



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Red Belt to Brown Belt

Congratulations on achieving your Red belt! You are an advanced student. You have come a long way, have been training for a long time, and your journey continues. As you enter into the advanced levels, the techniques become more complicated, precise, and difficult to master. It will take practice, dedication, and discipline to achieve the skills necessary to advance. Practice hard and enjoy!

Requirements: What you need to know

Forms

- Eagle Form
- Raging River Form

Combo Kicks

- Front/Side/Roundhouse (No Drop)
- RH-Spin Hook-1-0
- RH-Spin Hook- Spin Cres- Spin Hook
- RH- Jump Spin RH
- Low RH-Recoil- Hiah RH

Breathing Exercises

- Advanced Breathing Exercise 1&2

Kicks

- Spin Hook Lvl 1
- Hook Lvl 2 (With/Without Step)
- Spin Outside Crescent
- Jumping Front
- Spinning Side
- Jump Spinning Roundhouse

Other Techniques

- Jump Spin Backhand
- Push Blocks (1 Arm, 2 Arm, 3 Stage)

HELPFUL HINTS

- ✓ Belt techniques are getting more complicated, difficult and demand more attention. Set aside some practice time to make sure you stay on top of the lessons. 15-20 Minutes per day is a good example to start with.
- ✓ Many new requirements involve previous techniques or concepts of them that we've already learned. Review and perfect your basics to help understand and improve new techniques.
- ✓ Don't forget to apply your character knowledge to your Martial Arts as well as your outside life. For example: Focus, Discipline, Respect, Dedication, Etc