



Karate Kids (4 - 6year olds) Belt Requirements

White To Yellow Stripe Belt	Yellow Stripe Belt To ½ White ½ Yellow	½ White ½ Yellow To Solid Yellow	Solid Yellow To Yellow w/ Orange Stripe
<p style="text-align: center;"><u>Basics</u> Choon Bee Stance Char Ryut Stance Horse Stance Horse Stance Punch Front Snap Kick Outside inside block</p>	<p style="text-align: center;"><u>Basics</u> Outside to inside Block High Block Side Kick</p>	<p style="text-align: center;"><u>Basics</u> Low Block Inside/outside crescent kick Roundhouse Kick Knife Hand Horse Stance</p>	<p style="text-align: center;"><u>Basics</u> Triple Punch combo. Palm Heel Flying Side Kick Knife-hand attack stepping</p>
<p style="text-align: center;"><u>Self-Defense</u> N/A</p>	<p style="text-align: center;"><u>Self-Defense</u> Pull the Tigers Tail</p>	<p style="text-align: center;"><u>Self-Defense</u> Wrap Around</p>	<p style="text-align: center;"><u>Self-Defense</u> Double Elbow</p>
<p style="text-align: center;"><u>Breaking</u> Overhead Hammerfest</p>	<p style="text-align: center;"><u>Breaking</u> Side Kick</p>	<p style="text-align: center;"><u>Breaking</u> Front Kick</p>	<p style="text-align: center;"><u>Breaking</u> Palms heal Strike</p>
<p style="text-align: center;"><u>Forms</u> Star Block Combination</p>	<p style="text-align: center;"><u>Forms</u> Striking Combination</p>	<p style="text-align: center;"><u>Forms</u> Star Block Combination Striking Combination</p>	<p style="text-align: center;"><u>Forms/BBC Only</u> Kicho Hyung Il Bu 1st Half</p>
<p style="text-align: center;"><u>Pad Combo</u> Front Kick Crescent Kick Palm Heel High Block</p>	<p style="text-align: center;"><u>Pad Combo</u> Double Front Kicks Double Crescent Kicks Double Palm Heel Double High Block</p>	<p style="text-align: center;"><u>Pad Combo</u> 1 & 2</p>	<p style="text-align: center;"><u>Pad Combo</u> 3 & 4</p>
<p style="text-align: center;"><u>Endurance</u> 25 Jumping Jacks 25 Sec Mountain Climbers 5 Push Ups</p>	<p style="text-align: center;"><u>Endurance</u> 30 Jumping Jacks 30 Sec Mountain Climbers 5 Push Ups</p>	<p style="text-align: center;"><u>Endurance</u> 35 Jumping Jacks 35 Sec Mountain Climbers 10 Push Ups</p>	<p style="text-align: center;"><u>Endurance</u> 40 Jumping Jacks 40 Mountain Climbers 10 Push Ups 5 Sprawls</p>



Karate Kids (4 -6 year olds) Belt Requirements

Yellow w/ Orange Stripe To ½ Yellow ½ Orange	½ Yellow ½ Orange To Solid Orange	Solid Orange To Orange w/ Purple Stripe	Orange w/ Purple Stripe To ½ Orange ½ Purple
<u>Basics</u> Basic Combinations Side Punch in horse stance Inside to outside block Elbow Strike	<u>Basics</u> Basic Combinations Jump Front Kick Jump Side Kick Back Stance	<u>Basics</u> Basic Combinations Jump Roundhouse kick Knee Strike	<u>Basics</u> Basic Combinations Downward Elbow
<u>Self-Defense</u> Passing the Horizon	<u>Self-Defense</u> Kneeling Warrior	<u>Self-Defense</u> All Previous	<u>Self-Defense</u> All Previous
<u>Breaking</u> Elbow Strike	<u>Breaking</u> Jump Front Kick	<u>Breaking</u> Jump Side Kick	<u>Breaking</u> Flying Side Kick
<u>Forms/BBC Only</u> Kicho Hyung Il Bu 1 st Half	<u>Forms/BBC Only</u> Kicho Hyung Il Bu 2 nd Half	<u>Forms/BBC Only</u> Kicho Hyung Il Bu 2 nd Half	<u>Forms/BBC Only</u> Kicho Hyung E Bu 1st Half
<u>Pad Combo</u> 5 & 6	<u>Pad Combo</u> 7 & 8	<u>Pad Combo</u> 9 & 10	<u>Pad Combo</u> 11 & 12
<u>Endurance</u> 45 Jumping Jacks 45 Sec Mountain Climbers 10 Push Ups 5 Sprawls 10 Jump Squat	<u>Endurance</u> 50 Jumping Jacks 50 Mountain Climbers 15 Push Ups 10 Sprawls 10 Jump Squat	<u>Endurance</u> 55 Jumping Jacks 55 Mountain Climbers 15 Push Ups 10 Sprawls 15 Jump Squat	<u>Endurance</u> 60 Jumping Jacks 60 Mountain Climbers 15 Push Ups 15 Sprawls 15 Jump Squat



