



## ROOKIES BELT TESTING

**DATES: NOVEMBER 4 - 5, 2019**

Students will be tested on the following criteria.

For practice, please see links in our newsletter.

### COMBOS

- BASIC STRIKE, 4 COUNT - WHITE

- BOXING, 4 COUNT - GOLD

- OPEN HAND, 4 COUNT & BOXING 8 COUNT - ORANGE/GREEN

### COORDINATION

- 3 COUNT FRONT/1-4 STANCE - WHITE

- 3 COUNT ROUND/1-4 MOVEMENT & STANCE - GOLD

- 3 COUNT HOOK& 1-8 MOVEMENT & 1-4 STANCE ORANGE

- 3 COUNT SIDE KICK/ALL STANCE & MOVEMENT - GREEN

### CONDITIONING

8 PUSH UPS - ALL LEVELS



### KICKS

- 4 COUNT SNAP KICKS - WHITE

- 8 COUNT SNAP KICKS - GOLD

- 2 COUNT POWER KICKS - ORANGE

- 4 COUNT POWER KICKS - GREEN & ABOVE

### KATA

KUMSA - ALL LEVELS

