**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 #11. Attention
2. Step back + block up
3. Table
4. Kick + kiai
5. Back stance
 | Starting Position1. 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 #1a1. 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 #11. Attention
2. Step + palm block
3. Outward block
4. Table
5. Kick
6. Reach
7. Step + smash
8. Reverse punch
9. Back stance
 | Basic Form1. 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 #1b1. 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 #1c1. 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 kickFront-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 Jacks5 Mountain Climbers5 Squats5 Push-Ups5 Sit-UpsTime: 1:00 minute |