

# BLUE, BROWN, RED BELT CURRICULUM SHEET: TESTING DEC. 2022

Congratulations on earning your new rank, it is now time to continue your RISE as a martial artist. Your goal in class is to prepare for your next belt exam; it takes focus and hard work! Below is a list of the curriculum for this cycle. Students will earn a *Permission to Test* stripe when they prove that they know all the curriculum.

## PROPERLY TIE BELT

**LIFE LESSON (Juniors Only):** BLACK BELT SUCCESS PLAN: “KNOW WHAT YOU WANT. HAVE A PLAN AND A SUCCESS COACH. TAKE CONSISTENT ACTION. REVIEW YOUR PROGRESS. RENEW YOUR GOALS.”



## 1. HO-AM FORM (stripe required for Level 1's only)

[Stopping Points: Blue Belts–Line 16, Brown Belts–Line 21, Red Belts–Line 27]

1	Step to 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 Right Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike	Sitting Stance
7	Left Outer Forearm Block	Sitting Stance
8	Right Punch/Left Punch (CAT 2)	Sitting Stance
9	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
10	Step, #2 Left Punch	Right Front Stance
11	#1 Right Round kick, #1 Right Knife Hand Strike	Right Back Stance
12	Turn to back, Left Palm Heel	Left Back Stance
13	#3 Left Round Kick, Left Knife Hand Low/High Block	Left Back Stance
14	Left Knife Hand Strike	Left Back Stance
15	#2 Right Round Kick, Right Knife Hand Low/High Block	Right Back Stance
16	Right Knife Hand Strike	Right Back Stance
17	#2 Left Front Kick, Spin Outside Crescent Kick	Left Back Stance
18	#3 Left Hop Front Kick, Twin High Punch	Left Front Stance
19	Right Knife Hand Strike	Left Front Stance
20	#2 Right Side Kick, Left Middle X-Block (knife hand)	Left Back Stance
21	Step, Right Knife Hand High Block/#2 Left Punch	Right Front Stance
22	Step together, Twin fists on hips	Closed Stance
23	Step in front, Right Side Kick	--
24	Step in front, Twin Elbows	Left X Stance
25	Step, Right Twin Horizontal Punch	Right Back Stance
26	Left Front/Side Kick, Left Knife Hand Strike	Sitting Stance
27	Right Front/Side Kick, Right Knife hand Strike	Sitting Stance

## SPARRING RULES

1. Hands Nose High
2. Stay Busy
3. Be an Effective Blocker
4. Kick and Punch in Combinations
5. Kick and Punch Above the Belt
6. Control Contact

## PAD DRILLS

- #1 Double Round Kick
- #1 Double Side Kick
- Spin Outside Crescent Kick

## BOARD BREAKING

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

*One attempt at each. Must break 2 out of 4 to pass.*

New Board System	
Age	Board
6-7	White
8-9	Green
10-11	Green/Blue
12-13	Blue
14-15 Girls and 46+ Women	Blue/Gray
16-45 Women (up to 3rd Blk) 14-15 Boys and 46+ Men	Gray
16-45 Women (4th Blk & up)	Gray + Green
16-45 Men (up to 3rd Blk)	Gray + Green/Blue
16-45 Men (4th & 5th Blk)	Gray + Blue
25-45 Men (6th Blk & up)	Gray + Green/Gray

