

BLUE, BROWN, RED BELT CURRICULUM SHEET: TESTING APR. 2023

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 and 46+ Women	Blue
14-15 Boys and 14-45 Women (up to 3rd Blk)	Blue/Gray
16-45 Women (4th Blk & up) and 46+ Men	Gray
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

