



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Orange Belt to Green Belt

Way to go! You are now an intermediate student! This is where our techniques become more complicated and difficult to perform. This is an exciting belt! There are many new awesome techniques to learn! Don't forget to practice outside of class as well!

Requirements: What you need to know

Stances/Stance Forms

- 180 Degree V-Step Basic
- 180 Degree V-Step Advanced
- Advancing Sidestep

Strikes/Blocks/Form Drills

- Ridge Hand Strike
- Compass 3 Crane Wrist Strike
- Compass 3- Crane Block Palm Strike
- Compass 3- Elbow Strike
- Block 1- 4 Punch Form Static
- Rising Sun Jumping Double Knife Hand
- 180 Tornado Backhand (180 Jump Spin)

Breathing Exercises

- Breathing Exercise 3
- Breathing Exercise 4

Kicks/Kick Combos

- Side Kick Towards Front
- Scissor Knee Strike
- Scissor Front Kick
- Hook Kick to the Side
- Roundhouse
- Crescent Kick- Inside/Outside Combo
- Front/Side Kick Combo

HELPFUL HINTS

- ✓ Keep your belt requirement sheets accessible and handy to be able to refer back to them when needed.
- ✓ Techniques are getting more difficult. Practice regularly to make sure the lessons stick.
- ✓ Don't forget about reviewing your White and Yellow belt techniques.
- ✓ Find new ways to learn from your known techniques. For example: How can you improve your punches or your front kick?
- ✓ Set out a practice schedule so that it becomes a routine in your life.