

# Colour Belt Promotion Test

## Kicking Syllabus (2018)

### **White Belt (min. 12 Lessons)**

1. Step sparring
  - 6 years AND under - OneStep Sparring + kicking (Preschool Program 1-3)
  - 7 years AND older - ThreeStep Sparring + kicking (1-5)

#### Kicking Syllabus

##### Left foot step forward

- Forward Stance, X Block
  - Rising Kick (3 Times Each Leg)
  - Crescent Kick (3 Times Each Leg)
  - Back Stance with Right Foot in Front, Kick Three Times With Counting
  - Front Snap Kick, Roundhouse Kick
  - One Step Forward Front Snap Kick
  - One Step Forward Roundhouse Kick
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### **Yellow Belt (min. 12 Lessons)**

1. Pattern One - 7 years AND older
2. Step sparring
  - 6 years AND under - OneStep Sparring (Preschool Program 1-6)

#### Kicking Syllabus

##### Right foot step forward, Back Stance

- Front Snap Kick, Side Kick
  - Roundhouse Kick, Roundhouse Kick (Middle Section) and High Section
  - Start Bouncing (*sparring kicking*)
  - Sliding Roundhouse Kick
  - Step Behind Sliding Side Kick
  - Jump Front Snap Kick
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### **Yellow-Green Belt (min. 12 Lessons)**

1. Pattern Two - 7 years AND older
2. Step sparring
  - 6 years AND under - OneStep Sparring (Preschool Program 1-9)

#### Kicking Syllabus

##### Right foot step forward Back Stance

- Front Snap Kick, Side Kick
- Roundhouse Kick, Back Kick
- Start Bouncing (*sparring kicking*)
- Sliding Roundhouse Kick
- Step Behind Sliding Side Kick
- One Step Forward Back Kick
- Jump Front Snap Kick
- Jump Roundhouse Kick

## **Green Belt (min. 12 Lessons)**

1. Pattern Three
2. Step sparring (Block w/ hand + Kick)

### Kicking Syllabus

Right foot step forward Back Stance

- Four Kicks Combination: Front Snap Kick, Side Kick, Roundhouse Kick, Back Kick
  - Roundhouse Kick, Back Hook Kick
  - Start Bouncing (*sparring kicking*)
    - Sliding Roundhouse Kick
    - Step Behind Sliding Side Kick
    - One Step Forward Back Kick
    - One Step Forward Back Hook Kick
    - Jump Roundhouse Kick
    - One Step Forward Jump Side Kick
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## **Green-Blue Belt (min. 20 Lessons)**

1. Pattern Four
2. Step sparring (Blocking w/ foot + Kick)
3. Free-sparring (*Must have gear*)

### Kicking Syllabus

Right foot step forward Back Stance

- Six Kicks Combination: Front Snap Kick, Side Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Back Hook Kick
  - Start Bouncing
    - Sliding Roundhouse Kick, Step Forward (2 times by yourself)
    - Step Behind Sliding Side Kick, Step Forward (2 times by yourself)
    - Cross Step, Fake (Knee Up), Step Forward Back Kick (2 times by yourself)
    - One Step Forward Back Hook Kick (2 times by yourself)
    - Jump Roundhouse Kick One Step Forward (2 times by yourself)
    - Two Step Forward Jump Back Kick (2 times by yourself)
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## **Blue Belt (min. 20 Lessons)**

1. Pattern Five
2. Step sparring (Jump Kicks)
3. Free-sparring (*Must have gear*)

### Kicking Syllabus

- **\*See kicks above\***
  - One Step Forward Jump Back Hook Kick (2 times by yourself)
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## **Blue-Red Belt (min. 20 Lessons)**

1. Pattern 7
2. Self-Defense
3. Free-sparring (*Must have gear*)

### Kicking Syllabus

- **\*See kicks above\***
  - 360 Jump Roundhouse Kick (2 times by yourself)
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## **Red Belt (min. 20 Lessons)**

4. Pattern 7
5. Self-Defense
6. Free-sparring (*Must have gear*)

### Kicking Syllabus

- **\*See kicks above\***
- Double Roundhouse Kick (2 times by yourself)
- Sliding Double Roundhouse kick (2 times by yourself)