

White Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.

Stripe 3: Kicking

- All from Left Neutral Bow
- Rear Leg Front Snap Kick
- Front Leg Front Snap Kick

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?
 - Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect myself or those I love.

Stripe 5: Memory

- John 3:16
- For God so loved the world,[a] that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Yellow Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow
- Right-Left Punch
- Left Inward Elbow
- Right Knee Strike

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.
- Advance-Retreat Drill
 - From Left Neutral Bow
 - Forward Drag Step
 - Reverse Drag Step

Stripe 3: Kicking

- All from Left Neutral Bow
- All from Left Neutral Bow
- Rear Leg Front Snap Kick
- Front Leg Front Snap Kick

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?
 - Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect themselves or those they love.
- From Left Neutral Bow
 - Left Downward Block
 - Left Upward Block

Stripe 5: Memory

- Psalms 144:1
- Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle

Orange Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow
- Right-Left Punch
- Left Inward Elbow
- Right Knee Strike
- Left Knee Strike

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.
- Advance-Retreat Drill
 - From Left Neutral Bow
 - Forward Drag Step
 - Reverse Drag Step
- Advancing Backfist
 - From Left Neutral Bow
 - Forward Drag Step
 - Left Backfist
 - Reverse Drag Step
- Down Block Drill
 - From Left Neutral Bow
 - Block Right Front Kick with Left Downward Block
 - Block Left Front Kick with Right Downward Block

Stripe 3: Kicking

- All from Left Neutral Bow
- Rear Leg Front Snap Kick
- Front Leg Front Snap Kick
- Kick Combo
 - Front Leg Front Snap Kick
 - Left-Right Punch
- Forward Drag Step, Front Leg Roundhouse Kick, Reverse Drag Step

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?

- Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect themselves or those they love.
- From Left Neutral Bow
 - Left Downward Block
 - Left Upward Block
 - Right-Left Punch
 - Right Inward Handword

Stripe 5: Memory

- 1 John 1:9
- If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Purple Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow
- Right-Left Punch
- Left Inward Elbow
- Right Knee Strike
- Left Knee Strike
- Combo: Right Punch-Left Punch-Right Inward Elbow
- Switch Feet-Left Knee-Switch Feet

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.
- Advance-Retreat Drill
 - From Left Neutral Bow
 - Forward Drag Step
 - Reverse Drag Step
- Advancing Backfist
 - From Left Neutral Bow
 - Forward Drag Step
 - Left Backfist
 - Reverse Drag Step
- Down Block Drill
 - From Left Neutral Bow
 - Block Right Front Kick with Left Downward Block
 - Block Left Front Kick with Right Downward Block
- Evasion Drill-Retreat
 - From Left Neutral Bow, defending against foam club or blocker
 - Reverse Drag Step to avoid being hit
- Block Drill-Inward Block
 - From Left Neutral Bow, defending against foam club or blocker
 - Left Inward Block
 - Right Inward Block

Stripe 3: Kicking

- From Left Neutral Bow
 - Rear Leg Front Snap Kick
 - Front Leg Front Snap Kick
 - Kick Combo
 - Front Leg Front Snap Kick
 - Left-Right Punch
 - Forward Drag Step, Front Leg Roundhouse Kick, Reverse Drag Step
- From Right Neutral Bow
 - Right Front Step-Up Side Kick

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?
 - Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect themselves or those they love.
- From Left Neutral Bow
 - Left Downward Block
 - Left Upward Block
 - Right-Left Punch
 - Right Inward Handsword
- From Horse Stance
 - Alternating Punches, Right/Left
 - Alternating Inward Handwords Right/Left

Stripe 5: Memory

- John 15:13
- Greater love has no one than this, that someone lay down his life for his friends.

Blue Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow
- Right-Left Punch
- Left Inward Elbow
- Right Knee Strike
- Left Knee Strike
- Combo: Right Punch-Left Punch-Right Inward Elbow
- Switch Feet-Left Knee-Switch Feet
- Switch Feet-Left Knee-Rear Leg Roundhouse

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.
- Advance-Retreat Drill
 - From Left Neutral Bow
 - Forward Drag Step
 - Reverse Drag Step
- Advancing Backfist
 - From Left Neutral Bow
 - Forward Drag Step
 - Left Backfist
 - Reverse Drag Step
- Down Block Drill
 - From Left Neutral Bow
 - Block Right Front Kick with Left Downward Block
 - Block Left Front Kick with Right Downward Block
- Evasion Drill-Retreat
 - From Left Neutral Bow, defending against foam club or blocker
 - Reverse Drag Step to avoid being hit
- Block Drill-Inward Block
 - From Left Neutral Bow, defending against foam club or blocker
 - Left Inward Block
 - Right Inward Block
- Fake Step Drill
 - Front Left Neutral Bow
 - Big step forward with left foot
 - Bring left foot back

