

**Standing double punch  
5 on each side**

**WHITEBELT**

**Standing double punch, back leg 45 kick  
5 on each side. Freestyle**

**PURPLESTRIPE**

**Front leg side piercing kick  
5 on each side. Freestyle**

**ORANGESTRIPE**

**Sliding double punch forward followed immediately  
with sliding double punch backward**

**YELLOW STRIPE**

**Sliding double side piercing kick**

**YELLOWBELT**

**Sliding double side piercing kick, double punch,  
single side piercing kick, double punch moving back**

**GREENSTRIPE**

**Backfist, reverse knifehand, 45 kick.  
Forward or backward – pad holder decides**

**GREENBELT**

**Back leg 45 kick, reverse backfist, reverse punch,  
step back at 90 degrees to the left**

**BLUESTRIPE**

**Double step 45 kick, back kick,  
jumping double punch. Freestyle**

**BLUEBELT**

**Double punch, 45 kick, then placing foot behind,  
reverse turning kick. Freestyle**

**REDSTRIPE**

**Front or back leg 45 kick, adjust stance, reverse  
turning kick. Forward or backward pad-holder  
decides. Freestyle**

**REDBELT**

- Freestyle means the pad holder can move around the room.
- Routines without a backwards technique requires the student to double step back to their starting position.

# Set Sparring – (summary)

3 Step Sparring (1 & 2)

**YELLOWBELT**

3 Step Sparring (3 & 4)

**GREENSTRIPE**

3 Step Sparring (5 & 6)

**GREENBELT**

2 Step sparring (1 & 2)

**BLUESTRIPE**

2 Step sparring (3 & 4)

**BLUEBELT**

1 Step Sparring - Traditional:  
3 step attacks and defences

**REDSTRIPE**

1 Step Sparring - Traditional: 3 step attacks with any traditional  
block, body shifting and dodging also allowed

**REDBELT**

1 Step Sparring - Traditional  
3 step attacks.

**BLACK STRIPE**

Any traditional block, body shifting and dodging also allowed

1 Step Sparring Freestyle:

Attack - walking stance middle punch

Defence - Any block or counter, incorporate locks and restraints.

1 Step Sparring - Traditional

**1ST DEGREE**

1. Punch in L stance
2. Outward knife hand strike in L stance
3. Jumping back fist side strike in X stance
4. Mid air strike land in L stance
5. Obverse punch in L stance

Defence: use blocks from patterns, body shifting and dodging is also allowed.

Counter: any counter attack.

1 Step Sparring - Traditional.

Attacks: as follows from double forearm guarding block kicking from the back leg.

1. Front snap kick
2. Side kick
2. Turning kick
4. Back piercing kick
5. Reverse turning kick

**2ND DEGREE**

Defence: use blocks from patterns, body shifting and dodging is also allowed.

Counter: any counter attack. Students should ensure that they finish in a stance.

1 Step Sparring Freestyle

**1ST & 2ND DEGREE**

Attacks: Walking stance middle punch.

Defence: Any block or counter incorporating locks restraints and takedowns.

