

GREEN & BLUE BELT INFORMATION SHEET: TESTING APR. 2021

Congratulations on earning your new rank, it is now time to continue your RISE as a martial artist. How far you go is dependent on how much you are willing to grow. As Green Belt you must learn that growth happens when you focus on your goals, believe in yourself, and practice. Achievement is about challenging your limits, not limiting your challenges. As Blue Belt you are expected to challenge yourself by doing more than ever before, learn how to turn opposition into opportunity, and learn the importance of measuring your actions to identify both strengths and weaknesses.

CURRICULUM & STRIPES:

Your goal in class is to earn the stripes required for the next belt; it takes focus and hard work! Green Belts need 1 RISE stripe and 3 black stripes. Blue belts need 1 RISE stripe and 4 black stripes. The following is the breakdown for each:

Pre-Req. RISE BELT TYING & RISE STORY: CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE, DISTINGUISH, OBSERVE, RECOGNIZE, RESPOND, INFLUENCE, COLLABORATE, INSPIRE, DEMONSTRATE, TRANSFORM

1. HO AM FORM *(All Green Belts stop at line 10)*

	MOVE	STANCE
1	Step to the left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike	Sitting Stance
7	Left Outer Forearm Block, Right Punch/Left Punch (CAT 2)	Sitting Stance
8	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
9	Step, #2 Left Punch	Right Front Stance
10	#1 Round kick, #1 Knifehand Strike	Right Back Stance
11	Turn to back, Left Arc Hand	Left Back Stance
12	#3 Left Round Kick, Left Knife Hand Low Block	Left Back Stance
13	Left Knife Hand High Block, Left Knife Hand Strike	Left Back Stance
14	#2 Right Round Kick, Right Knife Hand Low Block	Right Back Stance
15	Right Knife Hand High Block, Right Knife Hand Strike	Right Back Stance

2. SPARRING STRIPE

Demonstrate Rules of Sparring:

1. Hands nose high
2. Stay busy
3. Be an effective blocker
4. Kick and punch in combinations *(4 moves at a time)*
5. Kick and punch above the belt
6. Control contact *(try to get close)*

3. PAD DRILLS

- #1 Double Round Kick
- #1 Side Kick

4. BOARD BREAKING *(BLUE BELTS ONLY)*:

- #2 Front Kick
- #2 Palm Heel (on ground)
- #2 Elbow (on ground)

One attempt at each. You must break 1 out of 3 to pass.

RE-BREAKABLE BOARD AGE CHART

Age	Color
5-7	White
8-9	Yellow
10-11	Orange
12-14 Girls; 46+ Women 12-13 Boys	Green
15-45 Women 14-15 Boys, 46+ Men (up to 2DL4 Black Belt)	Blue
16-45 Men (up to 2DL4 Black Belt) 46+ Men (3DL1 Black Belts & above)	Brown
16-45 Men (3DL1 Black Belts & Above)	Black

