

Yellow Stripe

Stances (Ready Stance and Horse Stance)

Blocking Techniques (High Forearm Block and One Arm Cross Block)

Orange Stripe

Kicking Techniques in Defensive Stance (Shin Kick and Front Kick)

Green Stripe

Striking Techniques (4 Open Hand Strikes and Palm Heel Strike)

Blue Stripe

Breakfalls (Number 1, 2, 3)

Purple Stripe

Takedowns (Ankle Knee Takedown)

Red Stripe

Hold Escapes

One wrist grab straight

One wrist grab across

Two wrist grab from above

Brown Stripe

Courage (Turtle Back and Spin, 3 Point Get Up)

Perseverance (Hold for 10 seconds)

Push-Up position

Squat position

Banana position

Bridge position

Speed

Must kick a target 15 times in 15 seconds