

Brown Belt Requirements - Youth

(Minimum 3 months & 40 classes)

First Black Stripe

Previous Hand Strikes

1. Ridge Hand
2. Back Fist Combination
3. Palm Heel
4. Back Fist
5. Punch

New Kicking Basics

1. Tornado Kick

Previous Kicking Basics

1. Spin Hook Kick
2. Hook Kick
3. Slide Double Round Kick (low – high)
4. Slide Round Kick
5. Back Leg Round Kick
6. Jump Scissor Kick
7. Axe Kick
8. Side Kick
9. Round Kick
10. Front Leg Front Kick
11. Back Leg Front Kick
12. Wheel Kick

Previous Pads Kicks

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

Second Black Stripe

New Self-Defense

1. Lapel Grab – Inside Wrist Lock

Previous Self-Defense

1. Push Defense
2. Wrist Grab – Reverse Grab, Throat Strike, Reverse Leg Sweep
3. Double Chicken Wing
4. Hammer Lock
5. Double Chicken Wing
6. Hammer Lock
7. Head Lock
8. Arm Bar Choke
9. Front Choke
10. Bear Hug
11. Outside Block – Punch to attackers nose
12. Lapel Grab
13. Outside & Inside Blocks
14. Front Wrist Grabs
15. Rear Wrist Grabs

Third Black Stripe

Bo Strikes

1. Vertical Up
2. Vertical Down
3. Horizontal
4. Reverse Horizontal
5. 45 Degree Strike
6. Helicopter
7. Hook
8. Slide Jab
9. Thrust
10. Low Strike/Down Block
11. Charyo
12. Keyunge
13. Chunbi

New Classical Basics – Marching with Back and Front Stances

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

Previous Classical Basics

1. Sudo Block (back stance)
2. Classical Punch (front stance)
3. Low Block (front stance)
4. High Block (front stance)

Form

Discovery (First Half)

Fourth Black Stripe

Sparring