**Children’s Gold Belt Test**

BASICS: A B C

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 Yoi

 Cat Stance

 Front Stance

 Horse Stance-Front and Side

 Fighting Stance – feet at 45 degree angle and knees bent

Yoi High Block

Yoi Low Block

Yoi Inside Block

Yoi Center Punch

FS Knee kick - no stepping

FS Snap kick – no stepping

SPECIAL EXERCISES: A B C

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Bag Backfist

Bag Reverse Punch

Bag Ridgehand

Bag Standing Roundhouse Kick

Bag Standing Side Kick

KATA: A B C

No Kata

SELF-DEFENSE: A B C

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Drawing Tools tab to change the formatting of the pull quote text box.]

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One hand same side grab - Grab closed fist and pull up

Two hands grabbing two – Grab closed fist and pull up

One hand cross grab – Grab under closed fist and circle

SPARRING: A B C

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Lunge Reverse Punch

Lunge Back fist

Lunge Roundhouse kick

Lunge Side kick

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| Name |  | Age |  |
| Date |  | Score |  |
| Tested By |  | Passed |  |

**Children’s Orange Belt Test**

BASICS: A B C

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Knife Hand Block – Cat Stance

Stepping High Block

Stepping Low Block

Stepping Center Punch

Stepping Inside Block

Stepping Double Punch

Stepping Knee Kick

SPECIAL EXERCISES: A B C

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Bag Thrust Kick

Bag Reverse Punch

Bag Standing Back Kick

Bag Standing Roundhouse Kick

Bag Standing Side Kick

KATA: A B C

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Taikyoku

SELF DEFENSE: A B C

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One Hand Cross Grab- grab under closed fist and circle

Two Hands Grabbing One – grab under closed fist and circle

Bear Hug – stomp foot, 2 groin strikes, step forward and spin in a fighting stance

SPARRING: A B C

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Lunging Backfist, Reverse Punch

Lunging front leg roundhouse kick, back fist, reverse punch

Lunging side kick backfist, reverse punch

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| Name |  | Age |  |
| Date |  | Score |  |
| Tested By |  | Passed |  |

**Children’s Green Belt Test**

BASICS: A B C

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Back Stance Knifehand Block

Stepping Outside Block

Stepping Inside Block

Stepping Palm Heel Strike

Stepping Snap Kick

SPECIAL EXERCISES: A B C

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Bag Backfist Reverse Punch

Bag Backfist Ridgehand

Bag Step in front leg roundhouse kick

Bag Spinning Back Kick

KATA: A B C

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Taikyoku

Heian One

SELF DEFENSE: A B C

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Arm Bar – Look over left shoulder, 2 back kicks, fighting stance

One Hand Grab – grab attacking hand with your free hand, pull his arm across the body,2

Palm strikes, 2 knee kicks

Two Hand Grab – Open attackers arms, 2 knee kicks , back fist reverse punch

Twist Take Down

SPARRING: A B C

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Back kick, Bottom fist, Reverse punch

Rear leg roundhouse kick, Back fist, Reverse punch

Thrust kick, Back fist, Reverse Punch

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| Name: |  | Age |  |
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| Tested By: |  | Passed |  |

**Children’s Blue-White Belt Test**

BASICS: A B C

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Back Stance Knifehand Block

Stepping Low Palm

Stepping Middle Palm

Stepping Inside Knifehand strike

Stepping Close Punch

SPECIAL EXERCISES: A B C

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Bag Machine Gun

Bag Jab Reverse Punch

Bag Step in front roundhouse kick

Bag Spinning Back Kick

KATA: A B C

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Taikyoku

Heian One

Nikodai

SELF DEFENSE: A B C CC

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Front Hair Pull – High block, grab his hand with your left hand 2 palm strikes, grab shoulder,2 knees

Right Rear Hair Pull – Spin left w/ left arm up capture his arm, 2 palm strikes, 2 knees

Twist Take down

Circle Take down

SPARRING: A B C

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Lunging Machine Gun

Double front leg Roundhouse Kick

General Block

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| Name: |  | Age: |  |
| Date: |  | Score: |  |
| Tested by: |  | Passed: |  |

**Children’s Blue Belt Test**

BASICS: A B C

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Stepping Knifehand Block

Stepping Low Palm

Stepping Middle Palm

Stepping Inside Knifehand Strike

Stepping Outside Knifehand Strike

Stepping Close Punch

SPECIAL EXERCISES: A B C

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Bag Machine Gun

Bag Jab Reverse Punch

Bag Step in front roundhouse kick

Bag Spinning Back kick

KATA: A B C

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Taikyoku

Heion One

Nikodai

Bo Set One

SELF DEFENSE: A B C

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Front Hair Pull – high block, grab his hand with your left hand, 2 palm strikes, grab shoulder, 2 knees

Right Rear Hair Pull – spin left w/ left arm up, capture his arm, 2 palm strikes 2 knees

Left Rear Hair Pull – spin left w/ left arm up, capture his arm 2 palm strikes, 2 knees, grab shoulder

with right arm, takedown.

