INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

White Belt to Yellow Belt

Welcome to the beginning of your Martial Arts Journey! Together we will grow stronger, improve ourselves, learn from each other, and create memories that will last a lifetime! In White Belt, we will be introducing ourselves to a new world. Be patient, work hard, have fun!

Requirements: What you need to know

Stances/Stance Forms

- ☐ Attention Stance
- ☐ Basic Ready Stance
- ☐ Horse Stance
- ☐ 60/40 Ready Stance (Right/Left Leg Back)
- ☐ Walking Stances- 60/40
- ☐ 50/50 Ready Stance

Breathing Exercises

- ☐ Breathing Exercise 1

Strikes/Blocks/Form Drills

- ☐ 5 Basic Strikes (Punch, Palm, Knife Hand, Low Knife Hand, Double Blade)
- ☐ 5 Basic Blocks (1-5)
- ☐ Double Punches (Vertical/Horizontal)
- ☐ Compass 2 Double Blade (Scissors) Block

Kicks

- ☐ Front Kick
- ☐ Side Kick (To the Side)
- ☐ Inside Crescent Kick

HELPFUL HINTS

- ☐ Keep your belt requirement sheets accessible and handy to be able to refer back to them when needed.
- ☐ Keep track of the techniques that you have learned by checking them off on your requirement sheets.
- ☐ Remember that even though we may have learned certain techniques, it takes years to master them. Practice them frequently!
- ☐ Take good care of your uniform and belt. They represent the hard work and accomplishments that you've made.