

Red Belt Stripe Requirements

Stripes

- 1.) New Techniques
 - ☛ Double knifehand square block
 - ☛ Knifehand high block, Reverse knifehand strike
 - ☛ Two step jump side kick, Land in a back stance and double knifehand block
- 2.) New Techniques
 - ☛ Round kick, Spin side kick, Double fist block opposite way
 - ☛ Jump spin 360, Land in a back stance double knifehand block
 - ☛ Reverse spearhand low, switch to a front stance, backfist low block
- 3.) New Techniques
 - ☛ Front Back fist, Side Back fist combination
 - ☛ Two rear leg side kicks, Double knifehand X Block in a back stance (opposite way)
 - ☛ Twin upper palm heel block
- 4.) Sparring
 - ☛ Two minutes of 2 on 1 sparring
- 5.) Form
 - ☛ Cite the name and meaning of form
 - ☛ Demonstrate entire form with a lot of power and no mistakes
- 6.) Board Breaking
 - ☛ Must break board with hand and foot technique

Testing for Sr. Red Belt is \$75.00