



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Blue Belt to Red Belt

Congratulations on achieving your Blue belt! It certainly has not been easy to come this far. The adventure and journey continue with this belt and you will find many new techniques, forms, and lessons to learn! You are the leaders of intermediate class and should be setting the best example you can. There are lots of techniques to learn so make sure to practice often!

Requirements: What you need to know

Forms

- Hammer Form
- Wind Form

Combo Kicks

- Walk: Roundhouse-Recoil-Front-Side
- Jump Spin Crescent X 3
- Roundhouse-360

Break Falls

- Backwards Break Fall- Roll (Ground to Feet)
- Forwards Break fall (Feet to Feet)
- Forwards Drop- (Feet to Ground)

Kicks

- Hook Level 1 (Side Stance)
- Spin Hook Level 0
- Heavy Roundhouse
- Scissor Roundhouse
- Advancing Side

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 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 in class to learn more, focus at school to learn more. Respect your classmates in Martial Arts, respect your team-mates on your hockey team.