Strikes and Kicking Basics

1. All previous hand and foot strikes
2. Triple Tornado Kick

Pads Kicks

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

Second Black Stripe

Self-Defense

1. Double Lapel Grab – Hip Toss
- All previous punch and grab defenses

Third Black Stripe

Classical Basics – Marching with back and front stances

1. Sudo Block
2. High Block
3. Low Block
4. Side Block

Form

Discovery (full form)

Fourth Black Stripe

Sparring