



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Blue Belt to Red Belt

Congratulations on achieving your Blue belt! It certainly has not been easy to come this far. The adventure and journey continue with this belt and you will find many new techniques, forms, and lessons to learn! 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

- Rising Sun Parallel Knife Hand Strikes
- Rising Sun Front Kick Shuffle
- Rising Sun 90 Degree Punch
- Rising Sun Block 4, Elbow, Knife Hand
- Rising Sun Fire Throw
- Rising Sun Neck Break and Spear
- Rising Sun Tornado Strike Form
- Eagle Form Talon Grab
- Eagle Form Block 6
- Eagle Form Push/Spin/Backhand Strike
- Eagle Form Double Punch/Double Claws
- Eagle Form Ridge Hand Strike

Complete Forms

- Compass Form 3 Complete**
- Compass Form 4 Complete**

Breathing Exercises

- Breathing Exercise 5

Kicks/Kick Combos

- Inside Axe Kick
- Outside Axe Kick
- Jump Spin Inside Cres. Kick (Full)
- Spin/Outside Crescent Kick (360, No Pause)
- 360 Spinning Hook Kick (With Pause)
- Roundhouse, Spinning Hook Kick Combo (With Pause)

Self-Defense

- Push Block- Single Push- Static
- Push Block- Single Push- Dynamic
- Right/Left Wrist Techniques: 1 - 6

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. 15 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.