



	WHITE/GREEN BELT	
	KK - 12th KUP	

12/01/2024

MENTAL STRIPE

UNDERSTAND & DISCUSS	WHITE
<p style="font-size: 18px; font-weight: bold; margin: 0;">BOUNDARIES - PHYSICAL & EMOTIONAL</p> <p style="margin: 5px 0;">+ DISCUSS & KNOW: RULES & PROTOCOL</p> <ul style="list-style-type: none"> • Know When & Where to Bow in the Studio • Why we say “Yes Ma’am” & “Yes Sir” at the Studio 	

PHYSICAL STRIPES

BASICS (Blocks Start Left, Strikes Start Right)	RED	FORMS	BLACK
<p>BLOCKS, STRIKES, & STANCES:</p> <ol style="list-style-type: none"> 1. Natural Block 2. Down Block Drill 3. Front Stance - Centering & Moving Forward 4. Fighting Stance Cover Up <p>KICKS & FOOTWORK:</p> <ol style="list-style-type: none"> 1. Back Leg Stretch Kick (Set Down Behind) 2. Back Leg Snap Kick (Set Down Behind) 		<p>BASIC FORM 1</p> <p>MOVES 1 - 9 STANCES ONLY (To 1st KIHOP)</p>	

COMBINATIONS	BLUE	FORMS	YELLOW
<p>OFFENSE:</p> <ol style="list-style-type: none"> 1. Jab, Back Fist, & Reverse Punch (Show Separately) 2. 1 - 2 Punch, Back Leg Snap Kick <p>DEFENSE:</p> <ol style="list-style-type: none"> 1. Cover Up, 1 - 2 Punch, Cover Up 		<p>3 STEP SPARRING:</p> <ol style="list-style-type: none"> 1. Understand Ring Protocol 2. Offense: Scoring Areas 3. Defense: Blocking & Moving in Ring 	

SELF DEFENSE		GREEN
<p>CONCEPT: THUMBS ARE WEAK</p> <p>GRABS:</p> <ol style="list-style-type: none"> 1. Two Hand Wrist Grab - Hands Down 2. Two Hand Wrist Grab - Hands Up <p>SELF DEFENSE DRILLS:</p> <ol style="list-style-type: none"> 1. Proximity Drill - Defend Personal Space & Make a Scene: Yell “NO” or “STOP” 2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumb 	<p>AWARENESS: DEFENDING PERSONAL SPACE (PHYSICALLY & EMOTIONALLY)</p> <p>ESCAPES:</p> <ol style="list-style-type: none"> 1. Grab own Fists & Pull Up (bend at elbow - use as lever point) 2. Grab own Fists & Pull Down (bend at elbow - use as lever point) 	

REVIEW	PURPLE
<p>MENTAL & ALL PHYSICAL STRIPES: KK- 12th KUP (WHITE/GREEN BELT)</p>	

KID KICKER TEST REQUIREMENTS

ELIGIBILITY: COMPLETE THE FOLLOWING PRIOR TO TEST DATE	
1. EARNED:	1 MENTAL & 6 PHYSICAL STRIPES
2. TURNUED IN:	TEST FEE