

TECHNIQUES

Champion Youth Minimum Requirements for Advancement in Rank

White Belt	Yellow Belt	Orange Belt	Purple Belt	Green Belt	Blue Belt	Red Belt
<p><u>STANCES</u> 1) Attention 2) Ready 3) Horse Stance 4) Self-Defense</p> <p><u>BLOCKS</u> 5) High 6) Low</p> <p><u>PUNCHES</u> 7) Middle Punch 8) Jab 9) Reverse Punch</p> <p><u>KICKS</u> 10) Front Snap (Back Leg) 11) Round House (Front Leg) 12) Side (Front Leg)</p> <hr/> <p><u>Pre-Yellow Belt</u> 13) Round House Kick Back Leg 14) Inside Block 15) Outside Block 16) Low Rear Hammer Fist (To Groin) 17) Walking Front Snap Kick 18) Side Kick to Lt. & Rt. (From Ready Stance)</p> <p>Escape Techniques (Serve Pizza)</p>	<p><u>1st Degree</u> <u>(all pre-yellow techs and the following)</u> 19) Footwork- Side Step/ Step and Slide 20) Skip Round House Kick 21) Skip Side Kick</p> <p><u>2nd Degree</u> 22) Star Block (low, in, out, high) 23) Backfist 24) Side Kick Back Leg 25) Sitting Side Kick (Left and Right) 26) Front Snap Kick Front Leg</p> <p><u>3rd Degree</u> 27) Double Forearm Block 28) Palm Heel Strike (Front & Back Hand) 29) Rear Elbow Strike (Middle & High) 30) Walking Round House Kick 31) Walking Side Kick 32) Stomp Kick 33) Back Kick</p> <p>Escape Techniques</p>	<p><u>1st Degree</u> 34) Front Forward Stance/ C-Stepping 35) Short Kata/Pivot Kata 36) Skip Front Snap Kick 37) High Downward Hammerfist (Front & Back Hand) 38) Skip Front Snap Kick In Place</p> <p><u>2nd Degree</u> 39) Double Outside Block 40) Jump Front Snap Kick (FL) 41) Hook Kick Front Leg 42) Palm Block</p> <p><u>3rd Degree</u> 43) Jumping Front Snap Kick in Place(FL) 44) L-Stance 45) Hook Kick Back Leg 46) Guarding Block 47) Push Kick</p> <p><u>4th Degree</u> 48) Sitting Front Snap Kick 49) Cat Stance 50) Knife Hand Block 51) Forearm Strike 52) Skip Hook Kick</p>	<p><u>1st Degree</u> 53) Knee Strike (Front and Back Leg) 54) X-Block (High & Low) 55) Footwork- Cross Stepping 56) Skip Side Kick with Cross Step 57) Spinning Back Kick</p> <p><u>2nd Degree</u> 58) Elbow Strike (Right and Left Arm) 59) Double Palm Block 60) Knife Hand Strike (Front and Back Hand) 61) Outside Crescent Kick (Back Leg)</p> <p><u>3rd Degree</u> 62) Skip Hook Kick with Cross Step 63) Reverse Knife Hand Strike (Front and Back Hand) 64) Double Palm Strike (Ribs) 65) Kneeling Side Kick</p> <p><u>4th Degree</u> 66) Inside Crescent Kick (Back Leg) 67) Double Palm Strike (Ears) (Ribs) 68) Ridge Hand Strike (Front and Back Hand)</p> <p>Escape Techniques</p>	<p><u>1st Degree</u> 69) Circular Block 70) Hook Punch (Midsection) 71) Jumping Round House Kick 72) Axe Kick (Back Leg) 73) Crescent Kick (Front Leg) 74) Backward Break Fall (Sitting)</p> <p><u>2nd Degree</u> 75) Scoop Block 76) Upper Cut Punch 77) Upward Elbow Strike 78) Skip Crescent Kick (Front Leg) 79) Backward Break Fall (Squatting)</p> <p><u>3rd & 4th Degree</u> 80) Triangle Stepping 81) Double Upper Cut (Ribs) 82) Double Backfist (Face) 83) Punch Defenses (Straight punch and hook punch defense) 84) Backward Break Fall (Standing)</p> <p>Escape Techniques</p>	<p><u>1st Degree</u> 85) Vertical Punch 86) Spinning Backfist 87) Spinning Crescent Kick (Back Leg) 88) Jumping Side Kick (Front Leg) 89) Horizontal Knee Strike (Midsection / Thigh) 90) Front Break Fall (Kneeling)</p> <p><u>2nd Degree</u> 91) Side Punch 92) Axe Kick (Front Leg) 93) Spinning Hook Kick 94) Front Break Fall (Squatting) 95) Front Break Fall (Standing)</p> <p><u>3rd & 4th Degree</u> 96) C-Punch 97) Upward Ridge Hand Strike (Groin) 98) Jumping Crescent Kick 99) Side Break Fall (Squatting) 100) Side Break Fall (Standing)</p> <p>Escape Techniques</p>	<p><u>1st - 4th Degree</u> 101) One Knuckle Punch 102) Lunge Punch 103) Hook Punch (Face) 104) Downward Elbow Strike 105) Downward Knife Hand Strike 106) Tornado Kick 107) Shin Kick (Thigh)</p> <p>Advanced Sparring Techniques</p> <p>FORM (26-30 steps)</p> <p><i>Escape Techniques</i></p> <hr/> <p><u>Brown Belt</u> <u>1st - 4th Degree</u></p> <p>Student should be able to execute all techniques with advanced level form, speed, power, accuracy and control.</p> <p>FORM (32-40 steps)</p> <p><i>Advanced Escape Techniques</i></p> <p><i>Advanced Break Falls</i></p>

