



Little Warriorz

Requirements for Grading

5th Grade

Blue Belt

Hand techniques-

Upset punch (both hands)
Inward knife hand (front hand)
Spinning Back Fist (back hand)

Foot techniques-

Hook Kick (with the front leg)
Outside Crescent Kick (with the front leg)
Back Kick (with the back leg)
Foot Sweep (with the front leg)

Blocking techniques-

Hook Block (front hand)
Mid-section Palm hand Block (front hand)

Special techniques-

Strike the pad with various techniques
Single Hand Release
Two Hand Release
Grab Release

Fitness

15 Press Ups
15 Stomach Crunches
15 Star Jumps