**LEVEL 1**

**(Yellow, Adv. Yellow, Orange, Adv. Orange, Level 1 Tester)**

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| **Stripe** | **Cycle 1** | **Cycle 2** | **Cycle 3** | **Cycle 4** |
| **Yellow** | Grab Defense #1   1. Attention 2. Step back + block up 3. Table 4. Kick + kiai 5. Back stance | Starting Position   1. Look 2. Small step (cat stance) 3. Hand to ear 4. Arms straight 5. Elbows back (glue hands) 6. Heel down 7. Table 8. Kick & smash 9. Horse stance 10. Upper cross block 11. Pull elbows back & kiai | Blocks 2   * Upper-cross block * Lower-cross block * Palm block * Blade of the hand block to the front | Pinion #1a   1. L Step together + backward sidestep 2. Outward Blk 3. R Step together + backward sidestep 4. Upward Blk 5. L Step together + backward sidestep 6. Inward Blk 7. Step up & turn to back corner 8. Step back forward 9. Lower X blk 10. Pull arms back 11. Slide R foot back + face side 12. R step into horse stance |
| **Orange** | Punch Defense #1   1. Attention 2. Step + palm block 3. Outward block 4. Table 5. Kick 6. Reach 7. Step + smash 8. Reverse punch 9. Back stance | Basic Form   1. R Upward Blk 2. L Upward Blk 3. R Inward Blk 4. L Inward Blk 5. R Outward Blk 6. L Outward Blk 7. R Downward Blk 8. L Downward Blk 9. Forward stance (L leg in front) 10. R Football Kick 11. R Front Snap Kick 12. Switch legs (R leg in front) 13. L Football Kick 14. L Front Snap Kick 15. Horse Stance 16. 4 punches + kiai! | Strikes 2   * Vertical Punch * Elbow Strike * Side chop * Spear hand Vertical * Spear hand palms up * Spear hand palms down | Pinion #1b   1. Lower X blk 2. Arms back 3. Upper X blk 4. Pull arms back 5. Open hand out 6. Slash across 7. Chop 8. L sidestep 9. Punch 10. Sidestep R 11. Elbow smash 12. Circle cover |
| **Purple** | SD Combo 1  *vs. swinging strikes*   1. SD Stance 2. L Block side of head 3. R Block other side of head 4. L Palm Strike 5. R Palm Strike 6. R Front Kick 7. Distance | Finish Position   1. Upper-cross block 2. Pull elbows back 3. Set 4. Attention 5. Bow 6. Natural Stance + “Done Sir/Ma’am!” | Kicks 2:   * Back Kick * Side Kick * Roundhouse Kick | Pinion #1c   1. Rear shift step 2. Pivot – turn face back 3. Outward blk 4. Cat stance 5. Upper cut, open up-blk 6. Circle cross arms 7. Step bottom fist 8. Cat stance 9. Palm 10. Back knuckle 11. Horse stance |
| **Blue** | Backward Fall +  Technical Stand Up | Back-leg Roundhouse kick  Front-leg Roundhouse kick | Forward Fall +  Technical Stand Up | Back-Knuckle Punch |
| **Green** | Backward Roll | Front-leg Sidekick | Forward Roll | 4-point Block Punch   * Up * Near side * Far Side * Down |
| **Brown** | Elbow Strikes   * Horizontal * Upwards * Downwards | Flag Sparring 1 (Offense) | Wrist Release Combos   1. Circle out + Palm 2. Elbow forward + Bottomfist 3. Thumb back + Front kick | Flag Sparring 2 (Defense) |
| **Level 1 Tester Belt: Fitness Set 1** | 5 Jumping Jacks  5 Mountain Climbers  5 Squats  5 Push-Ups  5 Sit-Ups  Time: 1:00 minute | | | |