

Testing Kicks

White belt

- Front kick
- Side kick
- Round house Kick
- Front foot front kick
- Front foot side kick
- Front foot round house kick

White/Yellow stripe

- Inside crescent
- Outside crescent
- Axe kick
- Front foot inside crescent
- Front foot outside crescent
- Front foot axe kick

Yellow Belt

- Hopping front kick
- Hopping side kick
- Hopping round house kick
- Spin Kick
- Hook Kick

Yellow/Green stripe

- Stepping front kick
- Stepping side kick
- Stepping round housed kick
- Spin hook Kick
- Spin crossing kick

Green Belt

- Jumping back foot front kick
- Jumping back foot side kick
- Jumping back foot round house kick
- Jumping back foot inside crescent kick
- Jumping back foot outside crescent kick.
- Roundhouse/Spin kick
- Roundhouse/spin hook kick

Green/Blue Stripe

- Jumping front foot front kick
- Jumping front foot side kick
- Jumping front foot round house kick
- Jumping front foot inside crescent kick
- Jumping front foot outside crescent kick
- Jumping spin
- Inside crescent/spin kick
- Inside crescent/side kick. (legs stays up for both kicks)

Blue Belt

- Jumping front kick
- Jumping side kick
- Jumping round house kick
- Jumping inside crescent kick
- Jumping outside crescent kick
- Fake front/roundhouse kick
- Side kick/Jump spin

Blue/Red strip

- Tornado round house kick
- Tornado crescent kick
- Jump spin hook
- Front kick/Jump front kick
- Roundhouse kick/Jump roundhouse kick

Red Belt

- 30-45 second front kick
- 30-45 second side kick
- 30-40 second roundhouse kick
- Low/Middle/High front kick
- Low/Middle/High side kick
- Low/Middle/High round house kick
- Tornado/Long switch/Tornado
- Tornado/Spin hook/Roundhouse