

# Green Stripe Belt

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the tot and 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 basic grappling and felling skills*

- Inside Wrist Press
- Outside Wrist Press

### Partnering Skills

*Effectively and respectfully practicing combinations with a partner that begin to focus on felling and grappling skills*

- 15 & 16 Combinations

## Blue Star



### Combinations

*Demonstrate timing and integration of all four self defense principles: striking, kicking, felling, and grappling*

- 10 Combination
- 11 Combination
- 17 Combination
- 19 Combination

### Supplemental Skills

*Shaolin Kung Fu techniques that develop understanding of the characteristics and energies of the five animals*

- Snake Technique

## Red Stars



### Forms

*Demonstrate explosive power in strikes and kicks, precision of movement, and proper body structure*

- 4 Pinan
- 5 Pinan
- 10 Point Blocking System

## 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

- Jab
- Cross
- Hook Punch
- Upper Cut

#### Kicks

- Front Heel Kick
- Front Blade Kick
- Smash Kick

## Colors of Character

### Brown Bar

Set and achieve goals for improvement in each of the Three Rules.

*Brown bar sheets are available in the office and at [Villarismansfield.com](http://Villarismansfield.com).*



**Minimum Experience Points Required: 60** 🏆

**Rank Training Videos:** Email us at [TheTeam@Villarismansfield.com](mailto:TheTeam@Villarismansfield.com)