

Blue 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

- 2 Advanced Techniques

Partnering Skills

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

- 5, 8, & 9 Combinations



Blue Star

Combinations

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

- 8 Combination
- 9 Combination

Supplemental Skills

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

- Crane Technique



Red Star

Forms

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

- 1 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

- Driving Knife
- Spear Hand
- Ridge Hand
- Back Fist
- Roundhouse Elbow

Kicks

- Hook Kick
- Flip Kick

Character Connections

Green Bar - Responsibility

Maintain and complete the "Responsibility Log" mission.

See us in the office for your mission briefing.



Minimum Class Credits Required: 22

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