

Set 1 – Low Rank Green Belt

Lead leg kicks, reverse punch, front hand blocks

- 1.1 Closed Stance - Inward parry block, counter with a reverse punch.
- 1.2 Closed Stance - Inward parry, counter with a reverse punch, lead leg round kick
- 1.3 Closed Stance - Step together Double Round Kick, reverse punch. – Low/High
- 1.4 Closed Stance - Step together Hook Kick, Round Kick – High/Low
- 1.5 Open Stance - Step together Side Kick, Round Kick. – Low/High

**Low rank green belts need to be able to rotary jog for two minutes (2:00) without stopping.

Set 2 – High Rank Green

Spin kicks, front hand punch following a reverse punch

- 2.1 Closed Stance - Inward parry block, counter with a spin side kick.
- 2.2 Open Stance - Downward parry block, counter with a spin heel kick.
- 2.3 Closed Stance - Inward parry block, reverse punch, front punch, step away spin side kick.
- 2.4 Either Stance - Step together side kick, spin side kick
- 2.5 Closed Stance - Double round kick, spin heel kick

**High rank green belts need to be able to rotary jog for two minutes and twenty seconds (2:20) without stopping.

Set 3 Low Rank Blue

Ridge hand, back fist, rear hand blocks

- 3.1 Closed Stance - Outward block with the rear hand and counter with the front hand ridge hand.
- 3.2 Closed Stance - Outward block with the rear hand and counter with the front hand ridge hand followed by a lead leg side kick.
- 3.3 Closed Stance - Inward parry block with the front hand, follow immediately with the front hand back fist and reverse punch.
- 3.4 Closed Stance - Lead leg side kick, reverse punch, front hand ridge hand.
- 3.5 Open Stance - Front hand back fist, reverse punch, lead leg side kick, spin heel kick

**Low rank blue belts need to be able to rotary jog for two minutes and forty seconds (2:40) without stopping.

Set 4 – High Rank Blue

Turning kicks

- 4.1 Open Stance - Downward parry block, advance the turning round kick.
- 4.2 Open Stance - Inward parry block, front hand back fist, reverse punch, turning round kick.
- 4.3 Either Stance - Dodge the spin heel kick, counter with a turning side kick
- 4.4 Open Stance - Reverse punch, turning round kick, spin heel kick.
- 4.5 Open Stance - Reverse hand ridge hand, turning round kick, spin side kick.

**High rank blue belts need to be able to rotary jog for three minutes (3:00) without stopping.

Set 5 – Low Rank Red

Front kick & hand techniques to the head

- 5.1 Closed Stance - Inward parry block, front hand back fist to the head, reverse punch to the body.
- 5.2 Closed Stance - Inward parry block, reverse punch to the body, front punch to the head, double round kick.
- 5.3 Either Stance - Counter a punch with the lead leg front kick, front punch to the head.
- 5.4 Open Stance - Rear leg front kick, round kick combination land forward with a front hand back fist.
- 5.5 Open Stance - Lead leg front kick, turning round kick, spin heel kick

**Low rank red belts need to be able to rotary jog for three minutes and twenty seconds (3:20) without stopping.