

Karate Kidz Skill Stripe Testing

Speed

White belts: Must perform White step sparring #1 with speed on instructor's count for three reps

Yellow belts: Must perform White step sparring #1 - 2 with speed on instructor's count for three reps

Hi-Yellow belts: Must perform White step sparring #1 - 3 with speed on instructor's count for three reps

Orange belts: Must perform White step sparring #1 - 4 with speed on instructor's count for three reps

Hi-Orange belts: Must perform Yellow step sparring #1 with speed on instructor's count for three reps

Gold belts: Must perform Yellow step sparring #1 - 2 with speed on instructor's count for three reps

Hi-Gold belts: Must perform Yellow step sparring #1 - 3 with speed on instructor's count for three reps

Purple belts: Must perform Yellow step sparring #1 - 4 with speed on instructor's count for three reps

Hi-Purple belts: Must perform White Step sparring #1 - 4 and Yellow step sparring #1 - 4 with speed on instructor's count for three reps

****Students should use proper order and execution of techniques, react to instructor's commands quickly and stand into a strong fighting stance after the defense****

The White step sparring techniques are all defending against a Jab.

White #1: Start in a fighting stance – front hand outside block (#5 block) – reverse punch to the face

White #2: Start in a fighting stance – front hand open hand inside block (#3 block) – reverse punch to the face

White #3: Start in a fighting stance – slide backward – rear leg snap kick to body – land forward – front hand hook punch to the head

White #4: Start in a fighting stance – slide backward – rear leg side kick to body – land forward – front hand hook punch to the head

The Yellow step sparring techniques are all defending against a Right Front Stance High Punch.

Yellow #1: Start in Junbi – Step forward into a left front stance – left high open hand block & grab – right punch to the body – reach down with your right hand and sweep the attacker's right leg while twisting the attacker's right arm taking them to the ground

Yellow #2: Start in Junbi – Step forward into a right front stance – right high open hand block & grab – left punch to the body – right hook punch to the head

Yellow #3: Start in a fighting stance – skip front leg snap kick to the attacker's face – left high open hand block / right punch to the face (block & punch at the same time).

Yellow #4: Start in a fighting stance – left inside block – right punch to head – left punch to body – right punch to body – right leg roundhouse kick to body