

Karate Kidz Skill Stripe Testing

Flexibility

White belts: Must snap kick an instructor's target held at chest level 3 times with each leg

Yellow belts: Must roundhouse kick an instructor's target held at chest level 3 times with each leg

Hi-Yellow belts: Must side kick an instructor's target held at chest level 3 times with each leg

Orange belts: Must snap kick an instructor's target held at nose level 3 times with each leg

Hi-Orange belts Must roundhouse kick an instructor's target held at nose level 3 times with each leg

Gold belts: Must Must side kick an instructor's target held at nose level 3 times with each leg

Hi-Gold belts: Must snap kick an instructor's target held at just above forehead level 3 times with each leg

Purple belts: Must roundhouse kick an instructor's target held at just above forehead level 3 times with each leg

Hi-Purple belts: Must side kick an instructor's target held at just above forehead level 3 times with each leg