

## Defense Mode Cycle

Ranks	Form	Sparring	Defense	Target	Board Breaking
<b>White</b>	Juniors First 6 lines Youth & Adults First 9 lines		1. Backwards Fall, Ground Defense, Stand up	#3 Front Kick	Choice of:  Elbow Or #2 Front Kick
<b>Yellow</b>	First 9 Lines				
<b>Green</b> L1,L2,L3	First 13 Lines	2 - 1 min rounds	1. Backwards Fall, Ground Defense, Stand up	#3 Round Kick	
<b>Blue</b> L1,L2,L3	First 22 Lines	2 - 1 min rounds	1. Backwards Fall, Ground Defense, Stand up	#3 Side Kick	#3 Side Kick, #2 Front Kick, Elbow, Hammer Fist 2 of 4
<b>Brown</b> L1,L2,L3	First 30 Lines	3 - 1 min rounds	1. Backwards Fall, Ground Defense, Stand up	Spin Crescent Kick	#3 Side Kick, #2 Front Kick, Elbow, Hammer Fist 2 of 4
<b>Red</b> L1,L2,L3	First 38 Lines	3 - 1 min rounds	1. Backwards Fall, Ground Defense, Stand up	Spin Heel Kick	#3 Side Kick, #2 Front Kick, Elbow, Hammer Fist 2 of 4
<b>Black</b> 1st Degree L1,L2, L3 2nd Degree L1, L2,L3 3rd Degree L1, L2	Ho-Am & Seed Form	3 - 1 min rounds	1. Backwards Fall, Ground Defense, Stand up	Spin Hook Kick	Your Choice 2 Techniques on opposite side 3 of 4

## Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. How many steps to Black Belt?

15 steps

2. What is the Rank after Level 3 Blue Belt?

Level 1 Brown Belt

3. What Part of the foot do you strike with when doing a Front Kick?

Ball of the Foot

4. Why do you twist your wrist when punching or blocking?

Creates more power

5. In a Front Stance, what direction is your body facing?

Forward

6. When Sparring, why do you not continue to back up when blocking?

It makes it easier for your opponent to continue to attack

7. What is the rank of a Grand Master?

8th Degree Black Belt

8. The side kick is what kind of technique?

Straight Line Technique

9. When falling backwards, why should you tuck your head in?

Keeps you from hitting the back of your head when falling

10. Why should you tuck your thumb in when doing a knife hand?

It tightens up your hand when striking

## Testing Ready Stripe

Students must answer 3 of their testing questions



## CYCLE 5 EVENTS

### April - June 2022

Testing Registration Deadline May 21st

L3 Red Belts and Black Belts

Testing Registration Deadline June 4th

Tiger Cubs, White Belts - L2 Red Belts

All Testing Times will be announced closer to testing dates

### Testing Dates

#### June 6th Testing

Tiger Cubs

Junior White & Yellow Belts

#### June 7th Testing

Jr. Green - Red Belts

#### June 8th Testing

Youth & Adults White - Red

Black Belts

#### June 9th

NEW L1 Green Belt Sparring Clinic