

Karate Kidz Skill Stripe Testing

Agility

White belts: Must switch feet and snap kick with the front leg 10 times.

Yellow belts: Must double switch and snap kick with the front leg 5 times on each leg.

Hi-Yellow belts: Must triple switch and snap kick with the front leg 10 times.

Orange belts: Must hit a kicking target with a jump front leg side kick, three times with each leg.

Hi-Orange belts: Must hit a kicking target with a jump rear leg roundhouse kick, three times with each leg.

Gold belts: Must hit a kicking target with a jump front leg snap kick with the rear leg take-off, three times with each leg.

Hi-Gold belts: Must hit a kicking target with 3 rear leg hook kicks with each leg

Purple belts: Must hit a kicking target with 3 spin back kicks with each leg

Hi-Purple belts: Must hit a kicking target with 3 spin hook kicks with each leg