

Standing double punch
5 on each side

WHITEBELT

Standing double punch, back leg 45 kick
5 on each side. Freestyle

PURPLESTRIPE

Front leg side piercing kick
5 on each side. Freestyle

ORANGESTRIPE

Sliding double punch forward followed immediately
with sliding double punch backward

YELLOWSTRIPE

Sliding double side piercing kick

YELLOWBELT

Sliding double side piercing kick, double punch,
single side piercing kick, double punch moving back

GREENSTRIPE

Backfist, reverse knifehand, 45 kick.
Forward or backward – pad holder decides

GREENBELT

Back leg 45 kick, reverse backfist, reverse punch,
step back at 90 degrees to the left

BLUESTRIPE

Double step 45 kick, back kick,
jumping double punch. Freestyle

BLUEBELT

Double punch, 45 kick, then placing foot behind,
reverse turning kick. Freestyle

REDSTRIPE

Front or back leg 45 kick, adjust stance, reverse
turning kick. Forward or backward pad-holder
decides. Freestyle

REDBELT

- Freestyle means the pad holder can move around the room.
- Routines without a backwards technique requires the student to double step back to their starting position.

Set Sparring – (summary)

3 Step Sparring (1 & 2)

YELLOWBELT

3 Step Sparring (3 & 4)

GREENSTRIPE

3 Step Sparring (5 & 6)

GREENBELT

2 Step sparring (1 & 2)

BLUESTRIPE

2 Step sparring (3 & 4)

BLUEBELT

1 Step Sparring - Traditional:
3 step attacks and defences

REDSTRIPE

1 Step Sparring - Traditional:
3 step attacks and any traditional defences

REDBELT

1 Step Sparring - Traditional
3 step attacks and any traditional defences

BLACK STRIPE

1 Step Sparring Freestyle:

Attack - walking stance middle punch

Defence - Any block or counter, incorporate locks and restraints.

1 Step Sparring - Traditional

1ST DEGREE

1. Punch in L stance
2. Outward knife hand strike in L stance
3. Jumping back fist side strike in X stance
4. Mid air strike land in L stance
5. Obverse punch in L stance

Defence: use blocks from patterns, body shifting and dodging is also allowed.

Counter: any counter attack.

1 Step Sparring - Traditional.

Attacks: as follows from double forearm guarding block kicking from the back leg.

- | | |
|-------------------------|-----------------------|
| 1. Front snap kick | 2. Side kick |
| 2. Turning kick | 4. Back piercing kick |
| 5. Reverse turning kick | |

2ND DEGREE

Defence: use blocks from patterns, body shifting and dodging is also allowed.

Counter: any counter attack. Students should ensure that they finish in a stance.

1 Step Sparring Freestyle

1ST & 2ND DEGREE

Attacks: Haymaker (crescent type punch).

Defence: Any block or counter incorporating locks restraints and takedowns.