

## **Advanced Belt Advancement Techniques**

### **Students Currently Purple & Green Belts**

Mid Rear Elbow Strike (Stepping Back)

Low Rear Hammer fist (Stepping Back)

Sweeping Elbow Strike

Spinning Back Kick (Step-Across)

Combo: Front Snap Kick (Step Forward)/Jab-Reverse Punch

Combo: Skip Side Kick/Backfist-Reverse Punch

Combo: Turning Roundhouse Kick/Jab-Reverse Punch

Combo: Turning Side Kick/Backfist-Reverse Punch

### **Students Currently Blue Belts & Above**

Inside Crescent Kick (Stepping Forward w/Back Leg)

Outside Crescent Kick (Back Leg)

Spinning Back Kick

Jumping Front Snap Kick

Spinning Backfist

Reverse Spinning Knife hand Strike

Combo: 2 Round House Kicks (Low & High)

Combo: Front Kick/Roundhouse Kick/Spinning Back Kick

Any Kick & Strike Combo

***All techniques will be judged on the following criteria: good form, coordination and balance, focus, speed, power and kiai.***

