

GREEN AND BLUE BELT CURRICULUM SHEET: TESTING OCT. 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 Perseverance, Self Control, and Indomitable Spirit

HO AM FORM

[Stopping Points: *Green Belts–Line 11, Blue Belts–Line 16*]

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

SPARRING BLOCKS

- Juniors: #1–6
- Youth/Adult: #1–7

TACTICAL SPARRING

BOARD BREAKING










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

One attempt at each.

Green Belts must break at least 1 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