

# Karate Kidz Skill Stripe Testing

## Perseverance

**White belts:** Must execute Combination #1 in the air continuously for 30 seconds completing at least 10 reps

**Yellow belts:** Must execute Combination #2 in the air continuously for 30 seconds completing at least 10 reps

**Hi-Yellow belts:** Must execute Combination #3 in the air continuously for 30 seconds completing at least 10 reps

**Orange belts:** Must strike a wavemaster continuously with Combination #1 for 30 seconds completing at least 10 reps

**Hi-Orange belts:** Must strike a wavemaster continuously with Combination #2 for 30 seconds completing at least 10 reps

**Gold belts:** Must strike a wavemaster continuously with Combination #3 for 30 seconds completing at least 10 reps

**Hi-Gold belts:** Must strike a wavemaster continuously with Combination #1 for 45 seconds completing at least 15 reps

**Purple belts:** Must strike a wavemaster continuously with Combination #2 for 45 seconds completing at least 15 reps

**Hi-Purple belts:** Must strike a wavemaster continuously with Combination #3 for 45 seconds completing at least 15 reps

Combination #1: Start in a fighting stance - jab - reverse punch - front hook punch - reverse hook punch - front low dig - reverse low dig

Combination #2: Start in a fighting stance - front leg roundhouse kick - jab - reverse punch - switch stance - repeat

Combination #3: Start in a fighting stance - skip snap kick - jump rear leg snap kick (kicking leg lands in front) – slide step back - repeat