

Level 1/**Yellow Belt**

Shadow Box (2 min.)

Stance

1 Stance (Name, Reason for preference)

Footwork

Bouncebacks

Lateral

Punches

Jab/Cross/Hook/Uppercut/Backfist

Kicks

Side/Front/Round/Groin

Defenses To:

Jab/Cross/Hook/Uppercut

Low/Midline Kick

Headlock (x3)

Forms

Taikyoku 1-6

Sparring

2x3min. Rounds (1 min. Rest)

Level 2/**Blue Belt**

Shadow Box (3 min.)

[all previous Levels required]

Stance

2 Stances (Name, Reason for preference)

Footwork

Angling

Punches

Midline Jab/Cross/Hook

Kicks

Spinning Kicks, High-Lows

Defenses To:

To High Kick/Spin Kicks, Midline Punches

Headlock (x3)

Forms

Karate 15 Count, Tesung 1

Sparring

3x3min. Rounds (1 min. Rest)

Level 3/**Green Belt**

Shadow Box (4 min.)

[all previous Levels required]

Punches

Plam Heel/Knife Hand/Hammerfist/Eye Strike

Ridge Hand

Overhands, 2x10 Count Punch Combos

Kicks

Leg Kick, Teep, Switch, Hop/Step into, Cut

Defenses To:

Leg Kicks, Teeps

Forms

Tesung 2

Sparring

3x3min. Rounds (1 min. Rest)

Breaks

1 Board

Level 4/**Purple Belt**

Shadow Box (6 min.)

[all previous Levels required]

Elbows

Reg./Horz., Snap, Diagonal Up/Down

Knees

Long Lean, Reg. #1 & #2

Trapping

Pak/Lap, Jao, 2 Sensitivity Drills

Clinch

Over/Under Arm, Full, Neutral, Transitions

Defenses To:

Knees, Clinch, Elbows

Forms

15 Thai Count & Hold, Epon

Sparring

3x3 min. Rounds (1 min. Rest)

Breaks

1 Board Hand Technique

1 Board Foot Technique

Level 5/**Brown Belt**

Shadow Box (10 min.)

[all previous Levels required]

Elbows

Spinning Down/Back

Knees

Skip #1 & #2, Circle

Take Downs

3 Take Downs From Trap/Clinch

Defenses To:

Take Down, Trap

Forms

17 Thai Count & Hold, Whin-Su

Sparring

4x3 min. Rounds (1 min. Rest)

Breaks

2 Boards Hand Technique

2 Boards Kick Technique

Level 6/**Black Belt**

Shadow Box (15 min.)

[all previous Levels required]

Clinch

Pumble

Take Downs

2 Take Downs from Pumble

Top Grappling Position

6 Positions Around Body, 3 Submissions

Down Grappling Position

Escapes From All Positions (Max. 2 Ea.)

5 Sweeps, 2 Submissions

Defense To:

Chokes, Armbars

Forms

Flow Drill #1, Hi-Pon

Sparring

5x3 min. Rounds (1 min. Rest)

Breaks

1 Board Spinning Technique.

1 Block