



BREAKING REQUIREMENTS FOR ALL BELTS

NO BELT TO WHITE BELT- HAMMER FIST

WHITE BELT TO YELLOW STRIPE BELT- SLIDING SIDE KICK

YELLOW STRIPE BELT TO YELLOW BELT- RUNNING JUMP SIDE KICK

YELLOW BELT TO ORANGE BELT- BACK KICK

ORANGE BELT TO GREEN BELT- SPINNING HOOK KICK

GREEN BELT TO PURPLE BELT- HOP BACK KICK

PURPLE BELT TO BLUE BELT- JUMP SPINNING HOOK KICK

BLUE BELT TO RED BELT- JUMP 360 SPINNING BACK KICK

RED BELT TO BROWN BELT- JUMP 360 SPINNING HOOK KICK

BROWN BELT TO BROWN SR. BELT- SPEED REVERSE PUNCH, SPEED REVERSE PUNCH

BROWN SR. BELT TO 1ST DAN BLACK BELT- CONCRETE SLAB HAND OR FOOT, MULTIPLE

ALL BLACK BELT TESTS: YOU SHOULD EXPECT MULTIPLE BREAKS WITH HANDS, FEET, WOOD, BRICKS, SLABS, ICE OR FIRE.