Stripe 3: Kicking

- From Left Neutral Bow
 - Rear Leg Front Snap Kick
 - Front Leg Front Snap Kick
 - Kick Combo
 - Front Leg Front Snap Kick
 - Left-Right Punch
 - Forward Drag Step, Front Leg Roundhouse Kick, Reverse Drag Step

- Rear Leg Roundhouse Kick
- From Right Neutral Bow
 - Right Front Step-Up Side Kick-Reverse Drag Step

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?
 - Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect themselves or those they love.
- From Left Neutral Bow
 - Left Downward Block
 - Left Upward Block
 - Right-Left Punch
 - Right Inward Handsword
 - Forward Bow Stance
- From Horse Stance
 - Alternating Punches, Right/Left
 - Alternating Inward Handwords Right/Left

Stripe 5: Memory

- 2 Timothy 2:15
- Do your best to present yourself to God as one approved,[a] a worker who has no need to be ashamed, rightly handling the word of truth.

Green Belt

Stripe 1: Pad Work

- All from Left Neutral Bow
- Left-Right Punch
- Four Punches
- Right Inward Elbow
- Right-Left Punch
- Left Inward Elbow
- Right Knee Strike
- Left Knee Strike
- Combo: Right Punch-Left Punch-Right Inward Elbow
- Switch Feet-Left Knee-Switch Feet
- Switch Feet-Left Knee-Rear Leg Roundhouse
- Push Drag-Right Punch-Left Punch-Right Inward Elbow-Reverse Push Drag

Stripe 2: Sparring

- Dynamic Pad Work
 - Move around the student in a circle prompting them for punch and kick combinations to targets.
- Advance-Retreat Drill
 - From Left Neutral Bow
 - Forward Drag Step
 - Reverse Drag Step
- Advancing Backfist
 - From Left Neutral Bow
 - Forward Drag Step
 - Left Backfist
 - Reverse Drag Step
- Down Block Drill
 - From Left Neutral Bow
 - Block Right Front Kick with Left Downward Block
 - Block Left Front Kick with Right Downward Block
- Evasion Drill-Retreat
 - From Left Neutral Bow, defending against foam club or blocker
 - Reverse Drag Step to avoid being hit
- Block Drill-Inward Block
 - From Left Neutral Bow, defending against foam club or blocker
 - Left Inward Block
 - Right Inward Block
- Fake Step Drill
 - Front Left Neutral Bow
 - Big step forward with left foot
 - Bring left foot back
- Right Punch Defense
 - From Left Neutral bow
 - Left Outward Block
 - Right Palm Heel to Face-Yell!
 - Reverse Drag Step to get away
- Blocking Drill
 - From Left Neutral Bow, defending against blocker or foam club (or instructor)
 - Right Inward Block

- Left Inward Block
- Right Downward
- Left Downward

Stripe 3: Kicking

- From Left Neutral Bow
 - Rear Leg Front Snap Kick
 - Front Leg Front Snap Kick
 - Kick Combo
 - Front Leg Front Snap Kick
 - Left-Right Punch
 - Forward Drag Step, Front Leg Roundhouse Kick, Reverse Drag Step
 - Rear Leg Roundhouse Kick
- From Right Neutral Bow
 - Right Front Step-Up Side Kick-Reverse Drag Step

Stripe 4: Forms and Basics

- Attention
 - What does this teach?
 - I am ready to focus and concentrate.
- Relaxed Position
 - What does this teach?
 - I am ready to take instructions and listen.
- Ready Position
 - What does this teach?
 - I am ready to take action.
- Bow
 - What does this teach?
 - Respect
- Left Neutral Bow (Fighting Stance)
 - What does this teach?
 - I am committed to doing whatever I must to protect themselves or those they love.
- From Left Neutral Bow
 - Left Downward Block
 - Left Upward Block
 - Right-Left Punch
 - Right Inward Handsword
 - Forward Bow Stance
- From Horse Stance
 - Alternating Punches, Right/Left
 - Alternating Inward Handwords Right/Left

Stripe 5: Memory

- Proverbs 16:13
- Righteous lips are the delight of a king, and he loves him who speaks what is right.

Advanced Ranks (Brown-Red Belts)

Note: Test when approved by Advance Rank Instructor

- Brown Belts: Youth Yellow Belt
- 1st Red: Youth Orange Belt
- 2nd Red: Youth Purple Belt
- 3rd Red: Youth Blue Belt
- 4th Red: Youth Green Belt
- 5th Red: Youth Brown Belt