

Grading Requirements - Junior levels

For YELLOW to HIGH RED	For GREEN TO HIGH BLUE	For BROWN TO JUNIOR BLACK
Listening positions 1-4	Listening positions 1-4	
Attention > Ready st. >Horse stance > Switch	Attention > Ready st. >Horse stance > Switch	
Jumping-jacks	Jumpin-jacks	
Skip the line - back n forth	Skip the line back.n.forth & side.to.side	
Jump-squats	Jump squats	
Superman push-ups 10	Superman push-ups 20	Superman push-ups 30
	Skip-rope 5	Skip-rope 10+
Roll back toes to floor	Roll back balls of feel to the floor	Roll back - balls of feet to floor
Splits	Splits	Splits
Balloon Game: Punch OR Kick OR mix - 1 min	Balloon Game: kick AND punch	Triple punch combination - back n forth
Lunge punch > Reverse punch > Jab	Lunge P. > Reverse P. > Jab	Block punch combos (high/low block)
High block	High block	
	Low block	
Front kick	Front kick	Front kick + Reverse pucnh
	KATA: Taikyoku-shodan (1/2) to 1st kia point	KATA: Taikyoku-shodan - complete
Focus of the term: ask if unsure	Focus of the term: ask if unsure	Focus of the term: ask if unsure
Self defense of the term (if highlighted) ASK	Self defense of the term (if highlighted) ASK	Self defense of the term (if highlighted) ASK
Special Content of the Term (if any) ASK	Special Content of the Term (if any) ASK	Special Content of the Term (if any) ASK
		Pad-work - Kickbox combos Roundhouse included
		STUDENT CREED -- recite with strong voice

winners never quit. quitters never win