

WHITE & YELLOW BELT INFORMATION SHEET: TESTING DEC. 2022

Congratulation on starting your RISE as a martial artist. Every accomplishment starts with a decision to try. As a White Belt you are making the choice to develop the skills of a martial artist as demonstrated by the 15 steps of our belt rank program. As a Yellow Belt you must prioritize your goals and commit to the journey of a martial artist.

GENERAL RULES:

- When you enter the school, find all the instructors and say, "Good Afternoon, Sir/Ma'am!"
- Refer to all instructors as Mr. / Mrs. and their last name.
- Wear to class: Training uniform (black dry-fit shirt, uniform pants, and belt) and
- Bring to class: Finger-less bag gloves and target pad in drawstring bag

CURRICULUM & STRIPES:

Your goal in class is to prepare for your next belt exam; it takes focus and hard work! You will need 1 RISE stripe and 4 black stripes to be eligible to test for your next belt. The following is the breakdown for each one:

RISE BELT TYING & RISE STORY: CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE

1. **STANCES & LISTENING POSITIONS & STRIKES**

STANCES

- Chung-Be - feet shoulder width, top two knuckles face each other in front of the knot of your belt
- Front - feet shoulder width, front leg bent (60% of weight), back leg straight, all toes point forward
- Back - feet make "L", both legs bent (70% of weight on back leg, 30% on front)

LISTENING POSITIONS

3. Standing with hands behind back
4. Feet together, hands at sides, eyes forward

STRIKES

- Palm Heel
- Knife Hand Strike

2. **KICKS & BLOCKS**

KICKS

- Side Kick
- Outside Crescent Kick

BLOCKS

- High Block
- Low Block

3. **HO-AM FORM**

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

4. **BAG SPARRING**

Kicks and strikes on bag for points.

