

# **JUNIOR STUDENT TECHNIQUES**

## **WHITE TO YELLOW BELT**

### **10 Class Hours & 1 TOURNAMENT**

10 Push-Ups & Sit-Ups  
Fighting Stance  
Back Fist Strike  
Fighting Punch  
Side Kick  
Roundhouse Kick

## **YELLOW TO ORANGE BELT**

### **10 Class Hours & 1 TOURNAMENT**

20 Push-Ups & Sit-Ups  
Knife Hand Strike  
Back Ridge Hand Strike  
Lead Ridge Hand Strike  
Front Kick  
Double Roundhouse Kick  
Knife Hand, Roundhouse, Back Ridge Hand

## **ORANGE TO GREEN BELT**

### **10 Class Hours & 1 TOURNAMENT**

30 Push-Ups & Sit-Ups  
Hook Kick  
Hook Kick-Roundhouse  
Jump Front Kick  
Knife Hand, Back Fist, Back Ridge Hand, Punch

## **GREEN TO BLUE BELT**

### **10 Class Hours & 1 TOURNAMENT**

40 Push-Ups & Sit-Ups  
Jab  
Spinning Back Kick  
Crescent Kick  
Spinning Side Kick  
Side Kick, Jump Side Kick, Punch  
Jump Front Kick, Roundhouse, Knife Hand

## **BLUE TO 1<sup>st</sup> DEGREE PURPLE BELT**

### **20 Class Hours**

### **2 TOURNAMENTS & 1 NINJA CAMP**

50 Push-Ups & Sit-Ups  
Jump Side Kick  
Jump Hook Kick  
Turning Hook Kick  
Back Fist, Side Kick  
Knife Hand, Jump Side Kick  
Punch, Hook Kick-Roundhouse  
Knife Hand, Back Fist, Punch

## **1<sup>st</sup> DEGREE TO 2<sup>nd</sup> DEGREE PURPLE**

### **20 Class Hours**

### **2 TOURNAMENTS & 1 NINJA CAMP**

75 Push-Ups & Sit-Ups  
Hook Punch  
Back Leg Roundhouse Kick  
Reverse Crescent Kick  
Hook Kick, Jump Front Kick  
Back Fist, Punch, Double Roundhouse, Punch  
Hook Kick, Double Knife Hand, Back Ridge Hand

## **2<sup>nd</sup> DEGREE TO 3<sup>rd</sup> DEGREE PURPLE**

### **20 Class Hours**

### **2 TOURNAMENTS & 1 NINJA CAMP**

100 Push-Ups & Sit-Ups  
Flying Side Kick  
Turning Jump Crescent Kick  
Turning Jump Crescent Kick, Jump Front Kick  
Hook Kick, Jump Side Kick  
Knife Hand, Jump Spinning Back Kick  
Back Fist, Punch, Back Ridge Hand, Side Kick  
Dbl. Roundhouse, Hook Kick, Jump Side Kick  
Check, Hook Kick-Roundhouse, Jump Side Kick  
Back Ridge Hand, Side Kick, Dbl. Roundhouse,  
Double Knife Hand, Punch, Flying Side Kick

# **Texas Association of Sport Karate**

**Cypress Warriors Martial Arts**

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# **JUNIOR STUDENT TECHNIQUES**

## **3<sup>RD</sup> PURPLE TO 1<sup>ST</sup> DEGREE RED**

**30 Class Hours**

**3 TOURNAMENTS & 1 NINJA CAMP**

100 Push-Ups & Sit-Ups

All Junior Techniques & 10 Minutes of Kicks

Forward Stance

Down Block

Lunge Punch

H-Form #1

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

## **1<sup>ST</sup> DEGREE TO 2<sup>ND</sup> DEGREE RED**

**30 Class Hours**

**3 TOURNAMENTS & 1 NINJA CAMP**

100 Push-Ups & Sit-Ups

All Junior Techniques & 10 Minutes of Kicks

Jump Spinning Back Kick

H-Form #1

H-Form #2

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

Tools & Targets – Front Elbow Strike

Tools & Targets – Rear Elbow Strike

Tools & Targets – Hammer Fist

Tools & Targets – Back Kick

## **2<sup>ND</sup> DEGREE TO 3<sup>RD</sup> DEGREE RED**

**30 Class Hours**

**3 TOURNAMENTS & 1 NINJA CAMP**

100 Push-Ups & Sit-Ups

All Junior Techniques & 10 Minutes of Kicks

Spinning Roundhouse Kick

H-Form #1

H-Form #2

H-Form #3

Tools & Targets - Eyes

Tools & Targets – Palm Heel Stike

Tools & Targets – Slap/Ear Attack

Tools & Targets – Knee Stike

Tools & Targets – Front Elbow Strike

Tools & Targets – Rear Elbow Strike

Tools & Targets – Hammer Fist

Tools & Targets – Back Kick

Tools & Targets – Side Kick

Tools & Targets – Front Kick

Tools & Targets – Spear Hand

Tools & Targets – Claw

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