



WHITE/GREEN BELT

KK - 12TH KUP

03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
BOUNDARIES	DISCUSS W/ BLACK BELT INSTRUCTOR: 1. The Concept of BOUNDARIES 2. RULES & PROTOCOL: Know When & Where to Bow Saying "Yes Ma'am" & "Yes Sir"

PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS - RED STRIPE	FORMS - BLACK STRIPE
(Blocks Start Left, Strikes Start Right) BLOCKS, STRIKES, & STANCES: 1. Natural Block 2. Down Block Drill 3. Front Stance - Centering & Moving Forward 4. Fighting Stance Cover Up KICKS & FOOTWORK: 1. Back Leg Stretch Kick (Set Down Behind) 2. Back Leg Snap Kick (Set Down Behind)	BASIC FORM 1 MOVES 1 - 9 1. Stances ONLY (To 1st Thumb Turn)

COMBINATIONS - BLUE STRIPE	SPARRING - YELLOW STRIPE
OFFENSE: 1. Jab, Back Fist, & Reverse Punch (Show Separately) 2. 1 - 2 Punch, Back Leg Snap Kick DEFENSE: 1. Cover Up, 1 - 2 Punch, Cover Up	3 STEP SPARRING: 1. Understand Ring Protocol 2. Offense: Scoring Areas 3. Defense: Blocking & Moving in Ring

SELF DEFENSE - GREEN STRIPE
CONCEPT: THUMBS ARE WEAK GRABS: 1. Two Hand Wrist Grab Down 2. Two Hand Wrist Grab Up SELF DEFENSE DRILLS: 1. Proximity Drill - Defend Personal Space & Make a Scene: Yell "NO" or "STOP" 2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumbs
AWARENESS: DEFENDING PERSONAL SPACE ESCAPES: 1. Grab Fist - Pull Up 2. Grab Fist - Pull Down

OVERALL REVIEW - PURPLE STRIPE	
1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS:	KK - 12th KUP (WHITE/GREEN BELT)
2. REVIEW MENTAL DEVELOPMENT CONCEPT:	BOUNDARIES
	RULES & PROTOCOL:
	Know When & Where to Bow
	Saying “Yes Ma’am” & “Yes Sir”



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INFORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE

1. EARNED: **6 PROGRESS STRIPES**
2. SIGNED UP FOR: **INFORMAL TEST**
3. TURNED IN: **TEST FEE: \$15**