



# INNERACTIVE MARTIAL ARTS

## YOUTH BELT REQUIREMENTS

### Yellow Belt to Orange Belt

Congratulations! You are now a Yellow Belt! You have begun to learn how a Martial Artist moves and have learned some basic techniques and skills. Let's improve upon these new found skills through practice and repetition. There are new and exciting techniques to be learned in this belt!

#### Requirements: What you need to know

##### **Stances/Stance Forms**

- 60/40 Walk
- 50/50 Ready Stance
- 180 V-Step Form
- 360 V-Step Form
- Walking Stances- 50/50

##### **Strikes/Blocks/Form Drills**

- Double Elbow Strike (Compass 2)
- Double Knife Hand Strike (Compass 2)
- Hammer Strike Compass 1
- Walking Punches Form
- Compass 1- Double Palm Strike

- Walk Block 1-4 Form
- Compass 1 Triple Strike

##### **Breathing Exercises**

- Breathing Exercise 2

##### **Kicks**

- Outside Crescent Kick
- Roundhouse Kick
- Compass 1 Inside Crescent Kick
- Walking Front Kick Form

#### HELPFUL HINTS

- ✓ Keep your belt requirement sheets accessible and handy to be able to refer back to them when needed.
- ✓ Keep track of the techniques that you have learned by checking them off on your requirement sheets.
- ✓ Remember that even though we may have learned certain techniques, it takes years to master them. Practice them frequently!
- ✓ Take good care of your uniform and belt. They represent the hard work and accomplishments that you've made.
- ✓ Don't forget to enjoy the journey!