



Little Warriorz

Requirements for Grading

8th Grade

Yellow Belt

Hand techniques-

- Jab (front hand)
- Cross (back hand)
- Back Fist (front hand)

Foot techniques-

- Front Kick (with the back leg)
- Knee (with the back leg)

Blocking techniques-

- Mid-section Outside Forearm Block (front arm)
- Low-section Outside Forearm Block (front arm)

Fitness

- 5 Press Ups
- 5 Stomach Crunches
- 5 Star Jumps