

Skill	White Belt	Yellow Stripe Belt	Orange Stripe Belt	Green Stripe Belt	Purple Stripe Belt	Blue Stripe Belt	Brown Stripe Belt	Red Stripe Belt	Black Stripe Belt
Kicking	10 Front Kicks in air, alternating legs	10 Front Kicks on target, alternating legs	10 Front Kicks on target alternating legs, while stepping down the mat	10 Side Kicks in air, alternating legs	10 Side Kicks on target, alternating legs	10 Side Kicks on target alternating legs, while stepping down the mat	10 Crescent Kicks in air, alternating legs	10 Crescent Kicks on target, alternating legs	10 Crescent Kicks on target alternating legs, while stepping down the mat
Punching	10 Straight punches in air alternating arms	10 Straight punches on target, alternating arms	10 Straight punches on target, alternating arms while stepping down the mat	Punch 5 targets that are thrown from 1 step away	Punch 5 targets that are thrown from 2 steps away	Punch 5 targets that are thrown from 3 steps away	5 left and right punch combinations	10 left and right punch combinations	15 left and right punch combinations
Blocking	10 Low blocks in air alternating arms	10 Low blocks on target, alternating arms	10 Low blocks on target, alternating arms while stepping down the mat	10 Inner Forearm blocks in air alternating arms	10 Inner Forearm blocks on target, alternating arms	10 Inner Forearm on target, alternating arms while stepping down the mat	10 High blocks on target, alternating arms	10 High blocks, alternating arms while stepping down the mat	10 Low, Inner Forearm and High blocks each, alternating arms while stepping down the mat
Crawling	Bear crawls across the floor	Bear crawls over pads	Bear crawls weaving in and out of cones	Army crawls across the floor	Army crawls under beams	Army crawls in and out of cones	Crab crawls across the floor	Crab crawls over beams	Crab crawls in and out of cones
Hopping	5 hops with both feet down floor	5 hops with both feet in rings	5 hops with both feet on obstacles	5 hops with both feet over 1 obstacle	5 hops with both feet over 2 obstacles	5 hops with both feet over 3 obstacles	5 hops down the floor on 1 foot	5 hops in rings on 1 foot	5 hops over an obstacle on 1 foot
Rolling	Roll a ball down the floor	Roll a ball around an obstacle	Roll a ball backwards	Roll a ball to hit an object from 1 step away	Roll a ball to hit an object from 2 steps away	Roll a ball to hit an object from 3 steps away	Rolling body sideways	Rolling body forward	Rolling body backwards
Running	Running down the floor	Running around obstacles	Running weaving in and out of cones	Shuttle runs picking up cones	Shuttle runs putting back cones	Shuttle runs picking up cones and putting back cones	And jumping over 1 obstacle	And jumping over 2 obstacles	And jumping over 3 obstacles
Catching	Catch 5 balls thrown underhand 1 step away	Catch 5 balls thrown underhand 2 steps away	Catch 5 balls thrown underhand 3 steps away	Catch 5 balls thrown overhand 1 step away	Catch 5 balls thrown overhand 2 steps away	Catch 5 balls thrown overhand 3 steps away	Catch 5 balls that are bounced	Catch 5 balls that are punched	Catch 5 balls that are kicked