

### *Yellow Belt Test*

- Requires white belt with four stripes
- Proper attention: 3 minutes of focus in Kami stance
- Protocol: Attention Position, Proper Bow, Kami Stance, Proper Respect
- 10 proper push-ups, 10 proper crunches, 10 proper squats
- Proper fighting stance
- Demonstrate proper jab, cross, front kick, sidekick, roundhouse kick and oblique kick
- Footwork Movements #1-4, Pendulum Forward & Back, Switch Feet
- Leg sweep takedown
- Single-leg takedown
- Show knowledge of mount and guard position
- Focus Pads: Three-minute round with teacher; maintain fighting stance and focus for whole round. Maintain distance and use footwork. Execute kicks and punches.
- Focus Pads: Standing still demonstrate ability to slip and duck
- Escapes from wrist grab: looseners and release

### *Orange Belt Test*

- Requires yellow belt with four stripes
- Proper attention: 3 minutes of focus in Kami stance.
- 15 proper push-ups, 15 proper crunches and 15 proper squats
- Proper and strong jab, cross, hook and upper cut punches
- Footwork Movements 1-4 (with jab), Pendulum Forward (with kick) & Back, Pass Forward and Back, Switch Feet (as defense)
- Proper and strong front, side, roundhouse, oblique, Thai kicks, Thai Knee
- Grappling: mount >> sitting side mount >> cross mount >> north/south position >> sitting side mount (reverse) >> mount
- Escapes from mount and guard positions
- Rear choke, Arm Bar from the mount
- 12 count slipping pattern
- **Focus Pads:** Three-minute round with teacher; maintain fighting stance and focus for whole round. Maintain distance and use footwork. Execute kicks and punches. Perform straight blast and basic trapping.
- **Focus Pads:** Demonstrate slipping in combination with punching from stationary position

**NOTE:** If you miss a stripe day while waiting to take your belt test you will receive that stripe **IF** you pass your test on the first attempt.