

Gold Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First Green Stripe

Hand Strikes and Kicking Basics

1. Side kick (Pick knee up, pivot on support foot toes. Lock kick out with toes down & hit with heel)
2. Round kick (Knee behind your shoulder, snap kick out and back hitting with instep like front kick)
3. Palm Heel

Stances

1. Back Stance
2. Front Stance

Second Green Stripe

Self-Defense

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

Third Green Stripe

Classical Basics

1. Sudo Block (back Stance)
2. Classical Punch (front stance)

Form

Genesis – “The Beginning” (first half)