

## STRIKING REQUIREMENTS

BELT	HAND STRIKES	STRAIGHT KICK	ROUND KICK	LATERAL KICK
WHITE BELT	JAB	PUSH KICK	45° ROUNDHOUSE KICK	STEP TOGETHER SIDE KICK
	REVERSE PUNCH			
YELLOW BELT	HAMMER PUNCH	KNEE STRIKE	90° ROUNDHOUSE KICK	STEP BEHIND SIDE KICK
	ELBOW STRIKES # 1-2	SNAP KICK		
PURPLE BELT	PALM STRIKE	OUTSIDE CRESCENT KICK	JUMP ROUNDHOUSE W/ FAKE	SPINNING SIDE KICK
	ELBOW STRIKES # 1-8			COUNTER SIDE KICK
ORANGE BELT	KINFEHAND STRIKE	INSIDE CRESCENT KICK	JUMP ROUNDHOUSE W/O FAKE	CHARGING SIDE KICK
	ELBOW SMASH			
GREEN BELT	BACKFIST	FRONT CHARGING PUCH KICK	TORNADO KICK	JUMP SPINNING SIDE KICK
	UNDERCUT			HOOK KICK
BLUE BELT	HOOK PUNCH	FRONT CHARGING SNAP KICK	BUTTERFLY KICK	SPINNING HOOK KICK
	SPINNING BACKFIST			
BROWN BELT	RIDGEHAND STRIKE	OUTSIDE WHIP KICK	SCOOP KICK	HURRICANE KICK
	UPPERCUT	INSIDE WHIP KICK		
RED BELT	THROAT STRIKE	AXE KICK	SPINNING LEG SWEEP	SCISSOR KICK

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