

# Skill Stripe Testing

## Technique

**\*All blocks are front hand, all strikes are rear hand, and all kicks are rear leg.**

**White belts:** Must perform Technique Combination #1 in the air for three reps on the side of their choice

**Yellow belts:** Must perform Technique Combination #2 in the air for three reps on the side of their choice

**Hi-Yellow belts:** Must perform Technique Combination #3 in the air for three reps on the side of their choice

\*\*\*All techniques should be done with proper direction, hand, and foot positions

**Orange belts:** Must perform Technique Combination #1 on a wavemaster for three reps on the side of their choice

**Hi-Orange belts:** Must perform Technique Combination #2 on a wavemaster for three reps on the side of their choice

**Gold belts:** Must perform Technique Combination #3 on a wavemaster for three reps on the side of their choice

\*\*Blocks will be in the air, strikes and kicks on the bag

\*\*\*All techniques should be done with proper direction, hand, and foot positions

**Hi-Gold belts:** Must perform Technique Combination #1 reacting to an instructor's pads for three reps on the side of their choice

**Purple belts:** Must perform Technique Combination #2 reacting to an instructor's pads for three reps on the side of their choice

**Hi-Purple belts:** Must perform Technique Combination #3 reacting to an instructor's pads for three reps on the side of their choice

\*\*\*Students should block and strike with the proper parts of the arms, hands, and feet against the pads

Combo #1: Fighting stance - front hand inside block - reverse knifehand strike - rear leg snap kick

Combo #2: Fighting stance - front hand #5 block - reverse cupping strike - rear leg side kick

Combo #3: Fighting stance - front hand low block - reverse punch - rear leg roundhouse kick