



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Green Belt to Blue Belt

Congratulations on receiving your Green Belt! By now, you are well into your training and are understanding more and more about Martial Arts. You are the leaders of intermediate class and should be setting the best example you can. There are lots of techniques to learn so make sure to practice often!

Requirements: What you need to know

Strikes/Blocks/Form Drills

- Compass 4 Ridge Hand Strike Through
- Block 1- 4 Punch Walk Form
- Knife Hand Strike Half V-Step
- Knife Hand Strike Full V-Step
- Compass 4/Hammer Form Full advancing sidestep
- Bear Form Double Elbow Strike
- Bear Form Block 4 (Punch, elbow, claws, palm)
- Bear Form Elbow Strike
- 360 Tornado Backhand (360 Jump Spin)

Complete Forms

- Compass Form 1- Complete**
- Compass Form 2- Complete**

Kicks/Kick Combos

- 360 Kick- Breakdown (With Pause)
- 360 Kick Full (No Pause)
- Jumping Spinning Inside Crescent Kick- 180 Degrees
- Hook Kick to the Front
- Advancing Hook Kick

HELPFUL HINTS

- ✓ Belt techniques are getting more complicated, difficult and demand more attention. Set aside some practice time to make sure you stay on top of the lessons. 10 Minutes per day is a good example to start with.
- ✓ Many new requirements involve previous techniques or concepts of them that we've already learned. Review and perfect your basics to help understand and improve new techniques.
- ✓ Don't forget to apply your character knowledge to your Martial Arts as well as your outside life. For example: Focus in class to learn more, focus at school to learn more.