

Gold Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First Green Stripe

New Hand Strikes

1. Palm Heel

Previous Hand Strikes

1. Back fist
2. Reverse Punch
3. Hammer Fist

New Kicking Basics

1. Axe Kick
2. Side kick
3. Round kick

Previous Kicking Basics

1. Front Leg Front Kick
2. Back Leg Front Kick
3. Wheel Kick

Previous Pad Kicks

1. Back Leg Thrust Kick

New Stances

1. Back Stance
2. Front Stance

Previous Stances

1. Fighting Stance (left & right)

Second Green Stripe

New Self-Defense

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

Previous Self-Defense

1. Outside & Inside Blocks
2. Front Wrist Grabs
3. Rear Wrist Grabs

Third Green Stripe

Classical Basics

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

Form

Genesis – “The Beginning” (first half)