

## **Sr. Brown Belt Stripe Requirements**

Senior belts are a way for the judges at belt testing to see if you have improved on the same form. The form must be stronger, faster and with better stances. It is also our way of concentrating more on sparring for two months instead of learning a new form. At your testing, both your sparring and form must have improved from the last testing to pass and advance to red belt.

### **Stripes**

- 1.) Advanced kicking combinations (with sparring gear on)
  - ☛ Front kick/Round kick with same leg, without setting foot down, jump spin side kick with opposite leg, rear leg side kick, back fist reverse punch
- 2.) Advanced kicking combinations (with sparring gear on)
  - ☛ Front leg front kick/Side kick combination, without setting foot down, jab, cross, rear leg double round kick, jump spin hook kick
- 3.) Sparring
  - ☛ 2 minute sparring round
  - ☛ While sparring, must demonstrate both Sr. Brown Belt sparring combinations
  - ☛ Demonstrate how to stop the opponent with a perfectly set up and thrown defensive side kick
- 4.) Kicks
  - ☛ 360 Front Kick
  - ☛ 360 Round Kick
- 5.) Board Breaking
  - ☛ Must break board with hand and foot technique

**Testing for Red Belt is \$75.00**