

Intermediate Testing Curriculum

Purple Belt Test Curriculum

Green Belt Test Curriculum

Red Belt Test Curriculum

Linear Movement With Striking

- Double Slide Forward, Single Slide Backward
- Suffle Forward, Shuffle Backward
- Double Shuffle

Linear Movement With Striking

- Slide, Slide, Jab (forwards and backwards)
- Slide, Slide, Reverse Punch (forwards and backwards with elongating)

Linear Movement With Striking

- Slide, Slide, Jab, Reverse Punch (forwards and backwards with elongating)

Kicks & Combinations

- Lead Leg Front Kick (stationary)
- Shuffle Front Kick (forwards)

Kicks & Combinations

- Lead Leg Round Kick (stationary)
- Shuffle Round Kick (forwards)

Kicks & Combinations

- Jab, Shuffle Front Kick
- Lead Leg Front Kick, Reverse Punch
- Reverse Punch, Shuffle Round Kick

Kata (Forms)

- Sanchin
- Mijikai Kanshiwa

Kata (Forms)

- Sanchin
- Kanshiwa

Kata (Forms)

- Sanchin
- Kanshiwa

Ukemi (Ground Concepts)

- Ground Up Kick
- Ground Round Kick

Ukemi (Ground Concepts)

- Back Break-Fall
- Front Break-Fall
- Tactical Stand-Up

Ukemi (Ground Concepts)

- Forward Roll
- Backward Roll

Terminology & Culture

- See Question & Answer Sheet

Terminology & Culture

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- See Question & Answer Sheet

Athletic Conditioning

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Jumping Jacks, Mountain Climbers, Wall Sit, Plank, Bear Crawl, Lunges, High Press Pose