

# BROWN AND RED BELT CURRICULUM SHEET: TESTING AUG. 2024

Congratulations on earning your new rank, it is now time to continue your RISE as a martial artist. Your goal in class is to learn the following curriculum and earn stripes in order to be eligible for testing.

**TESTING QUESTION:** Be prepared to tell the judges about Honor, Courtesy, and Integrity

## HO AM FORM

[Stopping Points: *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 Arc Hand	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 COMBO

- #1 Double Side Kick (body) / Round Kick (head), Cross (body)

## POINT SPARRING










## BOARD BREAKING

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

*One attempt at each.*

*Must break at least 2 to pass.*

### Board Color Chart

 Ages 6-7	 Boys Ages 14-15 and 14-45 Women (up to 3rd Blk)
 Ages 8-9	 Men Ages 46+ and Women 4th Blk & up (16yrs+)
 Ages 10-11	 Men Ages 16-45 (up to 3rd Blk)
 Ages 12-13 and 46+ Women	 Men 4th & 5th Blk (16yrs+)
	 Men 6th Blk

