

Grading Requirements - Junior levels

For YELLOW to HIGH RED	For GREEN TO HIGH BLUE	For BROWN TO JUNIOR BLACK
Listening positions: 1 ~ 4	Jumping Jacks [15]	Leg switches (from sprinter pose) [20]
Jumping Jacks [10]	Leg switches (from sprinter pose) [15]	Superman push-ups [20]
Skip the line:back.n.forth/side-to-side [10]	Superman push-ups [10]	Bear walk > Crab walk > Bear walk >
Leg switches (from sprinter pose) [10]	Bear walk	
Flexibility: Roll back - toes to floor	Flexibility: Roll back - toes to floor	Flexibility: Roll back - <u>balls</u> of feet to the floor
Technique	Technique	Technique
Balloon Game: Punch & Kick [10]	Lunge punch	Triple punch
Natural stance: Straight punch	Jab + reverse punch (front stance)	High bl + Low bl. + Rev-punch + Front Kick
Natural stance: High block	High block + reverse punch (front stance)	Ninja attack (Guards up!)
Horse stance + switch	Ninja attack (Guards up!)	
		Stop sign self defence
Special content of the term? [ask Sensei]	Special content of the term? - [ask Sensei]	Special content of the term? [ask Sensei]
<p>Stripes: One black stripe min. must be earned before signing up for an exam</p> <p>Note: <i>Junior black belt</i> is different to what we know as 'black belt': It is equal to 9th kyu in the universal <i>kyu system</i> (designed for young kids)</p>		

winners never quit. quitters never win