Outside Footsweep Takedown

SPARRING: A B C

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Lunging Machine Gun

Double front leg roundhouse kick

General Block, Backfist, Reverse punch

One Minute Match

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| Name: |  | Age: |  |
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| Tested By: |  | Passed: |  |

**Children’s Purple–White Belt Test**

BASICS: A B C

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FS Stepping High Block

FS Stepping Low Block

FS Augmented fore arm

FS Four Knuckle Strike

FS High Hook Punch

SPECIAL EXERCISES: A B C

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Bag Spinning Back fist

Bag Back fist, Reverse punch, Ridgehand

Bag Reverse punch, Step through, Reverse punch (blitz)

Bag Front leg arm jam

KATA: A B C

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Taikyoku

Heion One

Nikodai

Kai Kyu

Bo Set 1

SELF DEFENSE: A B C

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Front Hair Pull – High block w/ left hand, 2 palm strikes, grab shoulder, 2 knee strikes, footsweep/circle TD

Right Rear Hair Pull – spin left w/ left arm up, capture arm, 2 palm strikes, 2 knees, footsweep/circle TD

Left Rear Hair Pull – Spin left w/ left arm up, capture arm, 2 palm strikes, 2 knees, grab shoulder w/right

 Hand and take down to the right.

SPARRING: A B C

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Blitzing Drill – Reverse punch, Step through, Reverse punch.

Front leg arm jam, Back fist, Reverse punch

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| Name: |  | Age: |  |
| Date: |  | Score: |  |
| Tested By: |  | Passed: |  |

**Children’s Purple Belt Test**

BASICS: A B C

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FS Stepping High Block

FS Stepping Low Block

FS Augmented Fore Arm

FS Four Knuckle Strike

FS High Hook Punch

FS Reverse Punch

FS Bottom Fist

SPECIAL EXERCISES: A B C

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Bag Spinning back fist, Reverse punch

Bag Back fist, Reverse punch, Ridgehand

Bag Reverse punch, Step through Reverse punch (blitz)

Bag Front leg arm jam

Bag Rear leg side kick

KATA: A B C

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Taikyoku

Heion One

Nikodai

Kai Kyu

Kanshu

Bo Set 2

SELF DEFENSE: A B C

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Two Hand Grab from Behind – Step back and stomp, pin right hand to right hip, step

 Forward and pull right hand free. Turn and grab his right wrist w/ your left hand,

 2 palm strikes, grab shoulders, 2 knees, circle TD

Full Nelson – 2 foot stomps, thrust down elbows, grab his right wrist w/ left hand, 2 elbows

 To head, turn left and 2 knees, circle TD.

Bear Hug – 2 stomps, 2 groin strikes, squat/thrust, extend arms, grab right wrist w/

 Your left hand, 2 elbows, grab shoulders w/ right hand, right knee to the

 Floor, pull him over shoulder to TD.

SPARRING: A B C

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Blitzing drill – Reverse punch, Step through, Reverse punch

Front leg arm jam, Back fist, Reverse punch

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| Name: |  | Age: |  |
| Date: |  | Score: |  |
| Tested By |  | Passed: |  |



**Children’s Red-White Belt Test**

BASICS: A B C

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Yoi High Back Elbow

Yoi Low Back Elbow

FS Wedge Block

FS Middle Hook Punch

FS One Knuckle Punch

FS Backhand Strike

SPECIAL EXERCISES: A B C

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Bag One Step Jumping thrust kick

Bag One Step jumping roundhouse kick

Bag One step jump spinning side kick (rear leg)

KATA: A B C

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Taikyoku

Heian One

Nikodai

Ky Kyu

Kanshu

Bo Set 2

SELF DEFENSE: A B C

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Stomach Punch – step to the inside 45 degrees and knifehand block. 2 palm strikes, grab

 Shoulder and 2 knees, footsweep, finish.

