

# **Karate Kidz Skill Stripe Testing**

## **Intensity**

**White belts:** Must attempt a board break using a rear hand palm strike

**Yellow belts:** Must attempt a board break using a rear hand hammer fist

**Hi-Yellow belts:** Must attempt a board break using a rear arm elbow strike

**Orange belts:** Must attempt a board break using a rear leg snap kick

**Hi-Orange belts:** Must attempt a board break using a rear leg side kick

**Gold belts:** Must board attempt a break using a rear leg inside crescent kick

**Hi-Gold belts:** Must attempt a board break with a front hand palm, hammerfist, or elbow strike

**Purple belts:** Must attempt a board break with a front leg snap, side, or inside crescent kick

**Hi-Purple belts:** Must attempt a board break with a front hand strike from the Hi-Gold options and a front leg kick from the Purple options

\*\*\*\*Each student gets two attempts at their break. The stripe is not dependant on breaking the board, it is based on the intensity and pitch in each attempt.