Karate Kids (4 - 6year olds) Belt Requirements			
½ Orange ½ Purple To Purple w/ White Stripe	Purple w/ White Stripe To ½ Purple ½ Blue	½ Purple ½ Blue To Blue w/ Stripe	Blue w/ Stripe To Blue w/ Orange Stripe
<u>Basics</u> Basic Combinations Inside Outside Kick	<u>Basics</u> Basic Combinations Low Knife Hand	<u>Basics</u> Basic Combinations Spin back kick	<u>Basics</u> Basic Combinations
<u>Self-Defense</u> One hand Lapel Grab	<u>Self-Defense</u> Two Hand Lapel Grab	<u>Self-Defense</u> Superman	<u>Self-Defense</u> All Previous
<u>Breaking</u> Knife Hand	<u>Breaking</u> Knee Strike	<u>Breaking</u> Back Kick	<u>Breaking</u> Downward Elbow
<u>Forms/BBC Only</u> Kicho Hyung E Bu 1 st Half	<u>Forms/BBC Only</u> Kicho Hyung E Bu 2 nd Half	<u>Forms/BBC Only</u> Kicho Hyung Sam Bu 1 st Half	<u>Forms/BBC Only</u> Kicho Hyung Sam Bo 2 nd Half
<u>Pad Combo</u> 13	<u>Pad Combo</u> 14	<u>Pad Combo</u> 14	<u>Pad Combo</u> 16
<u>Endurance</u> 60 Jumping Jacks 45 mountain Climbers 5 Sit Ups 10 Push Ups 15 Sprawls 15 Jump Squat	<u>Endurance</u> 60 Jumping Jacks 45 Mountain Climbers 10 Sit Ups 10 Push Ups 15 Sprawls 15 Jump Squat	<u>Endurance</u> 60 Jumping Jacks 45 Mountain Climbers 10 Sit Ups 10 Push Ups 15 Sprawls 20 Jump Squat	<u>Endurance</u> 60 Jumping Jacks 45 Mountain Climbers 15 Sit Ups 15 Push Ups 20 Sprawls 20 Jump Squats



Karate Kids (4 - 6year olds) Belt Requirements			
Blue w/ Orange Stripe To Green w/ White Stripe	Green w/ White Stripe To ½ Green ½ Purple	½ Green ½ Purple To ½ Brown ½ Black	
<u>Basics</u> All Previous techniques + Combinations of basic techniques +	<u>Basics</u> All Previous techniques + Combinations of basic techniques	As Requested by the testing Board	
<u>Self-Defense</u> All Previous	<u>Self-Defense</u> All Previous	<u>Self-Defense</u> All Previous	
<u>Breaking</u> 2 Station Break	<u>Breaking</u> 3 Station Break	<u>Breaking</u> 3 Station Break	
<u>Forms/ BBC Only</u> Kicho Hyung Sam Bu 2 nd Half	<u>Forms/BBC Only</u> Kicho Hyung Il Bu Kicho Hyung E Bu Kicho Hyung Sam Bu	<u>Forms/BBC Only</u> As Requested by the Testing Board	
<u>Pad Combo</u> All Previous	<u>Pad Combo</u> All Previous	<u>Pad Combo</u> All Previous	
<u>Endurance</u> 65 Jumping Jacks 50 Mountain Climbers 15 Sit Ups 15 Push Ups 20 Sprawls 15 Jump Squats	<u>Endurance</u> 65 Jumping Jacks 50 Mountain Climbers 15 Sit Ups 20 Push Ups 25 Sprawls 15 Jump Squats	<u>Endurance</u> As requested by Testing Board	