



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

Strikes/Blocks/Form Drills

- Wind Form- Side/Front Kick- Basic
- Wind Form- Side/Front Kick- Advanced
- Wind Form- Uppercut/Block
- Hammer Form- Leaning Double Punch
- Hammer Form- Combo 1 (Block 1,2 Stance X 4, Left/Right Sledge Hammer X 4)
- Hammer Form- Combo 2 (Sledge Hammer, Turn, Stance)
- Hammer Form Combo 3 (Side Step, Groin Strike, Turn, Upper Cut)
- Hammer Form Combo 4 (Double side lean Punch, Punch up/Down X4, Block 1,2 X 4)
- Hammer Form Combo 5 (Double Front Punch, Right/Left Elbow X 4, Right Sledge Hammer)

Complete Forms

Bear Form Complete

Breathing Exercises

- Breathing Exercise 6

Kicks/Kick Combos

- 360 Spinning Hook Kick (No Pause)
- Sliding Knee Strike (Advancing)
- Sliding Front Kick (Advancing)
- Roundhouse, Spinning Hook Kick Combo (No Pause)
- Jumping Knee Strike (Knee Strike Scissor)

Self-Defense

- Push Block- Double- Static/Dynamic
- Push Block- Triple- Static/Dynamic
- Right/Right Wrist Techniques: 1 - 6

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.