

Stripe Requirements - Sr. Red Belt

Senior belts are a way for the judges at belt testing to see if you have improved on the same form. The form must be stronger, faster and with better stances. It is also our way of concentrating more on sparring for two months instead of learning a new form. At your testing, both your sparring and form must have improved from the last testing to pass and advance to black belt.

Stripes

- 1.) Advanced kicking combinations (with sparring gear on)
 - Jab, cross, rear leg side kick, 360 round kick
- 2.) Advanced kicking combinations (with sparring gear on)
 - Front leg front kick, double round kick without setting foot down, back jab, cross, rear leg round kick, 360 front kick
- 3.) Kicks
 - 360 side kick
 - 360 crescent kick
- 4.) Old Forms
 - Ki- Bon (White Belt)
 - Dan Gun (Yellow Belt)
 - Do-San (Orange Belt)
- 5.) Sparring
 - Two minutes sparring demonstrating sparring combinations #1 and #2
 - Two minutes of 2 on 1 sparring
- 6.) Form and Board Breaking
 - Demonstrate IMPROVED form with a lot of power and no mistakes
 - Demonstrate testing board breaking

