



Gold Belt

- 1) Front Punch; Reverse Punch; Front Ridge Hand
- 2) Front Punch; Front Leg Front Kick; Reverse Punch
- 3) Front Punch; Front Leg Side Kick; Reverse Punch
- 4) Front Punch; Front Leg Roundhouse Kick; Reverse Ridge Hand

Green Belt

- 1) Back Leg Front Kick; Back Leg Roundhouse Kick; Reverse Punch
- 2) Front Leg Roundhouse Kick; Front Leg Side Kick; Reverse Punch
- 3) Back Leg Roundhouse Kick; Turning Back Leg Side Kick; Reverse Ridge Hand

Blue Belt

- 1) Front Punch; Reverse Punch; Turning Front Leg Side Kick; Reverse Punch
- 2) Front Leg Hook Kick; Back Leg Roundhouse Kick; Turning Back Leg Side Kick; Reverse Punch
- 3) Front Leg Roundhouse Kick; Turning Back Leg Side Kick; Back Leg Roundhouse Kick; Reverse Ridge Hand

Purple Belt

- 1) Turning Back Leg Hook Kick; Back Leg Roundhouse Kick; Reverse Punch
- 2) Front Leg Hook Kick; Back Leg Front Kick; Turning Back Leg Hook Kick; Reverse Punch
- 3) Back Leg Roundhouse Kick; Front Leg Tornado Kick; Turning Back Leg Hook Kick; Reverse Ridge Hand

Red Belt

- 1) Turning Back Leg Outside Crescent Kick; Reverse Punch; Back Leg Roundhouse Kick; Reverse Punch
- 2) Front Leg Side Kick; Jumping Front Leg Side Kick; Reverse Punch
- 3) Jumping Back Leg Roundhouse Kick; Turning Back Leg Hook Kick; Reverse Ridge Hand