Lapel Grab and Punch – block punch and grab his wrist, 2 palm strikes, grab shoulder, 2 knees,

 Circle take down, finish.

Roundhouse Punch – step to yoi position, double arm block, grab arm with left hand,

 Circle right arm around and under his arm to break elbow, elbow to the ribs, grab shoulder

 2 knees, footsweep and finish.

Shadow Take Down

SPARRING: A B C

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Reverse punch, step through Reverse punch, Spinning roundhouse kick

General block, Backfist, Reverse punch

Front leg arm jam, Backfist, Reverse punch

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| Name: |  | Age: |  |
| Date: |  | Score: |  |
| Tested By: |  | Passed: |  |

**Children’s Red Belt Test**

BASICS: A B C

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FS Rising elbow

FS Forward elbow

FS Downward elbow

FS Spin backward elbow

BS Low knifehand block

FS Scooping block

HS Side punch

FS Spear hand

SPECIAL EXERCISES: A B C

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Bag One step jumping thrust kick

Bag One step jumping roundhouse kick (small shield)

Bag One step jump spinning side kick (rear leg)

Bag Standing hook kick (small shield)

Bag Standing wheel kick (small shield)

KATA: A B C

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Taikyoku

Heian One

Nikodai

Ky Kyu

Kanshu

Hwarang

Bo Set 2

SELF DEFENSE: A B C

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Stomach Kick – step outside w/ low block, step behind (SHADOW) , continue to spin, TD and finish

Stomach Kick - step inside with low block, front thrust kick, grab shoulder, 2 elbows to head, 2 knees

 Footsweep and finish.

Rear grab and choke – Press choking arm to chest, foot stomp, groin strike, pivot hips, bow out

 Under his arm, front take down, kneel down and stomp.

SPARRING: A B C

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Reverse punch, step through, Reverse punch, backfist, Reverse punch

General Block, Backfist, Reverse Punch, Spinning roundhouse kick, Backfist, RP

Front leg arm jam, Backfist, Reverse punch, Spinning roundhouse, Backfist, RP

**Children’s Brown-White Belt Test**

BASICS: A B C

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FS High block, Reverse punch

FS Low block, Reverse punch

FS Inside block, Reverse punch

FS Outside block, Reverse punch

Yoi Knifehand block, Reverse punch (alternating)

FS Center punch, Thrust kick, Low block

HS Center punch, Roundhouse kick, Low block

FS Center punch, Side kick, Low block

HS Backfist, Side kick

HS Backfist, Roundhouse kick

SPECIAL EXERCISES: A B C

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Bag One step jumping thrust kick

Bag One step jumping roundhouse kick (small shield)

Bag One step jump spinning side kick (rear leg)

Bag One step flying side kick (front leg)

KATA: A B C

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Taikyoku

Heian One

Nikodai

Ky Kyu

Kanshu

Hwarang

Bo Set 2

SELF DEFENSE: A B C

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Front Headlock – front and back groin strikes, grab locking wrist w/ free hand, step behind closest

 Leg, TD and finish.

Rear Headlock – front and back groin strikes, grab knee with free hand, other hand to shoulder,

 Pivot attacker to back.

Bear Hug - – 2 stomps, 2 groin strikes, squat/thrust, extend arms, grab right wrist w/

 Your left hand, 2 elbows, grab shoulders w/ right hand, right knee to the

 Floor, pull him over shoulder to TD

Rear Choke- – Press choking arm to chest, foot stomp, groin strike, pivot hips, bow out

 Under his arm, front take down, kneel down and stomp.

Two Hand Grab from Behind - Step back and stomp, pin right hand to right hip, step

 Forward and pull right hand free. Turn and grab his right wrist w/ your left hand,

 2 palm strikes, grab shoulders, 2 knees, circle TD

SPARRING: A B C

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Reverse punch, Step through, Reverse punch, Backfist, Reverse punch

General block, Backfist, Reverse punch, Spinning roundhouse kick, Backfist, Reverse punch

Front leg arm jam, Backfist, Reverse punch, Spinning round house, Backfist, Reverse punch

Attacker attacks or counters the above combinations with a Reverse punch

**Children’s Brown Belt Test**

BASICS: A B C

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FS High, Low, Reverse punch

FS Outside, Inside, Reverse punch

FS Thrust kick, Side kick

FS Snap kick, Roundhouse kick

FS High, Low, Back fist, Reverse punch

FS Back kick, Thrust kick

FS Back kick, Side kick

FS Back kick, Roundhouse kick

FS Back fist, Roundhouse kick

SPECIAL EXERCISES: A B C

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Circle Exercise – Use the defenses for Stomach Punch and Stomach Kick (shadow) and Stomach punch

 And Stomach Kick (Inside defense). Each defense must be new for the 6 person exercise.

