



**Deputy Gold Belt**  
**(Minimum 18 classes)**

- Etiquette:** Must know how to tie belt.  
Chun-be - Starting position (Left foot moves)  
Barro - Ending position (Left foot moves)
- Focus:** Breathing & Yells
- Form:** **4-WAY BLOCK, PUNCH, KICK** (33 moves)
- Combos:**
1. Front Punch, Back Punch, Front Punch
  2. Front Punch, Foot-To-Foot Front Kick, Back Punch
  3. Front Punch, Foot-To-Foot Roundhouse Kick, Back Punch
  4. Front Punch, Foot-To-Foot Sidekick, Back Punch
  5. Back Leg Inside Crescent (Rainbow) Kick, Front Punch, Back Punch
- Physical Conditioning:** Standard Push-Ups  
Sit-Up Twists
- Character & Attitude:** Address All Instructors as Sir or Ma'am  
Bow Before Addressing All Black Belts
- Breaking:** Hammerfist



**Deputy Gold Belt / Mighty-Mite**  
**(Each test requires minimum of 10 classes)**

**Etiquette:** Mighty-Mites parents must know how to tie belt.

**1<sup>st</sup> Gold Stripe:** Combinations

Starting Position: Chariete. Prepare.

Notes: Yell on last move of every combo.

Instructor says, 'turn'. Student responds, 'yes sir or ma'am!'

Practice 2 sets forward then turn and do 2 sets to the back.

1. Front Punch, Back Punch, Front Punch
2. Front Punch, Front Leg Front Kick, Back Punch
3. Front Punch, Front Leg Roundhouse Kick, Back Punch

**2<sup>nd</sup> Gold Stripe:** Combinations

Starting position: Chariete. Prepare.

Notes: Same as above.

4. Front Punch, Front Leg Sidekick, Back Punch
5. Back Leg Inside Crescent (Rainbow) Kick, Front Punch, Back Punch

**3<sup>rd</sup> Gold Stripe:** First half of form; **4-WAY BLOCK, PUNCH, KICK**

Terms: Chun be – Starting position

Barro – Ending Position

**4<sup>th</sup> Gold Stripe:** Second half of form; **4-WAY BLOCK, PUNCH, KICK**

**Deputy Gold:**

All of the above in addition to:

Push-ups & Frog Kicks (as many as you can)

Board Break: Hammerfist