



INNERACTIVE MARTIAL ARTS

YOUTH BELT REQUIREMENTS

Green Belt to Blue Belt

Congratulations on receiving your Green Belt! By now, you are well into your training and are understanding more and more about Martial Arts. 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

- Bear Form
- Rising Sun Form

Kicks

- Jump Spin Crescent 360 Kick
- Outside/Inside Axe Front-Side-Roundhouse Walk

Break Falls

- Forwards Break Fall- Roll(Ground to Ground)
- Backwards Break Fall- No roll(Ground to Ground)
- Forwards Drop- (Knees to Ground)

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. 10 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.