



## KICK PUNCH FU Blue Belt Requirements



### 1. Technique :

- a. Kicks: Student must be able to perform front ball kick, front snap kick, back kick, roundhouse kick, side kick, front-side kick, inside crescent kick and sliding front-ball kick.
- b. Strikes: Student must be able to perform 10 strikes: front-two-knuckle jab & cross, thrust punch, palm strike, hammer fist, hook punch, upper cut, back fist, eagle claw and knife strikes.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll and back break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system with various counters of increasing effectiveness.
- e. Stances: Student must be able to demonstrate the proper 'ready stance,' 'guard stance,' 'horse stance' and 'cat stance.'
- f. Pushups: Student must be able to perform 20 pushups.
- g. Self Defense Basics: Student must be able to demonstrate step-block-strike technique combinations with increasing effectiveness. Student must be able to demonstrate evade, retreat and advance technique with counter attack combinations of increasing effectiveness.
- h. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab, headlock, hair grab, two-handed choke and bear hug. Student must be able to subdue attacker with come-along.
- i. Self Defense against an attack: Student must perform a minimum of seven self-defense techniques.

- j. Holds & Submissions: Student must be able to demonstrate a snake-wrap, headlock, bear hug, collar clutch and wrist lock (come-along).
  - k. Takedowns: Student must be able to perform five takedown maneuvers, such as, Trip takedown, headlock takedown, 2-handed reaping throw, push-pull, corkscrew and reaping throws 1 & 2.
2. **Fitness Level** : Should be examined for 17 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
  3. **Knowledge and information** : 20 questions about KICK PUNCH FU and different type martial arts(oral/written)
  4. **Sequence Dynamic Demonstration** : 5 technique basic land gymnastic , Musical Forms , Self-defense forms
  5. **Fighting ability** : 5 rounds each for 3 minute

