



Little Warriorz

Requirements for Grading

6th Grade

Green Belt

Hand techniques-

Vertical punch (both hands)
knife hand (front hand)
Rolling Back Fist (front hand)

Foot techniques-

Turning Kick (with the front leg)
Side Kick (with the front leg)
Roundhouse Shin Kick (with the back leg)
Knee Block (with the back leg)

Blocking techniques-

Palm Block (front hand)
Bong Sua (front hand)
Mid-section Outside Knife hand Block (front hand)
Low-section Outside Knife hand Block (front hand)

Special techniques-

Strike the pad with various techniques

Fitness

10 Press Ups
10 Stomach Crunches
10 Star Jumps