3 Previous Attacks

KATA: A B C

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Taikyoku

Heian One

Nikodai

Ky Kyu

Kanshu

Hwarang

Kai Dan

Bo Set 2

SELF DEFENSE: A B C

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Club Right – left leg front, arms up, step forward, high block w/ left arm, right arm capture,

 Turn left, take down.

Club Right 2 Hand defense – same as above using 2 hands.

Club Left - left leg front, high block, 2 hands grab wrist, wrist to floor, small circle technique, control

 weapon to floor.

Back hand club – General block, 2 hands grab wrist, wrist to floor, small circle technique, control

 Weapon to floor.

SPARRING: A B C

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Reverse punch, Step through, Reverse punch, Back fist, Reverse punch

General block, Back fist, Reverse punch, Spinning roundhouse(rearleg RH), Backfist, Reverse

 punch.

Front leg arm jam, Backfist, Reverse punch, Spinning Roundhouse Back fist, Reverse punch.

Attacker attacks or counters the above combinations with a reverse punch.

**Children’s Brown-Black Test**

BASICS: A B C

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FS Low/High block, Step outside/inside block, Reverse punch

FS High/Low block, Reverse punch, Step side-kick, Thrust kick

FS Downward elbow, Side elbow, Forward elbos

FS Side kick, Back kick, Roundhouse kick, Reverse punch

Fighting Stance Side-step, Machine gun

FS Double shuto, Knee kick, Jump thrust kick

FS Thrust kick, Side kick, Low block, Reverse punch

FS Snap kick, Round kick, Inside knife hand, spear

SPECIAL EXERCISES: A B C

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Flying thrust kick

Flying side kick

Bag work

KATA: A B C

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Taikyoku

Heian 1

Nikudai

Kai Kyu

Kanshu

Hwarang

Kai Dan

Bo set 2

SELF DEFENSE: A B C

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Three attacks from front (Grab/punch, 2 Hand grab, Front hair pull)

Three attacks from behind (Full nelson, Hair pull, Rear arm bar)

Three attacks from front (punch, kick)

Circle Exercise

SPARRING: A B C

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One round of sparring with 1 opponent – 1 min.

**Children’s Junior Black Belt Test**

BASICS: A B C

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**Hand** Bottom fist, Inside block, Close punch, Step, Double punch, Low block

 Outside/inside block, Step, High/low block, Reverse punch

 Forward elbow, Side elbow, Open to FS, Back fist, Reverse punch, Low block

 Slide step, Machine gun

 Spear hand, Shift back leg, Spin, Inside knife, Ridge hand, Step, Back fist, Rev.Punch

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**Feet** Double round kick, Back kick, Thrust kick

 Side kick, Thrust kick, Jump thrust kick

 Round kick, Back jump outside crescent kick, Back kick

 Snap kick, Knee kick, Round kick

 Outside crescent kick, Step behind side kick, Back kick

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**Combo**  Inside knife hand, shuto, Grab, Thrust kick, Rev. punch, Low block

 Side kick, Double round kick, Inside block, Rev. punch, Low block

 Outside block, Rev. punch, Side kick, Back kick, Rev. punch, Low block

 Double shuto, Knee kick, Jump thrust kick, Low block

 Outside crescent kick, Back kick, Inside knife hand, Rev. punch

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SPECIAL EXERCISES: A B C

Flying Thrust Kick

Flying Side Kick

Bag work – hands, feet, combo

Weapon form

KATA: A B C

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Taikyoku

Heian 1

Nikudai

Kai Kyu

Kanshu

Hwarang

Kai Dan

Bo Set 2

SELF DEFENSE: A B C

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5 attacks from front (grab/punch, 2 hand grab, Front hair pull)

5 attacks from behind (full nelson, hair pull, Rear arm bar)

3 attacks from front (punch, kick)

Weapon attacks – (club and jo)

2 man attack – (escort)

Circle exercise

SPARRING: A B C

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2 Rounds of sparring with 1 opponent (1 min. each)

1 Round of sparring with 2 opponents (1 min.)