



Brown with Black Stripe Belt Requirements

(Minimum 4 months & 40 Classes)

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Black Stripe (Basics)

Kicking Strikes

1. 15 Multiple Round Kicks without setting down
2. 9 Multiple Side Kicks balancing for 3 seconds
3. Two Multiple Tornado Kicks

2nd Black Stripe (Self-Defense)

Haymaker Punch

1. Attacker starts in front of the defender in a fighting stance.
2. Defender starts in Chunbi.
3. Attacker steps up with their back foot as they throw a haymaker punch at the defender's face.
4. The defender steps up towards the punch bridging the space between them while throwing an outside blow to the attacker's punch, and a punch to the attacker's face.
5. The defender grabs the attacker's wrist as they also grab the attacker's neck/shoulder driving in a knee to the groin.
6. Defender shoves the attacker away.
7. Defender steps away into a fighting stance.

3rd Black Stripe (Form)

Discovery (Full Form)

"To Discover"

4th Black Stripe (Sparring)