

Yellow Stripe

Stances (Defensive Stance, Horse Stance, Fighting Stance)

Blocking (High Forearm and One Arm Cross Block)

Orange Stripe

Kicking Techniques (Shin, Front and Roundhouse Kick)

Green Stripe

Striking Techniques (4 Open Hand Strikes, Palm Heel Strike and Finger to Eyes)

Blue Stripe

Breakfalls (Number 1,2,3,4,5,)

Purple Stripe

Takedowns (Ankle Knee Takedown)

Red Stripe

Hold Escapes

1 Wrist Grab Straight and Across

2 Wrist Grab from Above

1 Hand on Each Wrist

Bear Hug Over Arms Rear

Bear Hug Under Arms from Rear

Bear Hug over the Arms Front

Brown Stripe

Courage

Turtle Spin

3 Point Get Up

1 Wrist Grab by Adult

1 Wrist Grab and Pull by Adult

Wrist grab moving legs aside

Perseverance (Hold for 20 seconds)

Push-Up position

Squat position

Banana position

Bridge position

Speed

Must kick a target 25 times in 15 seconds