

WHITE & YELLOW BELT STRIPING SHEET: TESTING APR. 2024

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, belt, TR grip socks)
- Bring to class: Finger-less bag gloves and target pad in drawstring bag

CURRICULUM & STRIPES:

Your goal in class is to earn the stripes required for the next belt; it takes focus and hard work! The following is the breakdown for each one:

BELT TYING & RISE STORY:

WHITE BELTS: "Like most things in life we must first **CHOOSE** the path we are willing to take."

YELLOW BELTS: "Once we choose, we must **COMMIT** to see the journey through until the end."

1. STANCES

- Attention
- Chung-Be
- Sitting = Base
- Front = Power
- Back = Sparring

2. HO-AM FORM [Stopping Points: White Belts—Line 4, Yellow Belts—Line 8]

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



3. BAG SPARRING COMBOS [White Belts do 1-3, Yellow Belts do all 5]

1. #2 Right Front Kick, Left Cross, Double Step Back
2. #2 Left Front Kick, Right Cross, Double Step Back
3. #3 Left Side Kick, Double Step Back
4. #2 Right Round Kick, Left Cross, Double Step Back
5. #2 Left Round Kick, Right Cross, Double Step Back

4. BOARD BREAKING

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

One attempt at each. Must break at least 1 to pass.

