Blue Stripe Belt

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the junior levels, they will receive stars on their belts to chart their progress. Stars will be awarded when students can demonstrate the material competently without the assistance of an instructor.

Yellow Star

Personal Safety
Defending against grabs using an appropriate level of control versus taking your space

- 3 Advanced Techniques

Partnering Skills
Effectively and respectfully practicing combinations with a partner without making contact and responding appropriately to their partner's techniques

- 4 & 12 Combinations
- Reacting to Combinations
- Half Moon Mirroring Drill

Blue Star

Combinations
Demonstrating increased coordination, balance, and core strength through more complex patterns of movement including multiple kicking sets

- 12 Combination
- 14 Combination
- 3 Combination Advanced
- 5 Combination Advanced

Supplemental Skills
Shaolin Kung Fu techniques that demonstrate the energies and characteristics of the five animals

- Dragon Technique

Red Star

Forms
Properly perform Pinan and Kata with an emphasis on coordination and balance. Integrate strikes and kicks effectively

- 2 Kata

Black Star

Cumulative Review
Students are expected to perform required material from all previous ranks in a way that demonstrates a level of growth and effort as they advance from belt to belt

Mechanics
Demonstrating the foundational skills of the art with effectiveness appropriate to their rank

Strikes
- Twin Dragon
- Leopard Paw
- Rising Elbow
- Dropping Palm
- Rising Palm

Kicks
- Spinning Back Kick

Colors of Character

Green Bar
List examples of the Three Rules as practiced at school.
Green sheets are available in the office and at KLCdojos.com.

XP **Minimum Experience Points Required:** 24

Rank Training Videos: Email us at TheTeam@VillarisMansfield.com